



Diocese of Greensburg Curriculum Health Grade K

Unit	Standards	Content	Skills
<p>My Feelings</p>	<p>PA: Health, Safety & Physical Ed PA: Grade K</p> <hr/> <p>10.2 Healthful Living 10.2 Healthful Living</p> <p>G. Know, demonstrate, and identify the steps of a decision- making process</p> <p>10.3 Safety & Injury Prevention 10.3 Safety and Injury Prevention</p> <p>C. Recognize conflict situations and identify strategies to resolve them</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Conflict resolution • Self-esteem • Anger management • Coping strategies 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • solve problems through conflict resolution • develop coping strategies to manage their emotions • analyze good from bad choices • utilize their faith in the decision making process • recognize their own self-worth and enhance self-esteem
<p>Personal Hygiene</p>	<p>PA: Health, Safety & Physical Ed PA: Grade K</p> <hr/> <p>10.2 Healthful Living 10.2 Healthful Living</p> <p>A. Know the relationship between personal health practices and being healthy</p> <p>C. Know and use personal health practices</p> <p>E. Identify common health related signs, symbols, and products that help keep the body healthy</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Germ awareness • Cleanliness • Grooming 	<p>The students will be able to :</p> <ul style="list-style-type: none"> • Define and prevent the spread of germs • Develop and understand the importance of cleanliness • Apply good grooming skills

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<p>Staying Safe/Safe Environment</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade K</p> <hr/> <p>10.2 Healthful Living 10.2 Healthful Living</p> <p>D. Identify people that help to keep us healthy and safe</p> <p>F. Know that what we hear and what we see affects our health and safety</p> <p>H. Identify things in the environment that can be harmful</p> <p>10.3 Safety & Injury Prevention 10.3 Safety and Injury Prevention</p> <p>A. Know and demonstrate the importance of rules to ensure safety</p> <p>B. Recognize an emergency situation</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Safety/personal safety • Rules • Stranger danger • Appropriate touching/right to refuse touches 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Understand the importance of safety rules. • Demonstrate safety procedures. • Compare and contrast safe and unsafe situations. • Identify ways to react in emergency situations. • Identify appropriate touches and demonstrate saying no to an unwanted touch. • Identify strangers verses a trusted adult.
<p>Nutrition</p>	<p>PA: Health, Safety & Physical Ed PA: Grade K</p> <hr/> <p>10.1 Concepts of Health 10.1 Concepts of Health</p> <p>D. Describe why the body needs food</p> <p>E. Recognize that there are a variety of foods that can be grouped</p> <p>F. Develop an understanding of the importance of eating healthy and the role of food in keeping the body healthy</p> <p>G. Develop an understanding of the importance of drinking water to keep the body healthy</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Nutrition • Diet • My Food Plate • Nutrients 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Compare and contrast healthy and unhealthy food choices. • Illustrate My Plate. • Investigate and summarize the information on product labels.

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<p>Medicines and Drugs</p>	<p>PA: Health, Safety & Physical Ed PA: Grade K</p> <hr/> <p>10.1 Concepts of Health 10.1 Concepts of Health</p> <p>H. Begin to know how to properly use medicine (e.g., who takes medicine, who gives medicine)</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<p>Drug Medicine Prescription</p>	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Distinguish between medicine that is helpful and drugs that are harmful • Recognize the harmful effects of drugs • Understand how to properly use medicine • Compare and contrast different forms of abuse • Determine the health, safety and hygiene risks of drug, alcohol and tobacco use

