

**Health: Kindergarten-Grade Two**

**Adams County/Ohio Valley  
Course of Study**

<b>Content Standard 1: Knows the availability and effective use of health services, products, and information.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows community health service providers and their roles (e.g., paramedics, dentists, nurses, physicians, sanitarians, dietitians).			

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<b>Content Standard 2: Knows environmental and external factors that affect individual and community health.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows sources and causes of pollution (e.g., air, ground, noise, water, food) in the community.			

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<b>Content Standard 3: Understands the relationship of family health to individual health.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows the roles of parents and the extended family in supporting a strong family and promoting the health of children (e.g., the limits parents set for children, the values or religious beliefs taught, behaviors and values modeled).			

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<b>Content Standard 3: Understands the relationship of family health to individual health.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows effective strategies to cope with change that may occur in families (e.g., pregnancy, birth, marriage, divorce, relocation, unemployment).			

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<b>Content Standard 4: Knows how to maintain mental and emotional health.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Identifies and shares feelings in appropriate ways.			

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<b>Content Standard 5: Knows essential concepts and practices concerning injury prevention and safety.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows basic fire, traffic, water, and recreation safety practices.			

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<b>Content Standard 5: Knows essential concepts and practices concerning injury prevention and safety.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows precautions that should be taken in special conditions (e.g., bad weather, Halloween, darkness, staying home alone, being approached by strangers, avoiding conflicts).			

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<b>Content Standard 5: Knows essential concepts and practices concerning injury prevention and safety.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows how to recognize emergencies and respond appropriately (e.g., uses a telephone appropriately to obtain help; identifies and obtains help from police officers, fire fighters, and medical personnel; treats simple injuries such as scratches, cuts, bruises, and first-degree burns).			

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<b>Content Standard 5: Knows essential concepts and practices concerning injury prevention and safety.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows ways to seek assistance if worried, abused, or threatened (e.g., physically, emotionally, sexually).			

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<b>Content Standard 6: Understands essential concepts about nutrition and diet.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Classifies foods and food combinations according to the food groups.			

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<b>Content Standard 7: Knows how to maintain and promote personal health.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows basic personal hygiene habits required to maintain health (e.g., caring for teeth, gums, eyes, ears, nose, skin, hair, nails).			

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<b>Content Standard 8: Knows essential concepts about the prevention and control of disease.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows the signs and symptoms of common illnesses (e.g., fever, rashes, coughs, congestion, wheezing).			

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<b>Content Standard 9: Understands aspects of substance use and abuse.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows how to distinguish between helpful and harmful substances.			

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<b>Content Standard 10: Understands the fundamental concepts of growth and development.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands individual differences (in terms of appearance, behavior).			

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<b>Content Standard 10: Understands the fundamental concepts of growth and development.</b>			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows the cycle of growth and development in humans from infancy to old age.			