

Health, K-2 - standard 1

Standard 1:

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

21st Century Learning Expectations:

- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

Promotion of health behaviors can prevent disease transmission or acquisition.

Learning Competencies

Students will be able to:

- Identify risky behaviors that can cause disease or injury
- Identify prevention techniques to prevent disease or injury
- Identify when to seek medical help

Essential Questions

- What concepts do we need to know to become a healthy person?

Health, Grades K-2 – standard 2

Standard 2

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

21st Century Learning Expectations:

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale students will demonstrate technological fluency and adaptability
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

Influences can affect personal choices which can affect a person's health either positively or negatively.

Learning Competencies

Students will be able to:

- Identify how the family influences personal health practices and behaviors.2.5.2 Identify the influence of culture on health practices and behaviors.
- Identify what the school can do to support personal health practices and behaviors.
- Describe how the media can influence health behaviors.

Essential Questions

- What types of health behaviors might be affected by different types of influences?
- How do my family, peers, culture, media, technology, and other factors influence my healthy behaviors?

Health, Grades K-2 – standard 3

Standard 3

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

21st Century Learning Expectations:

- Hinsdale students will be able to solve problems
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate technological fluency and adaptability

Enduring Understandings:

Accessing credible and safe health information can help people make healthy decisions.

Learning Competencies

Students will be able to:

- Identify trusted adults and professionals who can help promote health.
- Identify ways to locate school and community health helpers.

Essential Questions

- What are ways we can access credible and safe health information?
- Who can we contact for credible and safe health information?
- How can I access valid information, products, and services to enhance our health?

Health, Grades K-2 – standard 4	
Standard 4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
21st Century Learning Expectations: <ul style="list-style-type: none"> • Hinsdale students will communicate through various means • Hinsdale students will be able to solve problems • Hinsdale students will recognize and demonstrate the importance of whole person wellness • Hinsdale students will demonstrate responsibility for their actions and choices 	
Enduring Understandings: The ability to communicate effectively can enhance a person's health and prevent unsafe situations.	
Learning Competencies	Essential Questions
<i>Students will be able to:</i> <ul style="list-style-type: none"> • Demonstrate healthy ways to express needs, wants, and feelings. • Demonstrate listening skills to enhance health. • Demonstrate ways to respond in an unwanted, threatening, or dangerous situation. • Demonstrate ways to tell a trusted adult if threatened or harmed. 	<ul style="list-style-type: none"> • How will I demonstrate the ability to use interpersonal communication skills to enhance my health and avoid or reduce health risks?

Health, Grades K-2 – standard 5

Standard 5

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

21st Century Learning Expectations:

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale students will demonstrate responsibility for their actions and choices
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness

Enduring Understandings:

Learning a decision-making process enables individuals to improve their quality of life.

Learning Competencies

Students will be able to:

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

Essential Questions

- How will I demonstrate the ability to use decision making skills to enhance my health?

Health, Grades K-2 – standard 6

Standard 6

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

21st Century Learning Expectations:

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

Goal-setting skills are essential to help identify, adopt, and maintain healthy behaviors.

Learning Competencies

Students will be able to:

- Identify a short-term personal health goal and take action toward achieving the goal.
- Identify who can help when assistance is needed to achieve a personal health goal.

Essential Questions

- How can I use goal-setting skills to enhance my health?

Health, Grades K-2 – standard 7

Standard 7

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

21st Century Learning Expectations:

- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

My behaviors can positively impact my life.

Learning Competencies

Students will be able to:

- Demonstrate healthy practices and behaviors to maintain or improve personal health.
- Demonstrate behaviors that avoid or reduce health risks.

Essential Questions

- How will I avoid behaviors that will be risky to my health?

Health, Grades K-2 – standard 8

Standard 8

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

21st Century Learning Expectations:

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

Learning how to advocate for self, family and community can lead to healthy behaviors.

Learning Competencies

Students will be able to:

- Make requests to promote personal health.
- Encourage peers to make positive health choices.

Essential Questions

- What types of requests might promote my personal health?
- What can I say to my friend to help them make a healthy choice?