

Health and Fitness: Classroom
Essential Academic Learning Requirements
 Grade Level Expectations: Kindergarten

Name _____

Teacher _____

2.2.1 Understands how to prevent or reduce the risk of contracting a communicable disease.

Demonstrate basic hygiene techniques to reduce illness: (washing your hands, covering your mouth when you cough, not sharing combs, prevention of tooth decay, etc.)	Yes	No
--	-----	----

2.3.1a Understands one's right to personal and physical safety.

Recognizes the guidelines for personal and physical safety: (appropriate/inappropriate contact, personal space)	Yes	No
--	-----	----

2.3.1b Understands what are abusive or risky situations and how to avoid them.

Recognizes what are risky situations and how they can be avoided while at school.	Yes	No
--	-----	----

2.3.1c Knows appropriate sources of help in emergency and non-emergency situations.

Shows or tells how to call 911 in an emergency.	Yes	No
Identifies different people that you can ask for help in an emergency situation.	Yes	No

2.3.1d Understands the physical and legal consequences of using nicotine, alcohol, and other
drugs, and applies skills to resist any harmful use of substances.

Recognizes that certain substances are bad for your health: (tobacco, alcohol, medication)	Yes	No
Identifies different ways to avoid dangerous substances that could be harmful.	Yes	No

3.1.1 Identifies environmental factors that affect health.

Recognizes that air and water pollution are harmful to a healthy body.	Yes	No
--	-----	----

3.2.1a Understands reliable sources of health information.

Recognizes that there are both reliable and unreliable sources of health information.	Yes	No
Identifies three reliable sources of health information (doctor, nurse, etc.)	Yes	No

3.2.1b Understands how media provides information related to safe or unsafe behaviors that impact overall health.

Recognizes how different advertisements give truthful and untruthful information about products (cereal, etc.).	Yes	No
---	-----	----

3.2.1c Understands health enhancing behaviors and risk reduction.

Recognizes different ways that you can be safe: (wearing your helmet, car seats, seatbelts, crosswalks)	Yes	No
Identifies different healthy habits that you have to keep you healthy: (brushing your teeth, getting enough sleep, exercising, eat right)	Yes	No
Practice fire drill rules/earthquake drills.	Yes	No

3.3.1a Expresses emotions appropriately to form safe and respectful relationships.

Recognizes that we have different emotions and ways in which they can be expressed appropriately.	Yes	No
Explains how "I" want to be treated with respect to others.	Yes	No

3.3.1b Recognizes social skills to keep out of trouble and resist pressure from others.

Gives examples of good/poor choices.	Yes	No
Explains ways to avoid negative peer pressure.	Yes	No

3.4.1 Recognizes a variety of emotions and how they affect self and others and develop strategies about how to act in emotional situations.

Shows various types of emotions (puppet sticks, collage, drawings, and facial expressions) and tells others how it affects self and others.	Yes	No
---	-----	----