

Personal Wellness		
Essential Learning	Knowledge Expectations	Skill Expectations
Kindergarten		
1. Healthy hygiene habits.	Identify personal health and wellness-related practices that reduce or prevent health risks.	Identify trusted adults at home, in school, and in the community who can help promote personal health and wellness.
2. Age-appropriate sleep and rest.	Explain why hygiene is important for good health.	Demonstrate effective refusal skills, including "No, Go, Tell" to avoid participating in behaviors that negatively affect personal health and wellness.
3. Communicable and non-communicable diseases and ways to prevent them.	Explain the importance and steps of proper hand washing.	Demonstrate the proper steps for brushing and flossing teeth daily.
4. Safe and healthy relationships.	Explain why sleep and rest are important for proper growth and good health.	
	Identify different ways that disease-causing germs are transmitted.	
	Identify ways to prevent the spread of germs that cause common infectious diseases.	
	Identify ways to stay safe around chemicals used for cleaning and disinfection, including alcohol-based hand rubs and sanitizers.	
First Grade		
1. Healthy hygiene habits.	Identify personal health and wellness-related practices that reduce or prevent health risks.	Identify trusted adults at home, in school, and in the community who can help promote personal health and wellness.
2. Age-appropriate sleep and rest.	Explain the importance and steps of proper hand washing.	Demonstrate effective refusal skills, including "No, Go, Tell" to avoid participating in behaviors that negatively affect personal health and wellness.
3. Communicable and non-communicable diseases and ways to prevent them.	Identify ways to protect vision and hearing.	Demonstrate the proper steps for brushing and flossing teeth daily.
4. Safe and healthy relationships.	Identify ways to prevent the spread of germs that cause common infectious diseases.	
	Explain that food and water can contain germs that can cause illness and prevention strategies.	
	Identify proper steps for treating a wound to reduce chances of infection.	
Second Grade		
1. Healthy hygiene habits.	Explain why hygiene is important for good health.	Demonstrate effective refusal skills, including "No, Go, Tell" to avoid participating in behaviors that negatively affect personal health and wellness.
2. Age-appropriate sleep and rest.	Identify the benefits of personal health care practices such as washing hair and bathing regularly.	Identify how family and culture influence personal health and wellness-related decisions.
3. Communicable and non-communicable diseases and ways to prevent them.	Explain why sleep and rest are important for proper growth and good health.	Identify a realistic short-term goal to improve a personal health and wellness-related practice (e.g. washing hands before eating, wearing sun protection, brushing teeth daily, flossing).
4. Safe and healthy relationships.	List ways to prevent harmful effects of the sun on skin and eyes.	
	Identify different ways that disease-causing germs are transmitted.	
	Identify food and non-food triggers that are common causes of allergic reactions.	
	Identify food and water safety strategies that can control germs that cause foodborne and waterborne illnesses.	
	Identify proper steps for treating a wound to reduce chances of infection.	

	Identify ways to stay safe around chemicals used for cleaning and disinfection, including alcohol-based hand rubs and sanitizers.	
Third Grade	Third Grade	Third Grade
1. Healthy hygiene habits.	Explain why sleep and rest are important for proper growth and good health.	Describe practices and behaviors that reduce or prevent personal health and wellness-related risks.
2. Age-appropriate sleep and rest.	Describe ways to prevent vision and hearing damage.	Give factual information to improve the personal health and wellness of others.
3. Communicable and non-communicable diseases and ways to prevent them.	Describe ways to prevent harmful effects of the sun to skin and eyes.	Identify a realistic short-term goal to improve a personal health and wellness-related practice (e.g. turning off devices an hour before bed, washing hands before eating, wearing sun protection, brushing teeth daily, flossing).
4. Safe and healthy relationships.	Explain the difference between infectious diseases and non-infectious diseases.	
	Describe ways that common infectious diseases are transmitted.	
	Describe ways to prevent the spread of germs that cause infectious diseases.	
	Describe symptoms that occur when a person is sick.	
	Identify health problems associated with common childhood chronic conditions (e.g. asthma, allergies, diabetes, and epilepsy).	
	Describe the importance of seeking help and treatment for common infectious diseases.	
	Describe how germs can spread from direct and indirect person-to-person contact.	
	Explain how hand washing protect the health of oneself and others.	
Fourth Grade	Fourth Grade	Fourth Grade
1. Healthy hygiene habits.	Describe the benefits of personal care practices such as brushing and flossing teeth daily, washing hair, and bathing regularly.	Decide when help is needed and when it is not needed to make a personal health and wellness-related decision.
2. Age-appropriate sleep and rest.	Explain the difference between infectious diseases and non-infectious diseases.	Identify options and their potential outcomes when making a personal health and wellness-related decision.
3. Communicable and non-communicable diseases and ways to prevent them.	Describe ways that common infectious diseases are transmitted and ways to prevent the spread of germs.	Set a realistic goal to improve a personal health and wellness-related practice.
4. Safe and healthy relationships.	Describe the symptoms of someone who is seriously ill and needs immediate medical attention.	
	Describe how foodborne and waterborne illnesses can spread at the school or in the community.	
	Describe how germs can spread from direct and indirect person-to-person contact.	
	Explain how hand washing protects the health of oneself and others.	
	Explain how alcohol-based hand rubs and sanitizers work and when and how to properly and safely use them.	
Fifth Grade	Fifth Grade	Fifth Grade
1. Healthy hygiene habits.	Describe the benefits of personal care practices such as brushing and flossing teeth daily, washing hair, and bathing regularly.	Describe how family and culture, school, and community settings influence personal health and wellness-related practices and behaviors.
2. Age-appropriate sleep and rest.	Explain why sleep and rest are important for proper growth and good health.	Describe how peers and media influence personal health and wellness-related practices and behaviors.

3. Communicable and non-communicable diseases and ways to prevent them.	Describe ways to prevent vision and hearing damage.	Demonstrate effective peer resistance skills to avoid or reduce participating in behaviors that can negatively affect personal health and wellness.
4. Safe and healthy relationships.	Explain the difference between infectious diseases and non-infectious diseases.	Demonstrate healthy ways to manage to avoid or reduce participating in behaviors that can negatively affect personal health and wellness.
	Describe ways that common infectious diseases are transmitted.	
	Describe ways to prevent the spread of germs that cause infectious diseases.	
	Describe the symptoms of someone who is seriously ill and needs immediate medical attention.	
	Describe the importance of seeking help and treatment for common infectious diseases.	
	Describe how germs can spread from direct and indirect person-to-person contact.	
	Describe how to keep food and water safe from harmful germs.	
	Explain how hand washing protects the health of oneself and others.	
	Explain the difference between cleaning and disinfecting.	