

Health Education & Physical Education

PreK-2

Health Education

Health Literacy

Standard 1:

The student comprehends concepts related to health promotion and disease prevention. (HE.A.1.1)

1. knows names of body parts.
2. understands positive health behaviors that enhance wellness.
3. understands the various responsibilities of family members (e.g., mother, father, aunt, grandparent, guardian, and sister) for health promotion and disease prevention.
4. recognizes environmental health problems and understands possible solutions.
5. identifies common health problems of children and possible ways to prevent these problems.
6. understands why health problems should be recognized and treated early.
7. recognizes that injuries may be prevented.
8. recognizes the relationship between physical and emotional health.
9. classifies food and food combinations according to the Food Guide Pyramid.

Standard 2:

The student knows how to access valid health information and health-promoting products and services. (HE.A.2.1)

1. knows sources of health information (e.g., people, places, and products) and how to locate them.
2. knows the meaning of warning labels and signs on hazardous substances.
3. identifies advertisements for health products.

Responsible Health Behavior

Standard 1:

The student knows health-enhancing behaviors and how to reduce health risks. (HE.B.1.1)

1. knows and practices good personal health habits.
2. identifies safe and unsafe behaviors.
3. knows positive ways to handle anger.
4. knows and practices ways to prevent injuries.
5. distinguishes between threatening and nonthreatening environments.
6. demonstrates methods of avoiding threatening situations and how to seek help in threatening situations.

Standard 2:

The student analyzes the influence of culture, media, technology, and other factors on health. (HE.B.2.1)

1. recognizes the ways in which the media, technology, and other sources provide information about health.
2. recognizes that individuals have different cultural backgrounds that impact health practices.
3. knows and accepts the differences of people with special health needs.

Standard 3:

The student knows how to use effective interpersonal communication skills that enhance health. (HE.B.3.1)

1. knows the various kinds of verbal and nonverbal communication (e.g., hand gestures and facial expressions).
2. knows the skills needed to be a responsible friend and family member (e.g., doing chores and helping others).
3. knows how to use positive communication skills when expressing needs, wants, and feelings.
4. knows various ways of communicating care and consideration of others (e.g., sharing and saying "please" and "thank you").
5. listens attentively (e.g., does not talk while others are talking).
6. knows refusal skills to use in potentially harmful or dangerous situations (e.g., refusing to ride a bike without a helmet).
7. knows various ways in which to resolve conflict using positive behavior.
8. identifies healthy ways to handle feelings.

Advocate and Promote Healthy Living

Standard 1:

The student knows how to use goal-setting and decision-making skills that enhance health. (HE.C.1.1)

1. identifies health problems that require the help of a trusted adult (e.g., child abuse).
2. recognizes that decisions about personal behavior may be healthy or unhealthy (e.g., obeying pedestrian rules).

Standard 2:

The student knows how to advocate for personal, family, and community health. (HE.C.2.1)

1. knows various ways to share health information (e.g., talking to peers about healthy snacks).
2. knows various ways to convey accurate health information and ideas to both individuals and groups.
3. knows the community agencies that support healthy families, individuals, and communities.
4. knows methods for assisting others in making positive choices (e.g., about safety belts).
5. works with one or more people toward a common goal.