

LINCOLN PUBLIC SCHOOLS
Wellness Learning Expectations: Grades K-2

Strand:
**Safety and Disease
Prevention**

Mass Standard 8:
**Disease Prevention
and Controls**

Students will learn the signs, symptoms, and treatment of chronic and communicable diseases, and will gain skills related to health promotion, disease preventions and health maintenance.

Big Ideas:

- ❑ Disease prevention is important for good health.
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Key Outcomes:

- ❑ Gr. K: Students will demonstrate an understanding of the **procedure of hand washing** by playing germ tag and washing their hands with pretend soap and water to re-enter the game.
- ❑ Gr. 1: Students will demonstrate an understanding of what **a germ is and what it does in the body** by acting out what happens when a germ attacks their body.
- ❑ Gr. 2: Students will demonstrate an understanding of how **the body fights germs with white blood cells and antibodies** by describing how the body uses them by playing tag. The white blood cells and antibodies are taggers and the rest of the class are germs. If a germ is tagged by a white blood cell or an antibody they are out.

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Wellness Learning Expectations: Grades K-2

Strand:
**Safety and
Prevention**

Mass Standard 9:
**Safety and Injury
Prevention**

Students will gain the knowledge and skills to administer first aid and carry out emergency procedures, including cardiopulmonary resuscitation, will avoid, recognize, and report verbal, physical, and emotional abuse situations, and will assess the factors that contribute to intentional and unintentional injury, including motor vehicle accidents,, fire safety, and weapons safety.

Big Ideas:

- ❑ Safety rules and regulations are important for injury prevention.
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Key Outcomes:

- ❑ Gr. K-5: Students will demonstrate an age appropriate understanding of the **importance of fire safety, bus safety and personal safety** by taking part in fire drills, bus drills, lock down drills and role playing personal safety situations.
- ❑ Students will demonstrate an age appropriate understanding of the **emergency number 911** by role playing different situations where they would dial 911 and listing the times to use 911.
- ❑ Students will demonstrate an age appropriate understanding of **personal responsibility for their actions** by role-playing different situations and discussing what could happen with different decisions.

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Safety Prevention

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Big Ideas:

- ❑ Emergency situations require specific responses that will help people stay safe.
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Key Outcomes:

- ❑ Gr. K-5: Students will demonstrate an age appropriate understanding of **universal precautions for cleaning or touching blood and bodily fluids** by listing what should happen when there is blood or bodily fluids near them.
- ❑ The students will demonstrate an age appropriate understanding of **dealing with non-life threatening injuries such as applying ice or a band-aid to an injury** by listing when you need to apply ice to an injury and showing how to use a bandage.
- ❑ The students will demonstrate an age appropriate understanding of **allergies such as food and bee stings** by listing what should happen if there is an allergic reaction.
- ❑ The students will demonstrate an age appropriate understanding of **playground safety** by listing the playground rules and playing appropriately at recess.

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Strand:
**Safety and Disease
Prevention**

Mass Standard 11:
Violence Prevention

Students will learn how their actions affect others, will understand the power that positive character traits can have in violence prevention, will gain skills to report incidents of violent and hurtful behavior to adults in the school and community, will avoid engaging in violence, and identify constructive alternatives to violence, including how to discourage others from engaging in violence.

Big Ideas:

- Knowing how to protect oneself in difficult or dangerous situation is an important lifelong skill.
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Key Outcomes:

- Gr. K-5: Students will demonstrate an age appropriate understanding of the **difference between a safe touch, unsafe touch, or inappropriate touch** by explaining what each one looks and feels like.
- Gr. K-5: Students will demonstrate an age appropriate understanding of **using refusal skills and being assertive** by role playing different situations where they will need to yell or flee and discussing these situations.