

HEALTH

Kindergarten

RE-1 Standard 1: The student will comprehend concepts related to health promotion and disease prevention.

RESOURCE CODES			
BODY	Body Fuel	FIT	Fitness is Fun
CHANGE	A Changing You	OUNCE	An Ounce of Prevention
CHOOSE	I Can Choose	RIGHT	The Right Choice - HIV and AIDS
CONFLICT	Conflict Resolution/Violence Prevention	SAFETY	Safety Smart
CONSUMER	Consumer Wise	SKILL	Skill Builders
ENVIRONMENT	The Environment and You	SMILE	A Healthy Smile

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RE-1 Standard 2: Students will demonstrate the ability to practice health-enhancing behaviors, reduce health risks.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
1.1 Describe the relationship between personal health behaviors and individual well-being.	Class Teacher P.E. Teacher	BODY CHOOSE FIT OUNCE	SAFETY SKILL SMILE
1.2 Identify indicators of mental, emotional, social and physical health during childhood.	Class Teacher P.E. Teacher	CHANGE CHOOSE FIT	OUNCE SKILL
1.3 Describe the basic structure and function of the human body system.	Class Teacher P.E. Teacher	BODY ENVIRONMENT FIT	OUNCE SMILE
1.4 Describe how the family influences personal health.	Class Teacher	CHANGE CHOOSE	CONFLICT SAFETY
1.5 Describe how physical, social and emotional environments influence personal health.	Class Teacher P.E. Teacher	CHANGE CHOOSE CONFLICT CONSUMER	ENVIRONMENT FIT SKILL
1.6 Explain and identify health problems and childhood injuries that can be prevented or treated if detected early.	Class Teacher P.E. Teacher	BODY CHANGE CHOOSE CONFLICT ENVIRONMENT	FIT OUNCE RIGHT SAFETY SMILE

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BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
2.1 Identify responsible health behaviors.	Class P.E. Teacher	BODY CHOOSE ENVIRONMENT FIT	OUNCE RIGHT SKILL SMILE
2.2 Identify personal health needs.	Class P.E. Teacher	BODY CHOOSE FIT	OUNCE SKILL SMILE
2.3 Demonstrate strategies to improve or maintain personal health.	Class P.E. Teacher	BODY CHOOSE CONFLICT FIT	OUNCE RIGHT SKILL SMILE
2.4 Develop injury prevention and management strategies for personal health.	Class P.E. Teacher	BODY CHOOSE CONFLICT FIT OUNCE	RIGHT SAFETY SKILL SMILE
2.5 Compare and demonstrate ways to avoid and / or reduce threatening situations.	Class Teacher	BODY CHOOSE CONFLICT	RIGHT SAFETY SKILL

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BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
2.6 Apply skills to manage stress.	Class Teacher P.E. Teacher	CONFLICT FIT	OUNCE SKILL

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RE-1 Standard 3: Students will analyze the influence of culture, media, technology and other factors on health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES
3.1 Describe how culture influences personal health behaviors.	Teacher P.E. Teacher	CONSUMER
3.2 Explain how media influences thoughts, feelings, and health behaviors.	Teacher P.E. Teacher	CONSUMER
3.3 Describe ways technology can influence personal health.	Teacher P.E. Teacher	CONSUMER
3.4 Explain how information from school and family influences health.	Teacher P.E. Teacher	CONSUMER

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RE-1 Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
4.1 Distinguish between verbal and non-verbal communication.	Class	CONFLICT SKILL	
4.2 Describe characteristics needed to be a responsible friend and family member.	Class	BODY CONFLICT ENVIRONMENT	OUNCE SAFETY SKILL
4.3 Demonstrate healthy way to express needs, wants and feelings.	Class	CONFLICT SKILL	
4.4 Demonstrate ways to communicate care, consideration and respect of self and others.	Class P.E. Teacher	CONFLICT CONSUMER ENVIRONMENT FIT	OUNCE RIGHT SKILL SMILE
4.5 Demonstrate attentive listening skills to build and maintain healthy relationships.	Class	CONFLICT SKILL	
4.6 Demonstrate refusal skills to enhance health.	Class	CHOOSE CONFLICT	SKILL
4.7 Differentiate between negative and positive behaviors used in conflict situations.	Class	CONFLICT SKILL	

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BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES
4.8 Demonstrate non-violent strategies to resolve conflicts.	Class	CONFLICT SKILL

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RE-1 Standard 5: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
5.1 Demonstrate the ability to apply a decision-making process to health issues and problems.		BODY CHOOSE CONFLICT ENVIRONMENT	OUNCE SAFETY SKILL SMILE
5.2 Explain when to ask for assistance in making health-related decisions and setting health goals.		BODY CHANGE CHOOSE CONFLICT	OUNCE SKILL SMILE
5.3 Predict outcomes of positive health decisions.	Class P.E. Teacher	BODY ENVIRONMENT FIT	OUNCE SKILL SMILE
5.4 Set a personal health goal and track progress toward its achievement	Class P.E. Teacher	BODY FIT OUNCE	SKILL SMILE

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RE-1 Standard 6: Students will demonstrate the ability to advocate for personal, family and community health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
6.1 Describe a variety of methods to convey accurate health information and ideas.	P.E. Teacher	BODY CONSUMER	ENVIRONMENT FIT
6.2 Express information and opinions about health issues, both emotional and physical.		CHOOSE ENVIRONMENT	
6.3 Identify and locate community agencies that advocate for healthy individuals, families and communities.		CHOOSE CONSUMER ENVIRONMENT	SAFETY SMILE
6.4 Demonstrate the ability to influence and support others in making positive health choices	Class	BODY CHOOSE	ENVIRONMENT