

Health Education Primary

Specific Curriculum Outcomes

Students will be expected to

Healthy Self

- identify internal and external body parts and their functions
- demonstrate an awareness that humans have a range of emotions and that it is normal and expected to feel a range of emotions
- describe what they like about themselves and their bodies
- demonstrate an awareness that everything that goes into, and on, their bodies has an effect
- use their senses to explore a variety of healthy foods
- develop an awareness of the role of active play and quiet leisure in having a healthy body and a healthy mind
- recognize that people make choices that affect their health

Healthy Relationships

- demonstrate an understanding that friendship impacts health
- describe the role of family and ways in which their family impacts health
- recognize the diversity of family forms, including families with same sex parents
- demonstrate an awareness of their need to feel safe, loved, protected, and cared for and the importance of having a trusted adult in their lives who can play this role

Healthy Community

- identify hazards and risks of injury in their communities and perform safe practices for injury prevention
- recognize the importance of handwashing and other methods in preventing the spread of communicable diseases