

HEALTH SERIES OVERVIEW

FOR SKILLS-BASED HEALTH EDUCATION



TULSA HEALTH
Department
School Health Program

PreK and Kindergarten

Oklahoma Health Standards

1. Define a trusted adult (1.HR.2.1)
2. Identify responsible decision making in situations with risk of injuries at home, school and in the community (1.IP.2.2)
3. Identify people who can help when someone is injured or suddenly ill (1.IP.2.3)
4. Identify trusted adults and professionals who can help promote health (3.AC.2.1)
5. Locate school and community health helpers (3.AC.2.2)
6. Identify situations that need a health-related decision (5.DM.2.1)
7. Decide when health is needed and when it is not needed to make a healthy decision (5.DM.2.2)
8. Describe a variety of ways to be physically active (1.PA.2.2)
9. Describe the benefits of being physically active (1.PA.2.3)
10. Identify practices that prevent or reduce health risks (7.SM.7.1)
11. Demonstrate healthy practices and behaviors to maintain or improve personal health (7.SM.7.2)

Health Behavior Outcomes

- S-4: Apply safety rules and procedures to avoid risky behaviors and injury.
S-7: Get help for oneself or others when injured or suddenly ill.
PHW-1 Practice appropriate hygiene habits.

Lesson Objectives

By the end of this lesson students will be able to:

Accessing Information

- Identify trusted adults at home, in school, and in the community, who can help promote health.
- Ask for help to be safe.

Decision Making

- Identify situations where a decision about their health needs to be made.
- Determine if help is needed to make a decision related to safety and injury prevention.

Self-Management

- Demonstrate safe behaviors.

References

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