

Course Name: Grade K - Health
Course #: E8102

Course Proficiencies: The following list of proficiencies describes what students are expected to know and be able to do as a result of successfully completing this course. The proficiencies are the basis of assessment of student achievement. The learner will demonstrate the ability to:

Personal Growth and Development

- A. Explore how activity and other habits help all human bodies stay healthy.
2.1.2.PGD.1; 2.1.2.PGD.2
- B. Adequate food and a clean environment can impact personal health in different ways.
2.3.HCDM.1

Alcohol, Tobacco, and Other Drugs

- A. Discuss what medicines are, and the basic rules when taking medicine. 2.3.2.ATD.1

Social and Emotional Health

- A. Identify situations that might result in individuals feeling sad, angry, frustrated, or scared.
2.1.2.CHSS.5
- B. Demonstrate self-control in a variety of settings. 2.1.2.EH.3

Personal Safety

- A. Discuss healthy and safe choices in the classroom, school, and on the playground.
2.3.2.PS.3
- B. Demonstrate how to communicate personal boundaries and show respect for someone else's personal boundaries including friends and family. 2.3.3.PS.6
- C. Identify the qualities of trusted adults, including family members, caregivers, and school staff. 2.3.2.PS.8