

## NC Healthful Living Essential Standards

The Healthful Living Essential Standards clarifying objectives highlighted in blue are addressed to varying degrees by this intervention.

Kindergarten NC Standard Course of Study:

### MENTAL AND EMOTIONAL HEALTH

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***K.MEH.1 Remember the association of healthy expression of emotions, mental health, and healthy behavior.***

- K.MEH.1.1 Recognize feelings and ways of expressing them.
- K.MEH.1.2 Recall stressors and stress responses.
- K.MEH.1.3 Illustrate personal responsibility for actions and possessions.

### PERSONAL AND CONSUMER HEALTH

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***K.PCH.1 Apply measures for cleanliness and disease prevention.***

- K.PCH.1.1 Use steps of correct hand washing at appropriate times throughout the day.
- K.PCH.1.2 Illustrate proper tooth brushing techniques.
- K.PCH.1.3 Explain rationale for not sharing hygiene products (combs, brushes, toothbrushes).

***K.PCH.2 Understand necessary steps to prevent and respond to unintentional injury.***

- K.PCH.2.1 Recognize the meanings of traffic signs and signals.
- K.PCH.2.2 Explain the benefits of wearing seat belts and bicycle helmets.
- K.PCH.2.3 Illustrate how to get help in an emergency.
- K.PCH.2.4 Identify appropriate responses to warning signs, sounds, and labels.

### INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

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***K.ICR.1 Understand healthy and effective interpersonal communication and relationships.***

- K.ICR.1.1 Explain reasons for sharing.
- K.ICR.1.2 Compare people in terms of what they have in common and how they are unique.
- K.ICR.1.3 Summarize protective behaviors to use when approached by strangers.
- K.ICR.1.4 Recognize bullying, teasing, and aggressive behaviors and how to respond.

## NUTRITION AND PHYSICAL ACTIVITY

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### ***K.NPA.1 Understand MyPlate as a tool for selecting nutritious foods.***

K.NPA.1.1 Classify foods by groups in MyPlate.

K.NPA.1.2 Recall foods and beverages beneficial to teeth and bones.

K.NPA.1.3 Recall activities for fitness and recreation during out of school hours.

### ***K.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.***

K.NPA.2.1 Recognize nutrient-dense foods in a list of foods that are culturally diverse.

K.NPA.2.2 Summarize the importance of a healthy breakfast and lunch.

## ALCOHOL, TOBACCO, AND OTHER DRUGS

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### ***K.ATOD.1 Understand how to use household products and medicines safely.***

K.ATOD.1.1 Explain what is likely to happen if harmful household products are ingested or inhaled.

K.ATOD.1.2 Classify things found around the house as medicinal drugs or other (e.g.candy).

K.ATOD.1.3 Identify adults and professionals who can be trusted to provide safety information about household products and medicines.

K.ATOD.1.4 Use appropriate strategies to access help when needed in emergencies involving household products and medicines.

## MOTOR SKILL DEVELOPMENT

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### ***K.MS.1 Apply competent motor skills and movement patterns needed to perform a variety of physical activities.***

PE.K.MS.1.1 Execute recognizable forms of the basic locomotor skills.

PE.K.MS.1.2 Use recognizable forms of the basic manipulative skills.

PE.K.MS.1.3 Create transitions between sequential locomotor skills.

PE.K.MS.1.4 Use non-locomotor and locomotor skills in response to even and uneven rhythms in order to integrate beat awareness.

## MOVEMENT CONCEPTS

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### ***K.MC.2 Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.***

PE.K.MC.2.1 Understand the meaning of words and terms associated with movement.

PE.K.MC.2.2 Identify one or more of the essential elements of correct form for the five fundamental manipulative skills.

PE.K.MC.2.3 Use teacher feedback to improve basic motor performance.

PE.K.MC.2.4 Illustrate activities that increase heart rate.

## HEALTH-RELATED FITNESS

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### ***K.HF.3 Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.***

PE.K.HF.3.1 Recognize one or more of the five health-related fitness assessments and the associated exercises.

PE.K.HF.3.2 Identify opportunities for increased physical activity.

PE.K.HF.3.3 Select moderate-to-vigorous physical activity (MVPA) and sustain for periods of accumulated time.

## PERSONAL/SOCIAL RESPONSIBILITY

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### ***K.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.***

PE.K.PR.4.1 Use basic strategies and concepts for working cooperatively in group settings.

PE.K.PR.4.2 Understand how social interaction can make activities more enjoyable.

PE.K.PR.4.3 Use safe practices when engaging in physical education activities.

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