



# Elementary School Health Education

## 2022-2023 Scope and Sequence

### NCDPI Healthful Living: Grade K

#### OVERVIEW

*The Healthful Living Education (K-12 Health and Physical Education) promotes behaviors that contribute to a healthy lifestyle and improved quality of life for all students. The Healthful Living curriculum supports and reinforces the goals and objectives of its two major components health and physical education. When fully integrated, the NHCS Health and Physical Education curriculum not only empowers students to lead an active and healthy lifestyle but also instills positive and encouraging attitudes towards physical activity and lifelong fitness.*

#### North Carolina Essential Standards – Health Education

MEH = MENTAL and EMOTIONAL HEALTH

PCH = PERSONAL and CONSUMER HEALTH

ICR = INTERPERSONAL COMMUNICATIONS and RELATIONSHIPS

NPA = NUTRITION and PHYSICAL ACTIVITY

ATOD = ALCOHOL, TOBACCO, and OTHER DRUGS

Grade	NC Essential Standards	Clarifying Objectives
<b>KINDERGARTEN</b> Mental and Emotional Health (MEH)	<b>K.MEH.1 Remember the association of healthy expression of emotions, mental health, and healthy behavior.</b>	<b>K.MEH.1.1</b> Recognize feelings and ways of expressing them. <b>K.MEH.1.2</b> Recall stressors and stress responses. <b>K.MEH.1.3</b> Illustrate personal responsibility for actions and possessions.
<b>KINDERGARTEN</b> Personal and Consumer Health (PCH)	<b>K.PCH.1 Apply measures for cleanliness and disease prevention.</b>  <b>K.PCH.2 Understand necessary steps to prevent and respond to unintentional injury.</b>	<b>K.PCH.1.1</b> Use steps of correct hand washing at appropriate times throughout the day. <b>K.PCH.1.2</b> Illustrate proper tooth brushing techniques. <b>K.PCH.1.3</b> Explain rationale for not sharing hygiene products (combs, brushes, toothbrushes).  <b>K.PCH.2.1</b> Recognize the meanings of traffic signs and signals. <b>K.PCH.2.2</b> Explain the benefits of wearing seat belts and bicycle helmets. <b>K.PCH.2.3</b> Illustrate how to get help in an emergency. <b>K.PCH.2.4</b> Identify appropriate responses to warning signs, sounds, and labels.
<b>KINDERGARTEN</b> Interpersonal Communication and Relationships (ICR)	<b>K.ICR.1 Understand healthy and effective interpersonal communication and relationships.</b>	<b>K.ICR.1.1</b> Explain reasons for sharing. <b>K.ICR.1.2</b> Compare people in terms of what they have in common and how they are unique. <b>K.ICR.1.3</b> Summarize protective behaviors to use when approached by strangers. <b>K.ICR.1.4</b> Recognize bullying, teasing, and aggressive behaviors and how to respond.



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<p><b>KINDERGARTEN</b> <b>Nutrition and Physical Activity (NPA)</b></p>	<p><b>K.NPA.1 Understand My Plate as a tool for selecting nutritious foods.</b></p> <p><b>K.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.</b></p>	<p><b>K.NPA.1.1</b> Classify foods by groups in My Plate.  <b>K.NPA.1.2</b> Recall foods and beverages beneficial to teeth and bones.  <b>K.NPA.1.3</b> Recall activities for fitness and recreation during out of school hours.</p> <p><b>K.NPA.2.1</b> Recognize nutrient-dense foods in a list of foods that are culturally diverse.  <b>K.NPA.2.2</b> Summarize the importance of a healthy breakfast and lunch.</p>
<p><b>KINDERGARTEN</b> <b>Alcohol, Tobacco, and Other Drugs (ATOD)</b></p>	<p><b>K.ATOD.1 Understand how to use household products and medicines safely.</b></p>	<p><b>K.ATOD.1.1</b> Explain what is likely to happen if harmful household products are ingested or inhaled.  <b>K.ATOD.1.2</b> Classify things found around the house as medicinal drugs or other (e.g. candy).  <b>K.ATOD.1.3</b> Identify adults and professionals who can be trusted to provide safety information about household products and medicines.  <b>K.ATOD.1.4</b> Use appropriate strategies to access help when needed in emergencies involving household products and medicines.</p>