

Curriculum

CONTENT AREA:	HEALTH	GRADE LEVEL:	K
MLR CONTENT STANDARD:	A. HEALTH CONCEPTS: Students will understand health promotion and disease prevention concepts.		
MANDATED COMPREHENSIVE SCHOOL HEALTH EDUCATION CONTENT AREAS			
(1) Nutrition Ed. (2) Pers. Health	(3) Family Life Education (4) Growth & Development	(5) Safety & Accident Prevention (6) Consumer Health	(7) Substance Use & Abuse (8) Community Health
			(9) Environmental Health (10) Prevention & Control of Disease & Disorders
MLR PERFORMANCE INDICATORS	WSD BENCHMARKS	INSTRUCTION LEVEL	HEALTH CONTENT AREA
			COMMON ASSESSMENT
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
A1	Make snack choices that promote physical, emotional and social health.	I	(1)
A1	Student will stretch or walk at least 10 minutes a day in the classroom, outside of PE.	I	(2)
A1	Students will identify and practice ways to keep the school environment clean and safe.	I	(9)
A2	Students will describe how germs are spread through body fluids, both on self and touching others.	I	(10)
A3	Demonstrate an understanding of basic health terms that describe different family units.	I	(3)

*Codes indicate the highest instructional level of that grade level and may include an earlier level of instruction.

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MLR CONTENT STANDARD:	C. HEALTH PROMOTION AND RISK REDUCTION: Students will understand how to reduce their health risks through the practice of healthy behaviors.		
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(1) Nutrition Ed. (2) Pers. Health	(3) Family Life Education (4) Growth & Development	(5) Safety & Accident Prevention (6) Consumer Health	(7) Substance Use & Abuse (8) Community Health
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MLR PERFORMANCE INDICATORS	WSD BENCHMARKS	INSTRUCTION LEVEL	HEALTH CONTENT AREA COMMON ASSESSMENT
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C1	Differentiate between safe and harmful substances found at home and school.	I	(7)
C2	Demonstrate personal hygiene skills: washing hands, bathing, brushing teeth, hair grooming, dressing adequately, enough sleep.	I	(2)
C3	From a list (or pictures), choose healthy and unhealthy snacks.	I	(1)
C4	Demonstrate safety skills: playground, bus, pedestrian and fire.	I	(5)

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MLR CONTENT STANDARD:	D. INFLUENCES ON HEALTH: Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.					
MANDATED COMPREHENSIVE SCHOOL HEALTH EDUCATION CONTENT AREAS						
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D2	Describe similarities and differences between self and other students, families, classrooms.	I	(2)			

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MLR CONTENT STANDARD:	E. COMMUNICATION SKILLS: Students will understand that skillful communication can contribute to better health for them, their families, and the community.																
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E1	Identify the family as primary provider of care and love.	I	(3)														
E1	Explain what is his/her own personal space and what is respectful behavior toward other's personal space.	I	(2)														
E1	Demonstrate saying "no" assertively to things that make him/her uncomfortable (drugs, riding with strangers, playing with matches, guns)	I	(2)														

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