

## **HealthSmart Alignment with New York Learning Standards for Health**



**GRADES  
K–5**

TOPIC	GR. K	GR. 1	GR. 2	GR. 3	GR. 4	GR. 5
<b>Standard 1: Personal Health and Fitness</b>						
<b>1. Students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.</b>						
Know how basic body systems work and interrelate in normal patterns of growth and development.	<b>4</b>		<b>2</b>			<b>34, 35</b>
Possess basic knowledge and skills which support positive health choices and behaviors.	<b>2, 5, 6, 9, 26, 27, 29</b>	<b>4, 5, 6, 7, 8, 23, 25</b>	<b>2, 3, 4, 5, 6, 19, 21, 25, 26</b>	<b>2, 5, 8, 22, 24, 26, 29</b>	<b>3, 5, 6, 8, 9, 19, 22, 23, 27, 28</b>	<b>1, 2, 3, 22, 23, 28, 29</b>
Understand how behaviors such as food selection, exercise, and rest affect growth and development.	<b>21, 24</b>	<b>8, 21, 22, 24, 25</b>	<b>7, 16, 17, 18, 20, 22</b>	<b>17, 18, 19, 20, 23</b>	<b>7, 16, 17, 18</b>	<b>16, 17, 18, 19, 20, 21</b>
Recognize influences which affect health choices and behaviors.	<b>3</b>	<b>2, 27, 29</b>	<b>1</b>	<b>3, 4, 14, 21, 27, 28</b>	<b>13, 21</b>	<b>2, 7, 11, 14, 19, 26, 27, 30, 33, 36</b>
Know about some diseases and disorders and how they are prevented and treated.	<b>6</b>	<b>5</b>	<b>5</b>	<b>6, 7</b>	<b>1, 2, 3 [stress]</b>	<b>5, 6</b>
Practice and support others in making healthy choices.	<b>11, 25, 28 30</b>	<b>3, 12, 19, 22, 28</b>	<b>8, 15, 16, 23, 26</b>	<b>7, 11, 15, 29</b>	<b>20, 24, 26</b>	<b>9, 15, 27, 36</b>
<b>Standard 2: A Safe and Healthy Environment</b>						
<b>1. Students will demonstrate personally and socially responsible behaviors. They will care for and respect themselves and others. They will recognize threats to the environment and offer appropriate strategies to minimize them.</b>						
Understand basic safety rules.	<b>7, 12, 13, 14, 15, 16, 17</b>	<b>10, 11, 12, 13, 14, 15, 16</b>	<b>6, 9, 10, 11, 12</b>	<b>8, 9, 10</b>	<b>11, 12</b>	
Recognize potentially dangerous situations and know how to avoid or reduce their risk.	<b>10, 11, 18, 29</b>	<b>9, 15, 18</b>	<b>9, 10, 11, 12, 14, 15</b>	<b>9, 13, 14, 15, 16</b>	<b>10, 12, 13, 14</b>	<b>7, 8, 9, 10, 11, 12, 13</b>
Know some personal and social skills which contribute to individual safety.	<b>10, 19, 20</b>	<b>9, 10, 12, 16, 17, 20</b>	<b>13, 15</b>	<b>12, 13, 15, 16</b>	<b>12, 13, 15</b>	<b>9, 12, 13, 15</b>
Recognize characteristics of the environment that contribute to health.	<b>3, 10</b> [trusted adults], <b>11</b> [social environment]	<b>1</b> [social environment], <b>3</b> [peers], <b>11</b> [safe routes]	<b>14</b> [social environment]	<b>5</b> [social environment], <b>7</b> [disease prevention]	<b>1, 2</b> [stress], <b>6</b> [trusted adults], <b>11</b> [safety]	<b>9, 12</b> [social environment]

TOPIC	GR. K	GR. 1	GR. 2	GR. 3	GR. 4	GR. 5
<b>Standard 3: Resource Management</b>						
1. Students will understand the influence of culture, media, and technology in making decisions about personal and community health issues. They will know about and use valid health information, products, and services. Students will advocate for healthy families and communities.						
Identify characteristics of valid health information and health-promoting products and services and know where to locate them	<b>3, 7, 8, 9, 10, 11, 18, 19, 22</b> [trusted adults]	<b>1, 9, 11, 17, 18, 29</b> [trusted adults]	<b>4, 14, 25</b> [trusted adults]	<b>8</b>	<b>20</b>	<b>4, 38</b>
Understand how culture contributes to individual family and community beliefs and practices affecting health.				<b>21</b>	<b>21</b>	<b>19, 36</b>
Know how to access help when illness, injury, or emergency situations occur.	<b>7, 8, 9, 18, 19</b> [trusted adults]	<b>9, 17</b> [trusted adults]	<b>4, 6</b> [trusted adults]	<b>15, 16</b>	<b>6, 15</b>	<b>9, 12, 13, 31</b>
Recognize how the media influences health choices.				<b>21, 28</b>	<b>21</b>	<b>14, 27, 30</b>