

TUCSON UNIFIED SCHOOL DISTRICT
HEALTH EDUCATION STANDARD

Grades PreK - 2
(Approved Oct 2009)

Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts

Every student will comprehend concepts related to health promotion and disease prevention to enhance health.

Concept 1: Understand Relationship Between Health Behaviors and Health

The concept of recognizing that healthy behaviors affect personal health.

PO 1. Identify that healthy behaviors affect personal health and overall well-being.

Concept 2: Understanding Multiple Dimensions of Health

The concept of understanding that there are multiple dimensions of health.

PO 1. Recognize what the human body is and what it means to be healthy.

Concept 3: Understanding Personal Health

The concept of understanding personal health.

PO 1. Describe ways to prevent communicable diseases.

PO 2. Identify that foods are classified into food groups and that a variety of food is needed for personal health, growth, and development.

PO 3. Identify that physical activity is integral to good health.

Concept 4: Understanding Prevention of Injuries and Health Problems

The concept of recognizing ways to prevent common childhood injuries and health problems.

PO 1. List ways to prevent common childhood injuries.

Concept 5: Understanding Use of Health Care

The concept of understanding why it is important to seek health care.

PO 1. Describe why it is important to seek health care.

Concept 6: Understanding Healthy vs. Unhealthy Behaviors

No PO's listed for this grade level.

Strand 2: Analysis of Factors Affecting Health Behaviors

Every student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Concept 1: External Influences on Personal Health

The concept of understanding how family and peers can influence personal health.

PO 1. Identify how the family influences personal health practices and behaviors.

PO 2. Recognize how culture influences health practices and behaviors.

PO 3. Recognize how peers can influence healthy and unhealthy behaviors.

PO 4. Identify what the school can do to support personal health practices and behaviors.

PO 5. Describe how the media can influence health behaviors.

PO 6. Recognize how technology can influence personal health.

TUCSON UNIFIED SCHOOL DISTRICT
HEALTH EDUCATION STANDARD

Grades PreK - 2

Strand 2: Analysis of Factors Affecting Health Behaviors (contd.)

Concept 2: Internal Influences on Personal Health

The concept of understanding how culture influences health beliefs.

No PO's listed for this grade level.

Concept 3: Influence of Public Policy on Health

The concept of understanding how public health and government regulations can influence health promotion and disease prevention.

No PO's listed for this grade level.

Strand 3: Access to Health Information, Products, and Services to Enhance Health

Every student will demonstrate the ability to access valid information, products, and services to enhance health.

Concept 1: Knowledge of Sources of Help

The concept of identifying trusted adults who can help promote health.

PO 1. Identify trusted adults and professionals who can help promote health.

Concept 2: Accessing Help

The concept of understanding how to access valid health information from home, school and community.

PO 1. Identify ways to locate school and community health helpers.

Strand 4: Use of Interpersonal Communication Skills to Enhance Health

Every student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Concept 1: Communication to Enhance Health

The concept of understanding effective verbal and non-verbal communication skills to enhance health.

PO 1. Demonstrate healthy ways to express needs, wants, and feelings.

PO 2. Demonstrate listening skills to enhance health.

Concept 2: Self Protection and Dealing with Conflict

The concept of understanding strategies to manage or resolve conflict.

PO 1. Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation.

Concept 3: Asking for Help

The concept of understanding how to ask for help to enhance the health of self and others.

PO 1. Demonstrate ways to tell a trusted adult if threatened or harmed.

TUCSON UNIFIED SCHOOL DISTRICT
HEALTH EDUCATION STANDARD

Grades PreK - 2

Strand 5: Use of Decision-making Skills to Enhance Health

Every student will demonstrate the ability to use decision-making skills to enhance health.

Concept 1: Influences on Healthy Decision Making

The concept of understanding how to identify circumstances that can help or hinder healthy decision making.

PO 1. Identify circumstances that can help or hinder healthy decision making.

Concept 2: Application of Decision-Making Skills to Health

The concept of understanding the outcomes of a health related decision.

PO 1. Identify situations when a health-related decision is needed.

PO 2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

Strand 6: Use of Goal-Setting Skills to Enhance Health

Every student will demonstrate the ability to use goal-setting skills to enhance health.

Concept 1: Assessment of Health

The concept of understanding personal health practices.

No PO's listed for this grade level.

Concept 2: Health-Related Goal Setting

The concept of understanding strategies and skills needed to attain a personal health goal.

PO 1. Identify a short-term personal health goal and take action toward achieving the goal.

PO 2. Identify who can help when assistance is needed to achieve a personal health goal.

Strand 7: Ability to Practice Health – Enhancing Behaviors

Every student will demonstrate the ability to practice health – enhancing behaviors and avoid or reduce health risks.

Concept 1: Personal Responsibility for Health

The concept of understanding responsible personal health behaviors.

No PO's listed for this grade level.

Concept 2: Healthy Practices and Behaviors

The concept of understanding behaviors that avoid or reduce health risks.

PO 1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

PO 2. Demonstrate behaviors that avoid or reduce health risks.

Strand 8: Ability to Advocate for Health

Every student will demonstrate the ability to advocate for personal, family, and community health.

Concept 1: Personal Advocacy

The concept of understanding promoting personal health.

PO 1. Make requests to promote personal health.

PO 2. Encourage family and peers to make positive health choices.

**TUCSON UNIFIED SCHOOL DISTRICT
HEALTH EDUCATION STANDARD**

Grades PreK - 2

Strand 8: Ability to Advocate for Health (contd.)

Concept 2: Collective Advocacy

The concept of understanding how to influence and support others to make positive health choices.

No PO's listed for this grade level.

Concept 3: Tailoring Advocacy Message to Audience

The concept of understanding ways in which health messages can be altered for different audiences.

No PO's listed for this grade level.