

# KASC ACADEMIC STANDARDS CHECKLIST

## HEALTH EDUCATION

User's Name:



Use the columns as a checkoff or a place to take notes to track any curriculum issue. For instance, you might list the unit or marking period in which a standard was mastered, the areas where teachers want additional professional development opportunities, or any issue you need to analyze as you work to enhance your students' performance. See the folder labeled Ideas for Usage for further suggestions on ways to use the checklists and cards.

### KINDERGARTEN

#### 1. Students will comprehend content related to health promotion and disease prevention to enhance health.

<b>K.1.1</b>	Identify family and school rules about the use of medicines.	
<b>K.1.2</b>	Describe the importance of choosing healthy foods and beverages and identify the benefits of drinking water.	
<b>K.1.3</b>	Describe the importance of talking with parents and other trusted adults about feelings.	
<b>K.1.4</b>	Describe the importance of respecting the personal space and boundaries of others.	
<b>K.1.5</b>	Identify the benefits of personal health care practices.	
<b>K.1.6</b>	Identify how injuries can be prevented.	
<b>K.1.7</b>	Identify the benefits of healthy peer and family relationships.	
<b>K.1.8</b>	Describe the benefits of not using tobacco.	
<b>K.1.9</b>	Identify safe and unsafe touches.	
<b>K.1.10</b>	Describe why it is harmful to tease or bully others.	

#### 2. Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

<b>K.2.1</b>	Identify people at home and in the community who influence personal health decisions and behaviors.	
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#### 3. Access valid information, products and services to enhance health.

<b>K.3.1</b>	Identify school and community health care helpers.	
<b>K.3.2</b>	Identify trusted adults who help provide accurate health information.	

#### 4. Use interpersonal communication skills to enhance health and avoid or reduce health risks.

<b>K.4.1</b>	Identify effective active listening skills.	
<b>K.4.2</b>	Identify how to effectively communicate needs, wants and feelings in healthy ways.	
<b>K.4.3</b>	Identify unwanted, threatening or dangerous situations.	
<b>K.4.4</b>	Identify trusted adults to talk to if feeling threatened or harmed.	
<b>K.4.5</b>	Describe positive behaviors used to communicate with others.	

#### 5. Use decision-making skills to enhance healthy behaviors.

<b>K.5.1</b>	Identify steps needed to make informed decisions.	
<b>K.5.2</b>	Identify health situations that require decision-making assistance.	
<b>K.5.3</b>	Identify trusted adults who help make health decisions for you.	

**6. Use goal-setting skills to enhance healthy behaviors.**

<b>K.6.1</b>	Identify individual goals for improving health.	
<b>K.6.2</b>	Identify choices needed to reach a goal.	
<b>K.6.3</b>	Identify people who can help achieve goals.	

**7. Practice health-enhancing behaviors and avoid or reduce health risks.**

<b>K.7.1</b>	Identify personal health habits that promote healthy living.	
<b>K.7.2</b>	Identify what causes diseases and other health risks.	

**8. Advocate for personal, family and community health.**

<b>K.8.1</b>	Identify ways to encourage others to be healthy.	
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