

Nottingham School District
Grade Level Competencies
Grades K-2

State/CCSS Standards Addressed	Competency Statement	Related “I Can” Statements		Taught (Units / Topic)	Assessed (Activity / Test /Project)
CDC #1	Students will comprehend concepts related to health promotion and disease prevention to enhance Health.	<u>DOK</u> 1 1 2 1 2	Identify that healthy behaviors impact personal health. Recognize that there are multiple dimensions of Health Describe ways to prevent communicable diseases List ways to prevent common childhood injuries Describe why it is important to seek health care.	Safety Hygiene Hand washing Dental Health	Formative Assessment Teacher Observation
CDC #2	Students will analyze the influence of family peers, culture, media, technology, and other factors on health behaviors.	<u>DOK</u> 2 2 2	<ul style="list-style-type: none"> Identify how the family influences personal health practices and behaviors. Identify what the school can do to support personal health practices and behaviors. Describe how the media can influence health behaviors. 	Family Relationships Communication Conflict resolution	Formative Assessment Teacher Observation

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CDC #3	Students will demonstrate the ability to access valid information, products, and services to enhance health.	<u>DOK</u> 1 1	Identify trusted adults and professionals who can help promote health. Identify ways to locate school and community health helpers	Going to the Doctor/Dentist Stranger Danger	Formative Assessment Teacher Observation
CDC #4	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	<u>DOK</u> 2 2 2 2	Demonstrate healthy ways to express needs, wants, and feelings. Demonstrate listening skills to enhance health. Demonstrate ways to respond in an unwanted, threatening, or dangerous situation. Demonstrate ways to tell a trusted adult if threatened or harmed	Conflict Resolution Stranger Danger Dealing With Emotions	Formative Assessment Teacher Observation
CDC #5	Students will demonstrate the ability to use decision-making skills to enhance health.	<u>DOK</u> 1 2 2	Identify situations when a health-related decision is needed. Differentiate between situations when a health-related decision can be made individually or when assistance is needed. Demonstrate ways to tell a trusted adult if threatened or harmed.	Nutrition Safety Personal Health Conflict Resolution Risk Assessment Decision Making	Formative Assessment Teacher Observation

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CDC #6	Students will demonstrate the ability to use goal-setting skills to enhance health.	<u>DOK</u> 2	Identify a short-term personal health goal and take action toward achieving the goal.	Goal Setting	Formative Assessment Teacher Observation
		2	Identify who can help when assistance is needed to achieve a personal health goal. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.		
CDC #7	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	<u>DOK</u> 2	Demonstrate healthy practices and behaviors to maintain or improve personal health.	Safety Decision Making Goal Setting Hygiene Disease Prevention	Formative Assessment Teacher Observation
		2	Demonstrate behaviors that avoid or reduce health risks.		
CDC #8	Students will demonstrate the ability to advocate for personal, family, and community health	<u>DOK</u> 2	Make requests to promote personal health.	Community Health	Formative Assessment
		2	Encourage peers to make positive health choices.	Personal Health Choices Communication	Teacher Observation
		<u>DOK</u>			

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