

Gilford School District
Grades K-4 - Health

Injury Prevention ~	Important injury prevention concepts include fire and water safety; first aid prevention and care for injuries; pedestrian, bicycle, and vehicle safety; prevention of violence, including suicide; and the use of protective equipment during work and sports and other leisure activities.
Content	Skills
Strategies to prevent fires	Self Management:
Escape plans	Identify healthful behaviors, e.g., stress management and coping strategies
How to get help	Demonstrate healthful behaviors, habits, and/or techniques
Strategies to stay safe around electricity	Identify protective behaviors, e.g., first aid techniques, safety steps, strategies to avoid/manage unhealthy or dangerous situations
How to stop, drop and roll	List steps in correct order if appropriate
	Advocacy
	Show evidence of a clear, health enhancing stand
	Support the position with relevant information
	Show awareness of audience
	Encourage other to make healthful choices
	Demonstrate passion/conviction
Importance of adult supervision	Self Management:
Buddy systems	Identify healthful behaviors, e.g., stress management and coping strategies
Precautions when entering or being around water	Demonstrate healthful behaviors, habits, and/or techniques
How to use personal flotation devices	Identify protective behaviors, e.g., first aid techniques, safety steps, strategies to avoid/manage unhealthy or dangerous situations

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	List steps in correct order if appropriate
How to get help	Self Management:
Steps for helping others	Identify healthful behaviors, e.g., stress management and coping strategies
Universal precautions (infection control procedures)	Demonstrate healthful behaviors, habits, and/or techniques
How to prevent animal bites	Identify protective behaviors, e.g., first aid techniques, safety steps, strategies to avoid/manage unhealthy or dangerous situations
How to prevent choking	List steps in correct order if appropriate
How to prevent poisoning	
Practices for medicine cabinet safety	
How to treat minor wounds and burns	
Importance of using bicycle helmets	Self Management:
Importance of using safety belts	Identify healthful behaviors, e.g., stress management and coping strategies
Being safe in cars (riding in the back seats)	Demonstrate healthful behaviors, habits, and/or techniques
Strategies for safe walking	Identify protective behaviors, e.g., first aid techniques, safety steps, strategies to avoid/manage unhealthy or dangerous situations
Strategies for bicycle safety	List steps in correct order if appropriate
School bus safety practices	
Dangers of riding with impaired driver	
How to recognize child abuse and get help	Accessing Information:
Safety techniques for dealing with strangers	Identify or cite specific sources

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<p>About appropriate and inappropriate touch</p>	<p>Evaluate validity of source</p> <p>Provide rationale for appropriateness of source</p> <p>Demonstrate ability to access appropriate community resources to meet specific needs</p> <p>Identify the type of help available from source</p> <p>Interpersonal Communication:</p> <p>Demonstrate interactions among individuals</p> <p>Demonstrate message tactics and strategies, e.g., clear, organized ideas or beliefs, use of “I” messages, respectful tone, body language</p> <p>Demonstrate refusals, e.g., clear “no” statement, walk away, provide a reason, delay, change the subject, repeat refusal, provide an excuse, put it off</p>
<p>Conflict resolution techniques</p> <p>Ways to avoid threatening situations</p> <p>Ways to deal with bullying</p> <p>Ways to avoid weapons</p> <p>How to report weapons</p>	<p>Interpersonal Communication:</p> <p>Demonstrate interactions among individuals</p> <p>Demonstrate message tactics and strategies, e.g., clear, organized ideas or beliefs, use of “I” messages, respectful tone, body language</p> <p>Demonstrate refusals, e.g., clear “no” statement, walk away, provide a reason, delay, change the subject, repeat refusal, provide an excuse, put it off</p>

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Nutrition ~	Healthful nutrition contributes to growth and energy and helps prevent chronic diseases such as cancer and heart disease. Important concepts include the need for variety in food choices and recommended proportions of foods consistent with the Food Guide Pyramid. Consuming more water, fruits, vegetables, grains, and calcium-rich foods also contributes to health. Nutrition labels provide important information to help consumers choose foods lower in fat, saturated fat, and cholesterol, as well as sodium and sugar content. Balancing food intake and physical activity contributes to health.
Content	Skills
Benefits of healthful eating (short-term and long-term benefits and risks)	Decision Making:
How to select variety and proportions of foods (consistent with Food Guide Pyramid)	Be personalized
Benefits of consuming more water, fruits, vegetables, grains, and calcium-rich foods	Goal Setting:
Benefits of decreasing fat intake	Show clear progression through a goalsetting process
Benefits of moderating sugar intake	Include a clear goal statement
Healthful strategies for dealing with personal food preferences, restrictions, and barriers	Identify a realistic goal
	Present a plan for reaching the goal
	Evaluate or reflect on action
	Analyzing Influences:
	Identify and analyze external factors, e.g., media, parents, ethnic, legal, peers, geographic, societal, technology
	Identify and analyze internal factors, e.g., curiosity, interests, desires, fears, likes/ dislikes
	Address interrelationships and complexity of influences
	Present variety of influences as appropriate

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	<p>Show progression through a decisionmaking process</p> <p>Identify the decision to be made</p> <p>Consider options and consequences</p> <p>Take action or make decision</p> <p>Evaluate or reflect on the decision</p>
<p>How to read food nutrition labels</p> <p>Features of the Food Guide Pyramid</p> <p>Dietary Guidelines</p>	<p>Accessing Information:</p> <p>Identify or cite specific sources</p> <p>Evaluate validity of source</p> <p>Provide rationale for appropriateness of source</p> <p>Demonstrate ability to access appropriate community resources to meet specific needs</p> <p>Identify the type of help available from source</p>
<p>How to assess personal likes and dislikes</p> <p>Family influences</p> <p>Peer influences</p> <p>Cultural influences</p> <p>How marketing, packaging, and advertising influence food choices</p>	<p>Analyzing Influences:</p> <p>Identify and analyze external factors, e.g., media, parents, ethnic, legal, peers, geographic, societal, technology</p> <p>Identify and analyze internal factors, e.g., curiosity, interests, desires, fears, likes/ dislikes</p> <p>Address interrelationships and complexity of influences</p> <p>Present variety of influences as appropriate</p>
<p>That energy is expended during exercise</p> <p>Energy available from foods (calories)</p>	<p>Decision Making:</p> <p>Be personalized</p>

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<p>Relationship between physical activity, eating, and health</p>	<p>Show progression through a decisionmaking process</p> <p>Identify the decision to be made</p> <p>Consider options and consequences</p> <p>Take action or make decision</p> <p>Evaluate or reflect on the decision</p> <p>Goal Setting:</p> <p>Show clear progression through a goalsetting process</p> <p>Include a clear goal statement</p> <p>Identify a realistic goal</p> <p>Present a plan for reaching the goal</p> <p>Evaluate or reflect on action</p>
<p>Food sanitation (hands, food, utensils, surfaces)</p> <p>Techniques for safe food preparation, serving, and storage</p>	

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Physical Activity ~	Physical activity has both benefits and risks. Regular physical activity promotes cardiovascular health. Exercise needs are based on frequency, intensity, and duration. Planning for physical activity needs to consider a variety of factors, including personal fitness levels, overcoming barriers, and protecting the body from exposure to the elements. The use of protective sports equipment helps prevent injuries.
Content	Skills
Benefits and risks of physical activity, including mental and social benefits Phases of a workout: warmup, work out, cool down Types of exercise: aerobic, stretching, strengthening How to develop personal plans that include a variety of types and amounts of activity How to develop personal plans that account for personal preferences, restrictions, and barriers Strategies for protection from cold, heat, and sun during activity, e.g, sunscreen Importance of healthful eating	Goal Setting: Show clear progression through a goalsetting process Include a clear goal statement Identify a realistic goal Present a plan for reaching the goal Evaluate or reflect on action Self Management: Identify healthful behaviors, e.g., stress management and coping strategies Demonstrate healthful behaviors, habits, and/or techniques Identify protective behaviors, e.g., first aid techniques, safety steps, strategies to avoid/manage unhealthy or dangerous situations List steps in correct order if appropriate
Internal influences	Analyzing Influences:

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Family influences	Identify and analyze external factors, e.g., media, parents, ethnic, legal, peers, geographic, societal, technology
Peer influences	<p>Identify and analyze internal factors, e.g., curiosity, interests, desires, fears, likes/ dislikes</p> <p>Address interrelationships and complexity of influences</p> <p>Present variety of influences as appropriate</p>
<p>Importance of using protective equipment</p> <p>How to evaluate unsafe settings or weather conditions</p> <p>Signs of physical exhaustion</p>	<p>Goal Setting:</p> <p>Show clear progression through a goalsetting process</p> <p>Include a clear goal statement</p> <p>Identify a realistic goal</p> <p>Present a plan for reaching the goal</p> <p>Evaluate or reflect on action</p> <p>Self Management:</p> <p>Identify healthful behaviors, e.g., stress management and coping strategies</p> <p>Demonstrate healthful behaviors, habits, and/or techniques</p> <p>Identify protective behaviors, e.g., first aid techniques, safety steps, strategies to avoid/manage unhealthy or dangerous situations</p> <p>List steps in correct order if appropriate</p>

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Mental Health ~	A positive self-image is an important component of mental and emotional health. Emotional health includes the ability to express needs, wants, and feelings; to handle emotions in positive ways; to manage anger and conflict; and to deal with frustration. Stress management skills contribute to mental health. Interpersonal skills help build and maintain relationships.
Content	Skills
<p>How to express needs, wants, and feelings</p> <p>Positive ways to handle emotions, e.g., fear, anger, happiness, sadness</p> <p>Ways to manage and reduce anger</p> <p>Ways to deal with frustration</p> <p>Ways to manage conflict</p> <p>How to identify stressors</p> <p>Ways to reduce stress</p>	<p>Self Management:</p> <p>Identify healthful behaviors, e.g., stress management and coping strategies</p> <p>Demonstrate healthful behaviors, habits, and/or techniques</p> <p>Identify protective behaviors, e.g., first aid techniques, safety steps, strategies to avoid/manage unhealthy or dangerous situations</p> <p>List steps in correct order if appropriate</p> <p>Interpersonal Communication:</p> <p>Demonstrate interactions among individuals</p> <p>Demonstrate message tactics and strategies, e.g., clear, organized ideas or beliefs, use of “I” messages, respectful tone, body language</p> <p>Demonstrate refusals, e.g., clear “no” statement, walk away, provide a reason, delay, change the subject, repeat refusal, provide an excuse, put it off</p>
<p>Strategies to build and maintain healthy friendships</p> <p>Ways to communicate respect for diversity, e.g., mental and physical disabilities, culture, race/ethnicity</p> <p>Strategies that build relationships with family members and other adults</p>	<p>Demonstrate interactions among individuals</p> <p>Demonstrate message tactics and strategies, e.g., clear, organized ideas or beliefs, use of “I” messages, respectful tone, body language</p> <p>Demonstrate refusals, e.g., clear “no” statement, walk away, provide a reason, delay, change the subject, repeat refusal, provide an excuse, put it off</p>

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<p>How to speak effectively, e.g., I-statements, eye contact, assertiveness</p> <p>Effective listening skills, e.g., reflective listening</p> <p>Characteristics of nonverbal communication</p> <p>How to identify abuse</p>	
<p>When to get help</p> <p>Why to get help</p> <p>How to get help and support</p> <p>Whom to ask for help</p>	<p>Accessing Information:</p> <p>Identify or cite specific sources</p> <p>Evaluate validity of source</p> <p>Provide rationale for appropriateness of source</p> <p>Demonstrate ability to access appropriate community resources to meet specific needs</p> <p>Identify the type of help available from source</p>

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Personal and Consumer Health ~	Personal health choices and behaviors play an important role in disease prevention. Personal hygiene, including dental care, contributes to health. Selecting and using effective health care products and services contributes to health.
Content	Skills
<p>Effective techniques for hand washing</p> <p>Importance of bathing</p> <p>Importance of clean clothing</p> <p>Importance of clean hair</p> <p>Effective techniques for tooth care: brushing and flossing</p> <p>Importance of regular dental cleaning and checkups</p> <p>Proper eye and ear care</p> <p>Body changes that occur during growth and development</p>	<p>Self Management:</p> <p>Management and coping strategies</p> <p>Demonstrate healthful behaviors, habits, and/ or techniques</p> <p>Identify protective behaviors, e.g., first aid techniques, safety steps, strategies to avoid/ manage unhealthy or dangerous situations</p> <p>List steps in correct order if appropriate</p> <p>Accessing Information:</p> <p>Identify or cite specific sources</p> <p>Evaluate validity of source</p> <p>Provide rationale for appropriateness of source</p> <p>Demonstrate ability to access appropriate community resources to meet specific needs</p> <p>Identify the type of help available from source</p>
<p>Importance of immunizations</p> <p>Techniques for preventing disease transmission, e.g., covering sneezes and coughs, frequent hand washing</p> <p>Ways to avoid contact with infectious agents</p>	<p>Self Management:</p> <p>Identify healthful behaviors, e.g., stress management and coping strategies</p> <p>Demonstrate healthful behaviors, habits, and/or techniques</p>

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<p>Strategies to prevent head lice and other parasitic infections</p> <p>Benefits of using sunscreen</p> <p>Benefits of wearing protective clothing</p> <p>Ways to manage diabetes, asthma, and allergies</p>	<p>Identify protective behaviors, e.g., first aid techniques, safety steps, strategies to avoid/manage unhealthy or dangerous situations</p> <p>List steps in correct order if appropriate</p>
<p>Value of regular health care screenings</p> <p>How to use prescribed medicines appropriately</p> <p>How to use over-the-counter vitamins and other drugs appropriately</p> <p>Roles of various health care providers</p>	