

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: Kindergarten
 Section/Heading: KA.1

Strand: Personal Health and Safety

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Health and Safety	Identify the personal responsibility for good hygiene.

Performance Indicators		
<ol style="list-style-type: none"> 1. Demonstrate methods of cleaning teeth. 2. Demonstrate proper hand washing technique. 		
Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: Kindergarten
 Section/Heading: KA.2

Strand: Personal Health and Safety

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Health and Safety	Identify the personal responsibility for safety strategies.

Performance Indicators		
<ol style="list-style-type: none"> 1. Identify appropriate behavior with strangers. 2. Identify arrival and dismissal procedures for school. 3. Demonstrate safe behavior at school on the playground, classroom and bathroom. 4. Identify traffic signals and street safety. 		
Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: Kindergarten
 Section/Heading: KA.3

Strand: Personal Health and Safety

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Health and Safety	Identify wellness strategies.

Performance Indicators		
<ol style="list-style-type: none"> 1. Name physical activities which enhance health. 2. Select clothing appropriate to various activities and weather conditions. 3. Recognize the need for sufficient sleep to benefit the body. 		
Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: Kindergarten
 Section/Heading: KA.4

Strand: Personal Health and Safety

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Health and Safety	Identify procedures that contribute to our wellness.

Performance Indicators		
<ol style="list-style-type: none"> 1. Identify where the health room is located. 2. Identify school nurse or person to see if injured. 3. Identify common health hazards and accidents. 4. Recognize that all injuries need to be reported accurately and immediately. 5. Be able to contact “911” 		
Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: Kindergarten
 Section/Heading: KB.1

Strand: Substance Abuse and Use

Diocesan Standard Terra Nova Objective	Benchmark Statement
Substance Abuse and Use	Understands aspects of substance abuse and use.

Performance Indicators	
<ol style="list-style-type: none"> 1. Recognizes their own personal uniqueness, strengths and feelings. (RE) 2. Identifies non-food substances that can be harmful, i.e. insecticides, sprays, glue, cleaning supplies. 	

Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: Kindergarten
 Section/Heading: KD.1

Strand: Health and Disease Prevention

Diocesan Standard Terra Nova Objective	Benchmark Statement
Health and Disease Prevention	Knows how to maintain and promote personal health.

Performance Indicators		
<ol style="list-style-type: none"> 1. Distinguish between the pleasant aspects of being well and the unpleasant feeling of being sick. 2. Describe how infections occur and modes of transmission (saliva, food, water-borne, skin, blood, air). 3. Identify ways infection may be prevented. (Washing hands, covering nose and mouth when sneezing, staying home when ill.) 4. Identify the role of the family and health care professionals in preventing disease. 		
Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: Kindergarten
 Section/Heading: KE.1

Strand: Environment and Community

Diocesan Standard Terra Nova Objective	Benchmark Statement
Environment and Community	Understands environmental and external factors that affect individual and community health.

Performance Indicators	
<ol style="list-style-type: none"> 1. Describe people’s dependency on the environment and how protecting and improving it contributes to their health. 2. Explain steps individuals can take to prevent pollution and create a health environment. 	

Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: Kindergarten
 Section/Heading: KF.1

Strand: Mental Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Mental Health	Knows how to maintain mental and emotional health.

Performance Indicators	
<ol style="list-style-type: none"> 1. Recognize different feelings experienced by oneself and others and how they affect one’s daily life. 2. Recognize that it is important to express feelings and communicate desires for a healthy lifestyle. 	

Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: Kindergarten
 Section/Heading: KG.1

Strand: Nutrition

Diocesan Standard Terra Nova Objective	Benchmark Statement
Nutrition	Understands essential concepts about nutrition and diet.

Performance Indicators	
<ol style="list-style-type: none"> 1. Recognize that food choices are related to a healthy body. 2. Describe the benefits of a balanced diet and the effects of an unbalanced diet. 	

Suggested Activities	Assessment	Resources