

K-6 Health Enhancement		
Curriculum		
<u>Enduring Understanding</u>	<u>Standard</u>	<u>Benchmarks:</u> Students will be able to...
1. Students will understand that substance use and abuse permanently alters physical, mental and emotional wellbeing.	1. Students will be able to recognize the effects of a variety of harmful substances on the body.	<p>1.1 Recognize the danger when commonly used medicines and household products are misused.</p> <p>1.2 Distinguish between substances that help the body and substances that harm the body.</p> <p>1.3 Recognize the effects of various drugs on the body.</p> <p>1.4 Describe the social and emotional consequences of drug abuse and identify situations that can lead to drug abuse.</p> <p>1.5 See DARE Curriculum</p> <p>1.6 See Project Alert Curriculum</p>
2. Students will understand that every threat to personal safety requires each individual to recognize, decide and then live with the consequences of his/her actions.	2. Students will be able to identify and model safe practices in their environment.	<p>2.1 Recognize and demonstrate safe and unsafe behaviors.</p> <p>2.2 Know how school rules relate to safety and apply them in PE.</p> <p>2.3 Recognize safe and unsafe situations at home and at school.</p> <p>2.4 a Describe emergency procedures at home and at school.</p> <p>2.4b Know about the HIV virus and describe safe practices for handling blood.</p> <p>2.5 Know the effects of the HIV virus on the immune system and identify some examples of how it is transmitted.</p> <p>2.6a Know and model strategies for refusing to partake in risky behaviors.</p> <p>2.6b Know that HIV can lead to AIDS and describe some of the life-threatening consequences of AIDS.</p> <p>2.6c Recognize behaviors that put them at risk for HIV, STIs and unintended pregnancy.</p>
3. Students will understand that growth and development is a lifelong personal process.	3. Students will be able to identify characteristics of growth and development of the body from birth to childhood.	<p>3.1. Identify the 5 senses and recognize their purpose in keeping the body healthy.</p> <p>3.2. Recognize how healthy choices protect the major body parts and systems.</p> <p>3.3 Describe and appreciate similarities and differences in growth and development.</p>

		<p>3.4. Define puberty and recognize gender-related physical and emotional changes during puberty.</p> <p>3.5 Identify the male and female reproductive system and understand the functions of each.</p> <p>3.6a. Recognize the need and procedures for personal hygiene in maintaining and reflecting a positive self image.</p> <p>3.6b Understand the process of fertilization and that it leads to pregnancy.</p>
<p>4. Students will understand that nutritional responsibility is a key component of lifetime wellness.</p>	<p>4. Students will be able to identify healthy eating practices.</p>	<p>4.1 Recognize healthy and unhealthy eating habits.</p> <p>4.2 Identify healthy food choices.</p> <p>4.3 Describe the nutritional benefits of healthy food choices.</p> <p>4.4a Identify the nutrients found in a balanced diet and describe their specific benefit.</p> <p>4.4b Explain the relationship between food, activity, & heredity.</p> <p>4.5a Recognize a balanced diet.</p> <p>4.5b Analyze information that has an impact on eating practices.</p> <p>4.6a Explain how body image and self esteem influence eating practices.</p> <p>4.6b Analyze the influence that advertising has on food choices and eating practices.</p>
<p>5. Students will understand that developing a comprehensive set of motor skills will increase and enhance lifetime wellness.</p>	<p>5. Students will be able to develop loco-motor, non loco-motor and manipulative skills.</p>	<p>5.1.a. Perform basic loco motor skills</p> <p>5.1 b. Perform basic manipulative skills</p> <p>5.1 c. Perform basic non loco motor skills</p> <p>5.2 a. Perform basic loco motor skills</p> <p>5.2 b. Perform basic manipulative skills</p> <p>5.2 c. Perform basic non loco motor skills</p> <p>5.3 a. Perform basic loco motor skills</p> <p>5.3 b. Perform basic manipulative skills</p> <p>5.3 c. Perform basic non loco motor skills</p> <p>5.4 Perform loco motor, non loco motor & manipulative skills necessary for lead up games</p>

		<p>5.5 Perform loco motor, non loco motor & manipulative skills to participate in games & leisure activities</p> <p>5.6 Perform loco motor, non loco motor & manipulative skills to participate in games & leisure activities</p>
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