

GROWTH & DEVELOPMENT

Students will comprehend concepts related to health promotion to enhance good health.

Kindergarten Indicators

Grade 1 Indicators

1. Identify situations when a health - related decision is needed.
2. Demonstrate healthy behaviors and practices to maintain or improve health.
3. Participate in daily physical activity for 20 - 30 minutes.
4. Practice *Brain Gym exercise to build balance and relieve stress.
5. Identify trusted adults that can help promote health.
6. Describe physical feelings (headache, upset stomach, etc.) and determine what to do.

No Indicators.

NUTRITION

Students will comprehend concepts related to maintaining well balanced nutrition.

Kindergarten Indicators

Grade 1 Indicators

1. Drink water and healthy beverages often during the day.
2. Know the foods in the five groups and eat from each everyday.

No Indicators.

HYGIENE

Students will comprehend and practice health-enhancing hygienic behaviors.

Kindergarten Indicators

Grade 1 Indicators

1. Demonstrate cleanliness regarding the care of skin, hair, nails, eyes and ears.
2. Know about good dental health practices.
3. Practice preventing the spread of germs by hand washing and covering sneezes and coughs.

No Indicators.

SAFETY

Students will comprehend and exhibit safe practices to avoid or reduce health and safety risks.

Kindergarten Indicators

Grade 1 Indicators

1. Describe ways to prevent common childhood injuries.
2. Practice safety when crossing the street, playing near the street, riding a bicycle, riding the bus, playing with friends, etc.
3. Practice using seat belts, locking car doors and keeping hands and feet inside moving vehicles.
4. Identify rules for fire prevention.
5. Describe procedures to follow to escape a fire at home or at school.
6. Demonstrate stop, drop and roll.
7. Discuss ways to prevent injury to the eyes and ears.
8. Discuss safety rules around outlets, electrical appliances and sharp objects.
9. Demonstrate ways to be cautious around unknown animals.
10. Understand the danger of guns and know what to do when you see a real gun.

No Indicators.

FIRST AID

Students will comprehend procedures and first aid practices in the event of an injury or emergency situation.

Kindergarten Indicators

Grade 1 Indicators

1. Know what to do when some gets hurt.
2. Name trusted adults who can help in case of an injury.
3. Practice proper care for a minor cut.
4. Practice dialing 911.

No Indicators.

DISEASES & DISORDERS

Students will comprehend basic facts concerning diseases and disorders that can adversely impact good health.

Kindergarten Indicators

No Indicators.

Grade 1 Indicators

No Indicators.

COMMUNITY IN THE CLASSROOM

Students will demonstrate the ability to use interpersonal communication skills to enhance health.

	Kindergarten Indicators	Grade 1 Indicators
	<p>1. Use L.I.F.E. Guidelines and Lifeskills to appreciate friends.</p>	<p>1. Understand that God wants us to be one family and treat one another 'in the spirit of brotherhood and sisterhood.' (Vatican Document, 1966)</p> <p>2. Understand that feelings of belonging help everyone in the class learn better.</p> <p>3. Practice sharing in a community circle.</p> <p>4. Understand that other often have the same feelings we do.</p> <p>5. Practice using listening skills.</p> <p>6. Practice friendship building behaviors with peers in the classroom.</p> <p>7. Practice using L.I.F.E. Guidelines and Lifeskills to appreciate friends.</p> <p>8. Understand ways to treat friends and classmates with kindness.</p>

SELF RESPECT

Students will exhibit positive self talk and body language.

Kindergarten Indicators

No Indicators.

Grade 1 Indicators

1. Practice positive self talk.
2. Practice positive body language.
3. Discover the power of choices made everyday, and evaluate those choices.
4. Understand that daily exercises support a healthy body and mind.

SOCIAL EMOTIONAL

Students will demonstrate with words and actions that each person is unique, and will recognize feelings and emotions that all individuals exhibit.

	Kindergarten Indicators	Grade 1 Indicators
	No Indicators.	<ol style="list-style-type: none">1. Understand that God make each person unique and special.2. Discuss various emotions all people have.3. Know that feelings are the way our bodies show emotions.4. Identify and describe feelings.5. Practice healthy ways to express needs, wants and feelings.6. Role play ways to respond in unwanted or dangerous situations.7. Identify and empathize with the feelings of others.8. Practice using L.I.F.E. Guidelines and Life Skills with words and actions.9. Think about the positive values of getting along well with others.

DRUGS

Students will comprehend the basic facts concerning drugs and will demonstrate the ability to practice health-enhancing behaviors and decisions to avoid or reduce health risks.

Kindergarten Indicators

No Indicators.

Grade 1 Indicators

No Indicators.

