

Health k-2 (2016)

Standards & Units	Sept.	Nov.	Feb.	April
NJ Core Curriculum Content Standards > Comprehensive Health and Physical Education > Grades: K-2(2014)				
{HPE.2.1.2} All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.				
{HPE.2.1.2.A} Personal Growth and Development				
{HPE.2.1.2.A.1} Explain what being "well" means and identify self-care practices that support wellness.				
	Unit #1, Health, Wellness, Gr. 1			
	Unit #1, Health, Wellness, Gr. 2			
	Unit #1, Health, Wellness, Gr. K			
{HPE.2.1.2.A.2} Use correct terminology to identify body parts, and explain how body parts work together to support wellness.				
	Unit #1, Health, Wellness, Gr. 1			
	Unit #1, Health, Wellness, Gr. 2			
	Unit #1, Health, Wellness, Gr. K			
{HPE.2.1.2.B} Nutrition				
{HPE.2.1.2.B.1} Explain why some foods are healthier to eat than others.				
	Unit #1, Health, Wellness, Gr. 1			
	Unit #1, Health, Wellness, Gr. 2			
	Unit #1, Health, Wellness, Gr. K			
{HPE.2.1.2.B.2} Explain how foods on MyPlate differ in nutritional content and value.				
	Unit #1, Health, Wellness, Gr. 1			
	Unit #1, Health, Wellness, Gr. 2			
	Unit #1, Health, Wellness, Gr. K			
{HPE.2.1.2.B.3} Summarize information about food found on product labels.				
	Unit #1, Health, Wellness, Gr. 1			
	Unit #1, Health, Wellness, Gr. 2			
	Unit #1, Health, Wellness, Gr. K			
{HPE.2.1.2.C} Diseases and Health Conditions				
{HPE.2.1.2.C.2} Summarize strategies to prevent the spread of common diseases and health conditions.				
	Unit #1, Health, Wellness, Gr. 1			
	Unit #1, Health, Wellness, Gr. 2			
	Unit #1, Health, Wellness, Gr. K			
{HPE.2.1.2.C.3} Determine how personal feelings can affect one's wellness.				
	Unit #1, Health, Wellness, Gr. 1			
	Unit #1, Health, Wellness, Gr. 2			
	Unit #1, Health, Wellness, Gr. K			
{HPE.2.1.2.C.1} Summarize symptoms of common diseases and health conditions.				
	Unit #1, Health, Wellness, Gr. 1			
	Unit #1, Health, Wellness, Gr. 2			
	Unit #1, Health, Wellness, Gr. K			
{HPE.2.1.2.D} Safety				
{HPE.2.1.2.D.2} Differentiate among the characteristics of strangers, acquaintances, and trusted adults and describe safe and appropriate behaviors/touches.				
	Unit #4, Health, Community Health Skills, Gr. 1			
{HPE.2.1.2.D.CS1} Using personal safety strategies reduces the number of injuries to self and others.				
{HPE.2.1.2.D.2} Differentiate among the characteristics of strangers, acquaintances, and trusted adults and describe safe and appropriate behaviors/touches.				
	Unit #4, Health, Community Health Skills, Gr. 2			
	Unit #4, Health, Community Health Skills, Gr. K			
{HPE.2.1.2.D.1} Identify ways to prevent injuries at home, school, and in the community (e.g., fire safety, poison safety, accident prevention).				
	Unit #4, Health, Community Health Skills, Gr. 1			
	Unit #4, Health, Community Health Skills, Gr. 2			
	Unit #4, Health, Community Health Skills, Gr. K			
{HPE.2.1.2.D.3} Identify procedures associated with pedestrian, bicycle, and traffic safety.				
	Unit #4, Health, Community Health Skills, Gr. 1			
	Unit #4, Health, Community Health Skills, Gr. 2			
	Unit #4, Health, Community Health Skills, Gr. K			
{HPE.2.1.2.E} Social and Emotional Health				
{HPE.2.1.2.E.2} Determine possible causes of conflict between people and appropriate ways to prevent and resolve them.				
	Unit #4, Health, Community Health Skills, Gr. 1			
{HPE.2.1.2.E.3} Explain healthy ways of coping with common stressful situations experienced by children.				
	Unit #4, Health, Community Health Skills, Gr. 1			
{HPE.2.1.2.E.1} Identify basic social and emotional needs of all people.				
	Unit #4, Health, Community Health Skills, Gr. 1			
	Unit #4, Health, Community Health Skills, Gr. 2			
	Unit #4, Health, Community Health Skills, Gr. K			
{HPE.2.1.2.E.CS1} Many factors at home, school, and in the community impact social and emotional health.				
{HPE.2.1.2.E.2} Determine possible causes of conflict between people and appropriate ways to prevent and resolve them.				
	Unit #4, Health, Community Health Skills, Gr. 1			
	Unit #4, Health, Community Health Skills, Gr. 2			
	Unit #4, Health, Community Health Skills, Gr. K			
{HPE.2.1.2.E.3} Explain healthy ways of coping with common stressful situations experienced by children.				
	Unit #4, Health, Community Health Skills, Gr. 2			
	Unit #4, Health, Community Health Skills, Gr. K			
{HPE.2.2.2} All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.				

{HPE.2.2.2.A} Interpersonal Communication				
{HPE.2.2.2.A.1} Express needs, wants, and feelings in health- and safety-related situations.				
	Unit #4, Health, Community Health Skills, Gr. 1			
	Unit #4, Health, Community Health Skills, Gr. 2			
	Unit #4, Health, Community Health Skills, Gr. K			
{HPE.2.2.2.B} Decision-Making and Goal Setting				
{HPE.2.2.2.B.2} Relate decision-making by self and others to one's health.				
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 1			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 2			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. K			
	Unit #3, Health, Family Life, Gr. 1			
	Unit #3, Health, Family Life, Gr. 2			
	Unit #3, Health, Family Life, Gr. K			
{HPE.2.2.2.B.3} Determine ways parents, peers, technology, culture, and the media influence health decisions.				
	Unit #3, Health, Family Life, Gr. 1			
	Unit #3, Health, Family Life, Gr. 2			
	Unit #3, Health, Family Life, Gr. K			
	Unit #4, Health, Community Health Skills, Gr. 1			
	Unit #4, Health, Community Health Skills, Gr. 2			
	Unit #4, Health, Community Health Skills, Gr. K			
{HPE.2.2.2.B.4} Select a personal health goal and explain why setting is important.				
	Unit #4, Health, Community Health Skills, Gr. 1			
	Unit #4, Health, Community Health Skills, Gr. 2			
	Unit #4, Health, Community Health Skills, Gr. K			
{HPE.2.2.2.B.1} Explain what a decision is and why it advantageous to think before acting.				
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 1			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 2			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. K			
	Unit #3, Health, Family Life, Gr. 1			
	Unit #3, Health, Family Life, Gr. 2			
	Unit #3, Health, Family Life, Gr. K			
{HPE.2.2.2.C} Character Development				
{HPE.2.2.2.C.2} Identify types of disabilities and demonstrate appropriate behavior when interacting with people with disabilities.				
	Unit #4, Health, Community Health Skills, Gr. 1			
	Unit #4, Health, Community Health Skills, Gr. 2			
	Unit #4, Health, Community Health Skills, Gr. K			
{HPE.2.2.2.C.1} Explain the meaning of Character and how it is reflected in the thoughts, feelings, and actions of oneself and others.				
	Unit #4, Health, Community Health Skills, Gr. 1			
	Unit #4, Health, Community Health Skills, Gr. 2			
	Unit #4, Health, Community Health Skills, Gr. K			
{HPE.2.2.2.D} Advocacy and Service				
{HPE.2.2.2.D.1} Determine the benefits for oneself and others of participating in a class or school service activity.				
	Unit #4, Health, Community Health Skills, Gr. 1			
	Unit #4, Health, Community Health Skills, Gr. 2			
	Unit #4, Health, Community Health Skills, Gr. K			
{HPE.2.2.2.E} Health Services and Information				
{HPE.2.2.2.E.1} Determine where to access home, school, and community health professionals.				
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 1			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 2			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. K			
	Unit #4, Health, Community Health Skills, Gr. 1			
	Unit #4, Health, Community Health Skills, Gr. 2			
	Unit #4, Health, Community Health Skills, Gr. K			
{HPE.2.3.2} All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.				
{HPE.2.3.2.A} Medicines				
{HPE.2.3.2.A.2} Explain why medicines should be administered as directed.				
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 1			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 2			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. K			
{HPE.2.3.2.A.1} Explain what medicines are and when some types of medicines are used.				
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 1			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 2			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. K			
{HPE.2.3.2.B} Alcohol, Tobacco, and Other Drugs				
{HPE.2.3.2.B.2} Explain effects of tobacco use on personal hygiene, health, and safety.				
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 1			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 2			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. K			
{HPE.2.3.2.B.4} Identify products that contain alcohol.				
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 1			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 2			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. K			
{HPE.2.3.2.B.5} List substances that should never be inhaled and explain why.				
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 1			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 2			

	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. K			
{HPE.2.3.2.B.3} Explain why tobacco smoke is harmful to nonsmokers.				
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 1			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 2			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. K			
{HPE.2.3.2.B.1} Identify ways that drugs can be abused.				
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 1			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 2			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. K			
{HPE.2.3.2.C} Dependency/Addiction and Treatment				
{HPE.2.3.2.C.2} Explain that people who abuse alcohol, tobacco, and other drugs can get help.				
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 1			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 2			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. K			
{HPE.2.3.2.C.1} Recognize that some people may have difficulty controlling their use of alcohol, tobacco, and other drugs.				
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 1			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. 2			
	Unit #2, Health, Alcohol, Tobacco, and Other Drugs, Gr. K			
{HPE.2.4.2} All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.				
{HPE.2.4.2.A} Relationships				
{HPE.2.4.2.A.1} Compare and contrast different kinds of families locally and globally.				
	Unit #3, Health, Family Life, Gr. 1			
	Unit #3, Health, Family Life, Gr. 2			
	Unit #3, Health, Family Life, Gr. K			
{HPE.2.4.2.A.2} Distinguish the roles and responsibilities of different family members.				
	Unit #3, Health, Family Life, Gr. 1			
	Unit #3, Health, Family Life, Gr. 2			
	Unit #3, Health, Family Life, Gr. K			
{HPE.2.4.2.A.3} Determine the factors that contribute to healthy relationships.				
	Unit #3, Health, Family Life, Gr. 1			
	Unit #3, Health, Family Life, Gr. 2			
	Unit #3, Health, Family Life, Gr. K			
{HPE.2.4.2.B} Sexuality				
{HPE.2.4.2.B.1} Compare and contrast the physical differences and similarities of the genders.				
	Unit #3, Health, Family Life, Gr. 1			
	Unit #3, Health, Family Life, Gr. 2			
	Unit #3, Health, Family Life, Gr. K			
{HPE.2.4.2.C} Pregnancy and Parenting				
{HPE.2.4.2.C.1} Explain the factors that contribute to a mother having a healthy baby.				
	Unit #3, Health, Family Life, Gr. 1			
	Unit #3, Health, Family Life, Gr. 2			
	Unit #3, Health, Family Life, Gr. K			