

## Kindergarten Health Education Supplemental Teaching Resources

Essential Learning Objective	Performance Indicators	Supplemental Teaching Resources
<p><b>1. Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</b></p>	<p><b>Performance will be satisfactory when the student is able to:</b></p> <p>A1. Recognize that not all products advertised or sold are good for them.</p> <p>A2. Recognize the importance of a healthy breakfast</p> <p>E1. Identify ways family and friends help promote well-being</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes &amp; Holly Alperin</p> <p>(also available for public viewing within the site's LMC)</p>
<p><b>Above objective aligned with AASD Content Domain(s):</b> Nutrition and Physical Activity; Mental, Emotional and Social Health</p>		
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<p><b>2. Students will demonstrate the ability to access valid health information and products and services to enhance health.</b></p>	<p><b>Performance will be satisfactory when the student is able to:</b></p> <p>A1. Name a variety of healthy foods and explain why they are necessary for good health</p> <p>A2. Describe the benefits of being physically active</p> <p>B1. Explain that living things grow and mature</p> <p>B2. Name ways in which people are similar and are different</p> <p>B3. Name body parts and functions.</p> <p>B4. Name and describe 5 senses</p> <p>C1. Identify trusted adults who can help in emergency situations</p> <p>C2. Recognize the characteristics of bullying</p> <p>C3. Recognize that anything may be poisonous or cause harm if used unsafely</p> <p>C4. Define and explain the dangers of weapons</p> <p>D1. Explain why medicines are used</p> <p>D2. Explain the medicines can be helpful or harmful</p> <p>D3. Recognize that tobacco/nicotine is harmful to health and should be avoided</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes &amp; Holly Alperin</p> <p>(also available for public viewing within the site's LMC)</p>

	<ul style="list-style-type: none"> <li>D4. Recognize that some household products are harmful if ingested or inhaled</li> <li>E1. Identify trusted adults at home and at school who can help with mental and emotional health concerns</li> <li>E2. Describe the characteristics of families</li> <li>E3. Describe characteristics that make each individual unique</li> <li>F1. Identify health care workers who help promote healthy practices</li> <li>F3. Describe sun safety practices</li> <li>F4. Define germs</li> <li>F5. Explain why the transmission of germs may be harmful to health</li> </ul>	
<p><b>Above objective aligned with AASD Content Domain(s):</b>                  Nutritional and Physical Activity; Growth, Development, and Sexual Health; Injury Prevention and Safety;                  Alcohol, Tobacco and Other Drugs; Mental, Emotional and Social Health; Personal and Community Health</p>		
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<p><b>3. Students will demonstrate the ability to use interpersonal communication and skills to enhance health and avoid or reduce health risks.</b></p>	<p><b>Performance will be satisfactory when the student is able to:</b></p> <ul style="list-style-type: none"> <li>A1. Explain how to ask family members for healthy food options.</li> <li>C1. How to talk on a device safely</li> <li>C2. Demonstrate how to ask a trusted adult for help or call 911</li> <li>C3. Identify people who are strangers and how to avoid contact with strangers</li> <li>C4. Demonstrate how to ask a trusted adult for help</li> <li>E1. Show how to express needs and wants appropriately</li> <li>E2. Cooperate and share with others</li> <li>F1. Demonstrate how to ask for assistance with a health-related problem</li> </ul>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i>                  by Sarah Benes &amp; Holly Alperin</p> <p>(also available for public viewing within the site's LMC)</p>
<p><b>Above objective aligned with AASD Content Domain(s):</b>                  Nutritional and Physical Activity; Injury Prevention and Safety; Mental, Emotional and Social Health; Personal and Community Health</p>		

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<p><b>4. Students will demonstrate the ability to use decision-making skills to enhance.</b></p>	<p><b>Performance will be satisfactory when the student is able to:</b>                      A1. Describe ways to participate regularly in active play and enjoyable physical activities                      A2. Identify a variety of healthy snacks                      C1. Identify situations when it is necessary to seek adult help or call 911</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i>                      by Sarah Benes &amp; Holly Alperin                       (also available for public viewing within the site's LMC)</p>
<p><b>Above objective aligned with AASD Content Domain(s):</b>                      Nutritional and Physical Activity; Injury Prevention and Safety</p>		
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<p><b>5. Students will demonstrate the ability to use goal-setting skills to enhance health.</b></p>	<p><b>Performance will be satisfactory when the student is able to:</b>                      E1. Make a plan to help family members at home</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i>                      by Sarah Benes &amp; Holly Alperin                       (also available for public viewing within the site's LMC)</p>
<p><b>Above objective aligned with AASD Content Domain(s):</b>                      Mental, Emotional and Social Health</p>		

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<p><b>6. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b></p>	<p><b>Performance will be satisfactory when the student is able to:</b></p> <ul style="list-style-type: none"> <li>A1. Select nutritious snacks</li> <li>A2. Plan a nutritious breakfast</li> <li>B1. Describe their own physical characteristics</li> <li>B2. Identify trusted adults who promote healthy growth and development (doctors, dentists, nurses, etc.)</li> <li>C1. Follow rules for safe play and safety routines</li> <li>C2. Show how to cross street safely</li> <li>C3. Identify safety rules for the home, school, and community</li> <li>C4. Identify emergency situations</li> <li>C5. Explain ways to stay safe when riding in a vehicle</li> <li>C6. Identify ways to stay safe when crossing streets, riding a bike, or playing</li> <li>D1. Recognize that medicines should be taken under the supervision of a trusted adult</li> <li>E1. Express emotions appropriately</li> <li>E2. Describe positive ways to show care, consideration, and concern for others.</li> <li>E3. Identify a variety of emotions</li> <li>E4. Practice situations when is is appropriate to use, "please", "thank you", "excuse me", and "I'm sorry"</li> <li>F1. Show effective dental and personal hygiene practices</li> <li>F2. Demonstrate ways to prevent transmission of germs</li> <li>F3. Identify effective dental and personal hygiene</li> </ul>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes &amp; Holly Alperin</p> <p>(also available for public viewing within the site's LMC)</p>
<p><b>Above objective aligned with AASD Content Domain(s):</b> Nutritional and Physical Activity; Growth, Development, and Sexual Health; Injury Prevention and Safety; Alcohol, Tobacco and Other Drugs; Mental, Emotional and Social Health; Personal and Community Health</p>		

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<p><b>7. Students will demonstrate the ability to advocate for personal, family, and community health.</b></p>	<p><b>Performance will be satisfactory when the student is able to:</b></p> <ul style="list-style-type: none"> <li>C1. Show how to tell a trusted adult when you or a friend find a weapon</li> <li>E1. Encourage others when they engage in safe and healthy behaviors</li> <li>F1. Identify practices that are good for the environment</li> </ul>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes &amp; Holly Alperin</p> <p>(also available for public viewing within the site's LMC)</p>
<p><b>Above objective aligned with AASD Content Domain(s):</b> Injury Prevention and Safety; Mental, Emotional and Social Health; Personal and Community Health</p>		

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