

Kindergarten

2020 Health Standards and Health Smart Virginia Lesson Crosswalk

The Virginia Standards of Learning (SOLs) address several overarching health topic areas (Body Systems; Nutrition; Physical Health; Disease Prevention and Health Promotion; Substance Abuse Prevention; Safety and Injury Prevention; Mental Wellness and Social Emotional Skills; Violence Prevention; Community and Environmental Health) and catalyze outcomes across the 3 following areas:

1. Essential Health Concepts

Demonstrate the knowledge and skills to make healthy decisions that reduce health risks and enhance the health of oneself and others.

2. Healthy Decisions

Demonstrate the ability to access, evaluate, and use health information, products, and services that influence health and wellness in a positive manner.

3. Advocacy and Health Promotion

Demonstrate the use of appropriate health practices and behaviors to promote a safe and healthy community when alone, with family, at school, and in other group settings.

Essential Health Concepts	Healthy Decisions	Advocacy and Health Promotion	Related Health Smart Virginia Lessons
K.1. The student will identify and describe key health and safety concepts.	K.2. The student will identify healthy decisions.	K.3. The student will describe and demonstrate behaviors that promote health and prevent injury and disease	
Body Systems SOLs			Locate a Lesson Plan
<ul style="list-style-type: none"> a) Identify major body parts (e.g., head, torso, arms, legs, hands, feet, muscles, bones). b) Describe the five senses (i.e., sight, hearing, smell, taste, touch). 	<ul style="list-style-type: none"> a) Recognize how the major body parts work together to move. b) Identify situations that require the use of each of the five senses. 	<ul style="list-style-type: none"> a) Describe the different body parts involved one movement (e.g., jumping, walking, biking). b) Describe ways to protect the five senses. 	<p>Health Smart VA Lessons</p> <p>Additional Resource PDFs</p>
Nutrition SOLs			Locate a Lesson Plan
<ul style="list-style-type: none"> c) Identify the MyPlate food groups (i.e., dairy, proteins, vegetables, fruits, grains) and a variety of foods and beverages from each group. d) Explain what it means to have a food allergy. 	<ul style="list-style-type: none"> c) Describe healthy meal, snack, and beverage options that include food from the MyPlate food groups (i.e., dairy, proteins, vegetables, fruits, grains). d) Identify foods that most often cause allergies. 	<ul style="list-style-type: none"> c) Create a shopping list that includes foods from each MyPlate food group. d) Describe how to help people with food allergies (e.g., being respectful of restrictions in the classroom and cafeteria, not sharing food, getting help from an adult). 	<p>Health Smart VA Lessons</p> <p>Additional Resource PDFs</p>
Physical Health/Disease Prevention/Health Promotion SOLs			Locate a Lesson Plan
<ul style="list-style-type: none"> e) Describe different types of physical activity and recognize the need for regular physical activity. f) Recognize the importance of a regular bedtime routine and enough sleep. g) Define germs and describe how germs (e.g., bacteria, viruses) may cause common diseases (e.g., cold, flu). h) Describe the function of the teeth, how to take care of them, and the health professionals that help care for teeth (e.g., dentist, hygienist). 	<ul style="list-style-type: none"> e) Identify positive physical activity options and the benefits of being physically active every day. f) Describe alternatives to screen time. g) Explain how hand washing helps remove bacteria and viruses that can make people sick and describe situations where it is important to wash hands. h) Discuss the benefits of personal hygiene practices (e.g., tooth brushing, flossing, hand washing, grooming). 	<ul style="list-style-type: none"> e) Describe ways to participate regularly in physical activities inside and outside of school. f) Describe ways to calm down before bed to prepare for sleeping. g) Demonstrate proper hand washing. Demonstrate how to brush and floss teeth correctly. 	<p>Health Smart VA Lessons</p> <p>Additional Resource PDFs</p>

Substance Abuse Prevention SOLs			Locate a Lesson Plan
<ul style="list-style-type: none"> i) Identify medicine as a pill or liquid that can be taken to feel better when sick but can cause harm if misused. j) Describe how medicine and other substances can be helpful or harmful and recognize poison warning labels. 	<ul style="list-style-type: none"> i) Describe consequences of taking medications unsupervised. j) Identify the meaning of safety signs, symbols, and warning labels and understand the dangers of white powder and other unknown substances. 	<ul style="list-style-type: none"> h) Discuss why medicines should only be taken under the supervision of a parent/guardian. i) Identify adults to ask for help and assistance with harmful and unknown substances 	<p>Health Smart VA Lessons</p> <p>Additional Resource PDFs</p>
Safety/Injury Prevention SOLs			Locate a Lesson Plan
<ul style="list-style-type: none"> k) Describe pedestrian, bike, bus, and playground safety practices. l) Describe emergency and nonemergency situations. m) Identify household products that are harmful or poisonous. 	<ul style="list-style-type: none"> k) Describe how safety choices can prevent injuries (e.g., wearing a helmet, tying shoelaces, using seat belts and safety seats, sitting in the back seat of vehicles with airbags). l) Identify people who can help in an emergency and in non-emergency situations. m) Recognize that not all products advertised or sold are healthy or safe. 	<ul style="list-style-type: none"> j) Describe common safety rules and practices at home, at school, and in communities. k) Describe why it is important to ask adults for help in an emergency, how to ask for help, and how to call 911. l) Recognize that some household products are harmful if touched, ingested, or inhaled and the importance of asking adults before touching, ingesting, or inhaling white powder or other unknown substances. 	<p>Health Smart VA Lessons</p> <p>Additional Resource PDFs</p>
Mental Wellness/Social Emotional Skills SOLs			Locate a Lesson Plan
<ul style="list-style-type: none"> n) identify a variety of feelings (e.g., happiness, sadness, anger, fear, frustration, calmness). o) Describe what it means to be a friend and how to show kindness, consideration, and concern for others (i.e., self-awareness, social awareness, and relationship skills). p) Describe personal space. 	<ul style="list-style-type: none"> n) Describe how feelings can influence actions. o) Identify strategies for making friends and how to show kindness, consideration, and concern for others, including how to cooperate and share with others. p) Identify ways to tell someone they are entering one's personal space. 	<ul style="list-style-type: none"> m) Demonstrate how to use words to express feelings. n) Demonstrate strategies for making friends and showing kindness, consideration, and concern for others. o) Demonstrate how to tell someone they are entering one's personal space and when to ask an adult for help. 	<p>Health Smart VA Lessons</p> <p>Additional Resource PDFs</p>
Violence Prevention SOLs			Locate a Lesson Plan
<ul style="list-style-type: none"> q) Recognize that classroom rules are important for school (e.g., sharing, respecting others). 	<ul style="list-style-type: none"> q) Explain how classmates can support one another at school. 	<ul style="list-style-type: none"> p) Demonstrate acceptable behavior in classrooms and during play, including showing respect for the personal space of others. 	<p>Health Smart VA Lessons</p> <p>Additional Resource PDFs</p>
Community/Environmental Health SOLs			Locate a Lesson Plan
<ul style="list-style-type: none"> r) Identify items and materials that can be reused (e.g., grocery bags, paper, water bottles, other containers). 	<ul style="list-style-type: none"> r) Describe ways to reuse items and materials in the classroom. 	<ul style="list-style-type: none"> q) Share the importance of reusing items and materials with school and family. 	<p>Health Smart VA Lessons</p> <p>Additional Resource PDFs</p>

Legend:

BOD = Body Systems

NUTR = Nutrition

HP= Physical Health, Disease Prevention, Health Promotion

SAP = Substance Abuse Prevention

SAF= Safety/Injury Prevention

SE = Mental Wellness/Social Emotional Skills

VP = Violence Prevention

CEH = Community/Environmental Health