

PA Kindergarten Standards

Health, Safety and Physical Education

10.1 Concepts of Health

- E. Describe why the body needs food
- F. Recognize that there are a variety of foods that can be grouped
- G. Develop an understanding of the importance of eating healthy and the role of food in keeping the body healthy
- I. Begin to know how to properly use medicine
- J. Identify childhood illnesses

10.2 Healthful Living

- A. Know the relationship between personal health practices and being healthy
- B. Identify ways to prevent illness
- C. Know and use personal health practices
- D. Identify people that help to keep us healthy and safe

10.4 Physical activity

- A. Recognize and demonstrate appropriate physical activities that promote fitness and health
- B. Recognize the physiological effects of moderate to vigorous physical activity on the body
- C. Identify physical activities that are liked and disliked

