

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.

SECOND GRADE

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

2.1.1	Describe how to use medicine correctly.	
2.1.2	Explain what it means to be healthy and how healthy eating and sleeping patterns help the body grow and develop.	
2.1.3	Identify the benefits of healthy peer and family relationships.	
2.1.4	Identify safety hazards in the home and the community.	
2.1.5	Explain why it is harmful to tease or bully others based on personal characteristics.	
2.1.6	Identify short and long-term physical effects of being exposed to tobacco smoke.	
2.1.7	Explain why inappropriate touches should be reported to a trusted adult.	

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

2.2.1	Identify and explain how community opportunities can influence personal health decisions and behaviors.	
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3. Access valid information, products and services to enhance health.

2.3.1	Demonstrate how to locate school, home or community health care helpers to enhance health.	
2.3.2	Identify trusted adults within the community that provide personal health services.	

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

2.4.1	Demonstrate effective listening and verbal communication skills.	
2.4.2	Demonstrate healthy ways to effectively communicate needs, wants and feelings.	
2.4.3	Demonstrate appropriate ways to respond to an unwanted, threatening or dangerous situations.	
2.4.4	Identify a trusted adult to ask for help in an unhealthy situation.	
2.4.5	Demonstrate how to communicate care and concern for others.	

5. Use decision-making skills to enhance health.

2.5.1	Explain the potential outcomes of personal health decisions.	
2.5.2	Explain the difference between when a health-related decision can be made individually and when assistance is needed.	
2.5.3	Identify how family, peers and media impact health-related decision making.	

6. Use goal-setting skills to enhance health.

2.6.1	Set goals for positive physical, mental and emotional health.	
2.6.2	Analyze steps needed to reach a health-related goal.	
2.6.3	Describe people who can support the achievement of health-related goals.	

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

2.7.1	Describe personal responsibility in making healthy life decisions.	
2.7.2	Describe behaviors that can cause harm to personal wellness.	
2.7.3	Describe positive health behaviors regarding personal wellness, physical activity and safety.	

8. Advocate for personal, family and community health.

2.8.1	Demonstrate how to encourage peers to make healthy behavior choices.	
2.8.2	Make a request of others to advocate to improve their personal health.	