

GROWING HEALTHY - GRADE K

Growing Healthy Objectives	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Intro Phase			
Day 1	Recognize characteristics of emotional, social, and physical health. 1:2:b Identify healthy ways to express needs, wants, and feelings. 4:2:a		Identify non-verbal cues that are used when communicating. 3:1:c
Day 2	Recognize characteristics of emotional, social, and physical health. 1:2:b		
Day 3	Identify age-appropriate health-related vocabulary. 4:2:c		
Day 4	Recognize characteristics of emotional, social, and physical health. 1:2:b Identify healthy ways to express needs, wants, and feelings. 4:2:a Recognize and use refusal and cooperation skills. 4:3:c		
Station 1	Recognize the importance and consequences of feelings. 1:1:a Identify healthy ways to express needs, wants, and feelings. 4:2:a Identify age-appropriate health-related vocabulary. 4:2:c		
Station 2	Identify healthy ways to express needs, wants, and feelings. 4:2:a Recognize behaviors, which help or hinder effective communication. 4:2:b		
Station 3	Identify healthy ways to express needs, wants, and feelings. 4:2:a Identify age-appropriate health-related vocabulary. 4:2:c		Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c
Station 4	Identify harmful behaviors. 3:1:a		Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c

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Station 4 (Continued)	Identify healthy ways to express needs, wants, and feelings. 4:2:a		
Station 5	Identify healthy ways to express needs, wants, and feelings. 4:2:a Identify age-appropriate health-related vocabulary. 4:2:c		Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c
Day 5	Recognize behaviors, which help or hinder effective communication. 4:2:b Identify age-appropriate health-related vocabulary. 4:2:c		Identify non-verbal cues that are used when communicating. 3:1:c
Day 6	Recognize ways to communicate care and consideration for self and others. 4:1:a Identify various communication techniques used with family and peers. 4:1:b		Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c
Day 7	Recognize ways to communicate care and consideration for self and others. 4:1:a Recognize and use refusal and cooperation skills. 4:3:c		
Day 8	Identify healthy ways to express needs, wants, and feelings. 4:2:a Recognize behaviors, which help or hinder effective communication. 4:2:b Identify age-appropriate health-related vocabulary. 4:2:c Identify situations which cause conflict. 4:3:a Identify positive ways to solve conflicts. 4:3:b		

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Phase One			
Day 1	Identify major body parts and related functions (e.g., heart – pumping blood). 1:2:a		
Day 2	Identify major body parts and related functions (e.g., heart – pumping blood). 1:2:a Identify various communication techniques used with family and peers. 4:1:b		
Day 3	Identify various communication techniques used with family and peers. 4:1:b		
Day 4	Identify major body parts and related functions (e.g., heart – pumping blood). 1:2:a Identify effective interpersonal communication skills. 4:1:c		
Day 5	Identify major body parts and related functions (e.g., heart – pumping blood). 1:2:a Identify various communication techniques used with family and peers. 4:1:b Identify effective interpersonal communication skills. 4:1:c		
Day 6	Identify various health care requirements and policies that affect safety and well being. 1:3:b Identify practices which promote personal well-being. 3:1:c Choose age-appropriate healthy behaviors. 3:3:c		

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Day 6 (Continued)	Recognize ways to communicate care and consideration for self and others. 4:1:a Identify various communication techniques used with family and peers. 4:1:b		
Day 7	Identify major body parts and related functions (e.g., heart – pumping blood). 1:2:a		
Day 8	None		
Day 9	Identify appropriate health practices that affect self and others. 1:1:c Identify major body parts and related functions (e.g., heart – pumping blood).1:2:a Recognize characteristics of emotional, social, and physical health. 1:2:b		

<u>Phase Two</u> Day 1	Identify the role of various local health agencies and / or services. 2:2:a Identify the benefits of various local health resources. 2:2:b Explain the availability of local health services and agencies. 2:2:c Identify professional services needed for maintaining personal health. 2:3:a		
Station 1	Recognize level of current personal health. 3:2:c		
Station 2	Identify the variety of options in health care services / treatments. 2:3:b		
Station 3	Identify various health care requirements and policies that affect safety and well being. 1:3:b		

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Station 3 (Continued)	Recognize how community health plans / strategies affect all. 5:2:c		
Station 4	Identify information available from health care providers / services in the community. 1:3:a Identify the role of various local health agencies and / or services. 2:2:a		
Station 5	Identify information available from health care providers / services in the community. 1:3:a Identify the benefits of various local health resources. 2:2:b Identify the variety of options in health care services / treatments. 2:3:b		
Day 2	Identify appropriate health practices that affect self and others. 1:1:c Identify the role of various local health agencies and / or services. 2:2:a		
Day 3	Identify appropriate health practices that affect self and others. 1:1:c Identify the role of various local health agencies and / or services. 2:2:a		
Day 4	Identify the role of various local health agencies and / or services. 2:2:a Recognize how medical advances help maintain wellness. 5:1:c		
Day 5	Identify the role of various local health agencies and / or services. 2:2:a Identify the benefits of various local health resources. 2:2:b		

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Phase Three			
Day 1	Identify major body parts and related functions (e.g., heart – pumping blood). 1:2:a Recognize level of current personal health. 3:2:c		
Day 2	Identify major body parts and related functions (e.g., heart – pumping blood). 1:2:a		
Day 3	Identify health practices, which help prevent disease. 1:3:c Recognize cultural differences and similarities among people regarding health. 2:1:a Identify the role of various local health agencies and / or services. 2:2:a Understand the importance of achieving and maintaining good health. 3:2:b		
Day 4	Identify the benefits of various local health resources. 2:2:b Identify harmful behaviors. 3:1:a Identify practices which promote personal well-being. 3:1:c Understand the importance of achieving and maintaining good health. 3:2:b Identify personal choices that affect health.. 3:3:a		
Day 5 Station 1	Identify major body parts and related functions (e.g., heart – pumping blood). 1:2:a Identify harmful behaviors. 3:1:a		
Station 2	Identify good personal hygiene practices. 1:1:b		

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Station 2 (Continued)	Identify practices which promote personal well-being. 3:1:c		
Station 3	Identify practices which promote personal well-being. 3:1:c		
Station 4	Identify practices which promote personal well-being. 3:1:c		
Day 6	Identify good personal hygiene practices. 1:1:b Identify health practices which help prevent disease. 1:3:c Identify the elements of good health. 3:2:a Understand the importance of achieving and maintaining good health. 3:2:b Choose age-appropriate healthy behaviors. 3:3:c		
Day 7	Identify harmful behaviors. 3:1:a Identify the elements of good health. 3:2:a Choose age-appropriate healthy behaviors. 3:3:c		
Day 8	Identify good personal hygiene practices. 1:1:b Identify appropriate health practices that affect self and others. 1:1:c Identify the elements of good health. 3:2:a		
Day 9	Identify good personal hygiene practices. 1:1:b		
Day 10	Identify major body parts and related functions (e.g., heart – pumping blood). 1:2:a Identify practices which promote personal well-being. 3:1:c		

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<p>Phase Four</p> <p>Day 1</p>	<p>Recognize the importance and consequences of feelings. 1:1:a</p> <p>Identify various health care requirements and policies that affect safety and well being. 1:3:b</p> <p>Recognize how community health plans / strategies affect all. 5:2:c</p>		
<p>Day 2</p>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify appropriate health practices that affect self and others. 1:1:c</p> <p>Recognize cultural differences and similarities among people regarding health. 2:1:a</p> <p>Identify practices which promote personal well-being. 3:1:c</p> <p>Identify the elements of good health. 3:2:a</p>		
<p>Day 3</p>	<p>Identify appropriate health practices that affect self and others. 1:1:c</p>		
<p>Day 4</p>	<p>Identify harmful behaviors. 3:1:a</p> <p>Recognize and use refusal and cooperation skills. 4:3:c</p> <p>Identify ways to approach community health issues. 5:2:a</p>	<p>Explore ways human activity affects the environment. 5:1:b</p> <p>Explore ways to respond to various environmental and social concerns. 5:2:b</p>	
<p>Day 5</p>	<p>Understand the importance of following a prescribed treatment. 2:3:c</p> <p>Choose age-appropriate healthy behaviors. 3:3:c</p>		
<p>Station 1</p>	<p>Identify appropriate health practices that affect self and others. 1:1:c</p>		

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Station 1 (Continued)	Identify practices which promote personal well-being. 3:1:c		
Station 2	Identify various health care requirements and policies that affect safety and well being. 1:3:b		
Station 3	Identify appropriate health practices that affect self and others. 1:1:c Identify harmful behaviors. 3:1:a Recognize and use refusal and cooperation skills. 4:3:c		
Station 4	Recognize and use refusal and cooperation skills. 4:3:c		
Station 5	Identify appropriate health practices that affect self and others. 1:1:c		
Day 6	Identify good personal hygiene practices. 1:1:b Identify appropriate health practices that affect self and others. 1:1:c Identify practices which promote personal well-being. 3:1:c Understand the importance of achieving and maintaining good health. 3:2:b Identify personal choices that affect health. 3:3:a Identify the attributes of personal responsibility. 3:3:b		
Day 7	Identify harmful behaviors. 3:1:a		
Day 8	Identify good personal hygiene practices. 1:1:b Identify appropriate health practices that affect self and others. 1:1:c Identify health practices which help prevent disease. 1:3:c	Explore ways to respond to various environmental and social concerns. 5:2:b	

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Day 9	Identify various health care requirements and policies that affect safety and well being. 1:3:b Identify practices which promote personal well-being. 3:1:c Recognize how community health plans / strategies affect all. 5:2:c		
Day 10	Identify various health care requirements and policies that affect safety and well being. 1:3:b Identify harmful behaviors. 3:1:a Choose age-appropriate healthy behaviors. 3:3:c		
Day 11	Identify harmful behaviors. 3:1:a Identify the attributes of personal responsibility. 3:3:b Choose age-appropriate healthy behaviors. 3:3:c		

Phase Five Day 1	Recognize the importance and consequences of feelings. 1:1:a Identify examples of social pressure. 3:1:b Identify various communication techniques used with family and peers. 4:1:b Identify effective interpersonal communication skills. 4:1:c Identify ways to support others in making healthy choices. 5:3:a		Identify various non-verbal speaking techniques. 4:3:a
Day 2	Recognize behaviors, which help or hinder effective communication. 4:2:b		

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Day 3	Identify positive ways to solve conflicts. 4:3:b		
Day 4	Identify examples of social pressure. 3:1:b Recognize ways to communicate care and consideration for self and others. 4:1:a		
Day 5	Identify good personal hygiene practices. 1:1:b Identify appropriate health practices that affect self and others. 1:1:c Identify various health care requirements and policies that affect safety and well being. 1:3:b Identify health practices which help prevent disease. 1:3:c Identify the role of various local health agencies and / or services. 2:2:a Identify professional services needed for maintaining personal health. 2:3:a Identify harmful behaviors. 3:1:a Identify practices which promote personal well-being. 3:1:c		
Day 6	Identify ways to support others in making healthy choices. 5:3:a Identify ways to advocate health in families and schools. 5:3:b		