

M.S.A.D. #52 - Health Education Curriculum
Grades K-2
Health Promotion and Risk Reduction

C. Students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Maine State Learning Results	District Objective Grade K	District Objective Grade 1	District Objective Grade 2
<p>C1. <u>Healthy Practices and Behaviors</u> – Students demonstrate age-appropriate healthy practices to maintain or improve personal health.</p> <p>a. Choose healthy foods.</p> <p>b. Demonstrate personal hygiene skills, including hand-washing.</p>	<p>C1a. Choose healthy snacks (nutrition - classroom teacher)</p>	<p>C1a. Classify foods with similar nutritional value (nutritional health - classroom teacher)</p>	<p>C1a. Classify foods with similar nutritional value (nutritional health - classroom teacher)</p>

M.S.A.D. #52 - Health Education Curriculum
Grades 3-5
Health Promotion and Risk Reduction

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Maine State Learning Results	District Objective Grade 3	District Objective Grade 4	District Objective Grade 5

<p>C1. <u>Healthy Practices and Behaviors</u> - Students demonstrate age-appropriate healthy practices and/or behaviors to maintain or improve personal health.</p> <p>a. Design healthy menus.</p> <p>b. Demonstrate basic care for the human body.</p>	<p>C1b. Identify daily health habits that will help prevent transmission of communicable diseases (prevention of disease and disorder - classroom teacher and nurse)</p> <p>C1b. Demonstrate daily health habits (prevention of disease and disorder - classroom teacher and nurse)</p>	<p>C1. Summarize age-appropriate nutritional guidelines (nutritional/consumer health - classroom teacher)</p>	<p>C1. Explain nutritional guidelines (nutritional health - classroom teacher)</p> <p>C1b. Demonstrate basic care for the human body (personal health - classroom teacher)</p>
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M.S.A.D. #52 - Health Education Curriculum
 Grades 6-8
 Health Promotion and Risk Reduction

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Maine State Learning Results	District Objective Grade 6	District Objective Grade 7	District Objective Grade 8
<p>C1. <u>Healthy Practices and Behaviors</u> – Students demonstrate a healthy practice and/or behavior to maintain or improve their own health in each of the following areas: personal hygiene; healthy eating; physical activity; and tobacco, alcohol and other drug use prevention.</p>	<p>C1. Show healthy ways for kids to deal with stress and have fun that don't involve drug use (substance use and abuse prevention, guidance and classroom teacher)</p>	<p>C1. Explain how they can use MyPyramid to make healthy food choices</p> <p>C1. Analyze the relationship between calories consumed and calories burned through exercise</p>	<p>C1. Identify an area in your life that you can improve</p> <p>C1. Develop and implement and action plan to improve your health</p>

M.S.A.D. #52 - Health Education Curriculum
 9-12
 Health Promotion and Risk Reduction

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Maine State Learning Results	District Objective Grade 9	District Objective Grade 10	District Objective Grades 11 and 12
C1. <u>Healthy Practices and Behaviors</u> - Students demonstrate healthy practices and/or behaviors to maintain or improve the health of self and others in each of the following areas: healthy eating; physical activity; tobacco, alcohol and other drug use prevention; and prevention of STDs, HIV and unintended pregnancy.	<p>C1. Describe risks associated with lack of physical activity.</p> <p>C1. Describe the benefits of physical activity on wellness.</p> <p>C1. Identify the parts of a food label.</p> <p>C1. Explain proper condom use.</p>	<p>C1. Describe ways to reduce personal risks associated with:</p> <ul style="list-style-type: none"> ● nutrition ● sexual behaviors ● drug use and abuse ● environment <p>C1. Demonstrate refusal skills.</p> <p>C1. Demonstrate ways to help a friend with a health problem.</p> <p>C1. Demonstrate ways to communicate with health professionals.</p>	NA

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Maine State Learning Results	District Objective Grade K	District Objective Grade 1	District Objective Grade 2
<p>C2. <u>Avoiding/Reducing Health Risks</u> - Students demonstrate behaviors to avoid or reduce personal health risks.</p> <p>a. Demonstrate a variety of safety skills for different situations.</p> <p>b. Differentiate between safe and harmful substances found at home and school.</p> <p>c. Recognize basic signs, symbols, and warning labels for health and safety.</p>	<p>C2a. Demonstrate a variety of safety skills for common situations (safety and accident prevention - classroom teacher)</p> <p>C2b. Identify how to use medicine safely (substance use and abuse prevention - guidance and classroom teacher)</p>	<p>C2c. Recognize basic signs, symbols and warning labels for health and safety (safety and accident prevention - classroom teacher)</p>	<p>C2c. Recognize basic signs, symbols and warning labels for health and safety (safety and accident prevention - classroom teacher)</p>

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Maine State Learning Results	District Objective Grade 3	District Objective Grade 4	District Objective Grade 5

<p>C2. <u>Avoiding/Reducing Health Risks</u> - Students demonstrate a variety of behaviors to avoid or reduce personal health risks.</p> <p>a. Demonstrate healthy and safe ways to recognize, deal with, or avoid threatening situations.</p> <p>b. Develop injury prevention and safety strategies for personal health.</p>	<p>C2a. Demonstrate safe ways to deal with or avoid unsafe situations (safety and accident prevention - classroom teacher)</p> <p>C2b. Plan strategies for addressing emergency situations (safety and accident prevention - classroom teacher)</p>	<p>C2a. Describe warning signs of abuse (family life education - guidance and classroom teacher)</p> <p>C2b. Explain appropriate strategies for dealing with abuse (family life education - guidance and classroom teacher)</p> <p>C2b. Develop strategies for staying safe on the Internet (safety and accident prevention - classroom teacher and technology teacher)</p>	
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Maine State Learning Results	District Objective Grade 6	District Objective Grade 1	District Objective Grade 2
<p>C2. <u>Avoiding/Reducing Health Risks</u> - Students demonstrate behaviors to avoid or reduce health risks to self and others.</p> <p>a. Demonstrate ways to recognize, avoid or change situations that threaten the safety</p>	<p>C2a. Develop injury prevention and response strategies for maintaining personal safety (classroom teacher)</p>		

of self and others.			
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<p><u>C2. Avoiding/Reducing Health Risks</u> - Students demonstrate a variety of behaviors to avoid or reduce health risks to self and others.</p> <p>a. Develop ways to recognize, avoid, or change situations that threaten the safety of self and others.</p> <p>b. Develop injury prevention and response strategies including first aid for personal, family, and community health.</p>	<p>C2a. Examine one's level of control over stressors.</p> <p>C2a. Identify reactions to stress.</p> <p>C2b. Identify ways to reduce stress.</p>	<p>C2a. Recognize the warning signs of the following:</p> <ul style="list-style-type: none"> ● suicide ● abuse ● drug use and abuse <p>C2a. Describe ways to reduce risks of stress-related diseases.</p> <p>C2a. Describe how to help another person with the following topics:</p> <ul style="list-style-type: none"> ● suicide ● abuse ● drug use and abuse <p>C2a. Discuss risky behaviors of</p>	NA

		teenagers.	
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C3. <u>Self-Management</u> - Students demonstrate coping strategies to use when feeling too excited, anxious, upset, angry, or out of control.	C3. Identify coping strategies when they feel too excited, anxious, angry or out of control (family life - guidance)		

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C3. <u>Self-Management</u> - Students demonstrate strategies that can be used to manage stress, anger, or grief.	C3. Demonstrate positive strategies for managing feelings (personal health - guidance)	C3. Demonstrate ways to manage stress (personal health - classroom teacher)	
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C3. <u>Self-Management</u> - Students distinguish between health and unhealthy strategies for stress, anger, and grief management.	C3. Identify strategies for dealing with social and emotional changes of puberty (nurse)	C3. Compare and contrast healthy and unhealthy methods for dealing with stress	

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<p>C3. <u>Self-Management</u> - Students design, implement, and evaluate a plan for stress management.</p>	<p>C3. Practice relaxation strategies.</p> <p>C3. Evaluate strategies for coping with stress.</p>		<p>NA</p>
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