

Georgia Performance Standards

Health Education

Kindergarten

Kindergarten students recognize basic facts and concepts about their bodies and begin to acquire skills and practices that keep them safe and healthy. Students learn to seek help and advice from parents or guardians and other trusted adults and begin to learn how to seek reliable health information. They understand how to make good decisions about simple health issues, to respect others, to follow school safety rules, and to be responsible.

HEK.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Kindergarten students will identify healthy behaviors.

Elements:

a. Name healthy behaviors.

Examples:

- Identify healthy food choices.
- Explain why healthy behaviors such as brushing teeth and getting adequate sleep are important.

b. Identify that physical health is one dimension of health and wellness.

Examples:

- Identify that a healthy person exercises, eats well, and goes to the doctor.
- Describe ways to prevent the spread of communicable diseases to promote physical health.

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HEK.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Kindergarten students will recognize and identify external factors that influence their personal health.

Elements:

a. Explain how family influences personal health practices.

Examples:

- Name physical activities family members can participate in together (e.g., raking leaves, walking, playing sports).
- Identify family rules that promote health and safety (e.g., washing hands before meals).

b. Identify what the school can do to support personal health practices.

Examples:

- Identify the kinds of healthy foods served by the school cafeteria.
- Discuss the purpose for school playground rules.

c. State how the media influences behaviors.

Examples:

- Discuss how advertisements (e.g., rhymes, jingles) can influence individuals to purchase certain products.
- Discuss how family, culture, and the media influence food choices.

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HEK.3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Description: Students will access valid health information and health-promoting products and services. Kindergarten students will identify trusted adults who can assist them in enhancing their health.

Elements:

a. Discuss the role of trusted adults and health professionals as sources of health information.

Examples:

- Describe the role of a variety of health care professionals in promoting health (e.g., dentist, eye doctor).
- Discuss the role of the school nurse in prompting student wellness.

b. Identify school and community health helpers.

Examples:

- Identify community helpers who can assist students in understanding the safety procedures.
- Discuss the people in the school who can help you when a student is being bullied.

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HEK.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Description: Students will use effective communication skills to enhance personal, family, and community health. Kindergarten students will recognize skills needed to develop and maintain healthy personal relationships.

Elements:

a. Discuss ways to express feelings in a healthy way.

Examples:

- Describe how to express emotions in healthy ways.
- Discuss how to express feelings to prevent a conflict from starting.

b. Develop listening skills to enhance health.

Examples:

- Explain how a person with good listening skills can enhance his or her health.
- Participate in a role-play to help recognize good listening skills.

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HEK.5: Students will demonstrate the ability to use decision-making skills to enhance health.

Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Kindergarten students will identify health-related situations where decision-making skills are needed.

Elements:

a. Identify health-related situations.

Examples:

- Identify potential risky health situations at school.
- Describe possible causes of conflict with classmates.

b. Discuss when and what assistance is needed for health-related situations.

Examples:

- Identify who to ask for help when you are ill at school.
- Explain when someone should call 911.

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HEK.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Kindergarten students will identify personal health goals and determine who can assist them in achieving their goals.

Elements:

a. Name a personal health goal.

Examples:

- Identify several potential health goals.
- Set a goal to brush your teeth three times a day every day.

b. Identify family members who can assist with achieving short-term health goals.

Examples:

- Describe how a family member can be a role model by eating healthy foods.
- Role play how parents can remind children to practice healthy behaviors.

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HEK.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Kindergarten students will name health behaviors to prevent injuries, diseases, and disorders.

Elements:

a. Show healthy behaviors that improve personal health and wellness.

Examples:

- Demonstrate the correct technique for brushing teeth.
- Practice stress management skills.

b. Demonstrate healthy behaviors that prevent injuries.

Examples:

- Practice safety precautions used before crossing the street.
- Show basic first-aid procedures for bandaging a scrape.

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HEK.8: Students will demonstrate the ability to advocate for personal, family, and community health.

Description: Kindergarten students will role model healthy behaviors that promote personal health and encourage positive choices in others.

Elements:

a. Seek assistance to promote personal health.

Examples:

- Request help when deciding on healthier snack options.
- Ask for help when being teased at school.

b. Encourage peers to make positive health choices.

Examples:

- Draw a picture to encourage classmates to use a booster seat or wear a safety belt.
- Remind students to cover their nose and mouth when they sneeze.