KG Health Standards & Benchmarks

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

By the end of KG
1. Discuss and practice healthy behaviors
2. Describe well-being (4 dimensions)
3. Discuss physical health
4. Describe how it feels to be unwell

Standard 2
Students will demonstrate the ability to access valid information and products and services to enhance health.

By the end of KG
1. Identify trusted adults in the home and community
2. Locate and recognize school and community health helpers

Standard 3
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

By the end of KG
1. Identify healthy practices and behaviors to maintain or improve personal health
2. Identify behaviors that avoid or reduce health risks

Standard 4
Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

By the end of KG
1. Identify family health behaviors
2. Identify healthy behavior guidelines related to school and community

Standard 5
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

By the end of KG
1. Practice ways of communicating
2. Recognize the intent of non-verbal communications
3. Identify how to use refusal skills to avoid unsafe situations
4. Identify ways to tell a trusted adult if threatened or harmed
5. Demonstrate healthy ways to express needs, wants & feelings
6. Demonstrate ways to communicate care, consideration and respect of self and others

Standard 6
Students will demonstrate the ability to use goal setting and decision-making skills to enhance health.

By the end of KG
1. Discuss making decisions to enhance well-being
2. Recognize the need for and set a short term goal to enhance health
3. Identify people who can help achieve the goals
Standard 7
Students will demonstrate the ability to advocate for personal, family and community health.

By the end of KG
1. Participate in school efforts to promote health and safety