

Kindergarten Health Education Understanding, Skills, and Confidence

Curricular Outcome	Outcome in “I Can” Statements	Possible Evidence of Learning -Proficiency-
<p>USCK.1 Develop basic habits to establish healthy relationships with self, others, and the environment</p>	<p>I can develop basic habits to establish healthy relationships with:</p> <ul style="list-style-type: none"> • self, • others, and • the environment. 	<p>I can explain healthy behaviours.</p> <p>I know examples of healthy habits.</p> <p>I can share what is known about healthy relationships.</p> <p>I know why it is important to “stop and think” before making a choice or action.</p>
<p>USCK.2 Establish behaviours that support safety of self and others (including safety at school and at home).</p>	<p>I can establish behaviours both at home and school, that support safety of myself and others.</p>	<p>I recognize “safe” and “unsafe” behaviours and situations.</p> <p>I know and practice ways to be safe at home and at school.</p> <p>I know what to do if the safety of self or others is or may be at risk.</p>
<p>USCK. 3 Explore that who I am includes more than my physical self.</p>	<p>I can explore who I am including more than just the way I look.</p>	<p>I recognize my personal physical and non-physical gifts/strengths/qualities.</p> <p>I can discuss personal experiences, thoughts, and feelings and know that they may or may not be similar to others.</p> <p>I know that even though I am an individual I am connected to others.</p>

Kindergarten Health Education Decision Making

Curricular Outcome	Outcome in “I Can” Statements	Possible Evidence of Learning -Proficiency-
<p>DMK.1 Establish that being curious about health and well-being is important for developing healthy habits, establishing healthy relationships, supporting safety, and exploring “self”.</p>	<p>I know it is important to be curious about health and well-being so that I can:</p> <ul style="list-style-type: none"> • develop healthy habits, • establish healthy relationships, • support safety, and • explore who I am. 	<p>I can explain what is understood about self, healthy habits, safety of others, and myself and how to develop healthy relationships.</p> <p>I can examine basic choices related to healthy habits, safety behaviours, responding to more than the physical self of others.</p> <p>I can make healthy choices related to exploring “self”, healthy habits, playing safely at home or at school, and developing relationships.</p>

Kindergarten Health Education Action Planning

Curricular Outcome	Outcome in “I Can” Statements	Possible Evidence of Learning -Proficiency-
<p>APK.1 Demonstrate, with guidance, initial steps for developing basic health habits, establishing healthy relationships, supporting safety, and exploring “self”.</p>	<p>I can demonstrate, with help, initial steps to:</p> <ul style="list-style-type: none"> • develop basic health habits, • establish healthy relationships, • support safety, and • explore who I am. 	<p>I can describe and perform the basic steps of “stop, think, do” in daily play and in making healthy choices.</p> <p>I practice healthy habits related to:</p> <ul style="list-style-type: none"> • exploring “self”, • healthy choices, • playing safely at home or at school, and • developing relationships.