

Lakeview Public Schools
Life Management Curriculum
By Course, Standard, Benchmark
Kindergarten Life Management

LM01 Understands consumer information, issues, and resources

- 5051 01 Knows general characteristics of valid health information and health-promoting products and services (e.g., medicine prescribed by a doctor and obtained from a pharmacy)

LM02 Understands factors and strategies that affect wellness and self concept

- 5351 01 Knows ways in which a person can prevent or reduce the risk of disease and disability (e.g., practicing good personal hygiene, making healthy food choices, acknowledging the importance of immunizations, cooperating in regular health checkups)
- 5256 02 Knows basic fire, traffic, water, and recreation safety practices (seatbelt, helmet, appropriate clothing, fire drills, escape routes)
- 5270 03 Knows precautions that should be taken in special conditions (e.g., bad weather, Halloween, darkness, staying home alone, being approached by strangers, avoiding conflicts)
- 5290 04 Knows ways to seek assistance if worried, abused, or threatened (e.g., physically, mentally, emotionally, sexually)
- 5297 05 Classifies foods and food combinations according to the food groups
- 5323 06 Knows basic personal hygiene habits required to maintain health (e.g., caring for teeth, gums, eyes, ears, nose, skin, hair, nails)
- 5305 07 Knows healthy eating practices (e.g., eating a nutritious breakfast, eating a variety of foods, eating nutritious meals and snacks at regular intervals to satisfy individual energy and growth needs)
- 5284 08 Knows how to recognize emergencies and respond appropriately (e.g., uses a telephone appropriately to obtain help; identifies and obtains help from police officers, fire fighters, and medical personnel; treats simple injuries such as scratches, cuts, bruises, and first degree burns)
- 5350 09 Knows the signs and symptoms of common illnesses (e.g., fever, rashes, coughs, congestion, wheezing)

LM03 Understands the dynamics of family health

- 5159 01 Knows the roles of parents and the extended family in supporting a strong family and promoting the health of children (e.g., the limits parents set for children, behaviors and values)

LM06 Uses skills necessary for healthy relationships within family, peer groups, workplace, and community

- 5199 01 Identifies and shares feelings in appropriate ways
- 5660 02 Knows individuals have differences and deserve equal treatment

Lakeview Public Schools
Life Management Curriculum
By Course, Standard, Benchmark
1st Grade Life Management

LM01 Understands consumer information, issues, and resources

- 5051 01 Knows general characteristics of valid health information and health-promoting products and services (e.g., medicine prescribed by a doctor and obtained from a pharmacy)

LM02 Understands factors and strategies that affect wellness and self concept

- 5351 01 Knows ways in which a person can prevent or reduce the risk of disease and disability (e.g., practicing good personal hygiene, making healthy food choices, acknowledging the importance of immunizations, cooperating in regular health checkups)
- 5256 02 Knows basic fire, traffic, water, and recreation safety practices (seatbelt, helmet, appropriate clothing, fire drills, escape routes)
- 5270 03 Knows precautions that should be taken in special conditions (e.g., bad weather, Halloween, darkness, staying home alone, being approached by strangers, avoiding conflicts)
- 5290 04 Knows ways to seek assistance if worried, abused, or threatened (e.g., physically, mentally, emotionally, sexually)
- 5297 05 Classifies foods and food combinations according to the food groups
- 5323 06 Knows basic personal hygiene habits required to maintain health (e.g., caring for teeth, gums, eyes, ears, nose, skin, hair, nails)
- 5305 07 Knows healthy eating practices (e.g., eating a nutritious breakfast, eating a variety of foods, eating nutritious meals and snacks at regular intervals to satisfy individual energy and growth needs)
- 5284 08 Knows how to recognize emergencies and respond appropriately (e.g., uses a telephone appropriately to obtain help; identifies and obtains help from police officers, fire fighters, and medical personnel; treats simple injuries such as scratches, cuts, bruises, and first degree burns)
- 5350 09 Knows the signs and symptoms of common illnesses (e.g., fever, rashes, coughs, congestion, wheezing)

LM03 Understands the dynamics of family health

- 5159 01 Knows the roles of parents and the extended family in supporting a strong family and promoting the health of children (e.g., the limits parents set for children, behaviors and values)
- 5173 02 Knows effective strategies to cope with change that may occur in families (e.g., pregnancy, birth, marriage, divorce, relocation, unemployment)
- 5183 03 Knows how health related problems impact a whole family

LM05 Understands concepts of human growth and development, human sexuality, and reproduction

- 5378 01 Knows the cycle of growth and development in humans from infancy to old age

LM06 Uses skills necessary for healthy relationships within family, peer groups, workplace, and community

5199 01 Identifies and shares feelings in appropriate ways

5660 02 Knows individuals have differences and deserve equal treatment

Lakeview Public Schools
Life Management Curriculum
By Course, Standard, Benchmark
2nd Grade Life Management

LM01 Understands consumer information, issues, and resources

5051 01 Knows general characteristics of valid health information and health-promoting products and services
(e.g., medicine prescribed by a doctor and obtained from a pharmacy)

LM02 Understands factors and strategies that affect wellness and self concept

5351 01 Knows ways in which a person can prevent or reduce the risk of disease and disability (e.g., practicing good personal hygiene, making healthy food choices, acknowledging the importance of immunizations, cooperating in regular health checkups)

5256 02 Knows basic fire, traffic, water, and recreation safety practices (seatbelt, helmet, appropriate clothing fire drills, escape routes)

5270 03 Knows precautions that should be taken in special conditions (e.g., bad weather, Halloween, darkness, staying home alone, being approached by strangers, avoiding conflicts)

5290 04 Knows ways to seek assistance if worried, abused, or threatened (e.g., physically, mentally, emotionally, sexually)

5297 05 Classifies foods and food combinations according to the food groups

5323 06 Knows basic personal hygiene habits required to maintain health (e.g., caring for teeth, gums, eyes, ears, nose, skin, hair, nails)

5305 07 Knows healthy eating practices (e.g., eating a nutritious breakfast, eating a variety of foods, eating nutritious meals and snacks at regular intervals to satisfy individual energy and growth needs)

5106 08 Knows how the physical environment can impact personal health (e.g., the effects of exposure to pollutants)

LM03 Understands the dynamics of family health

5159 01 Knows the roles of parents and the extended family in supporting a strong family and promoting the health of children (e.g., the limits parents set for children, behaviors and values)

5173 02 Knows effective strategies to cope with change that may occur in families (e.g., pregnancy, birth, marriage, divorce, relocation, unemployment)

5183 03 Knows how health related problems impact a whole family

LM04 Understands the use and abuse of chemical substances and/or drugs

5661 01 Knows how one's personal behavior can affect the behavior and feelings of other family members

LM05 Understands concepts of human growth and development, human sexuality, and reproduction

5378 01 Knows the cycle of growth and development in humans from infancy to old age

LM06 Uses skills necessary for healthy relationships within family, peer groups, workplace, and community

5199 01 Identifies and shares feelings in appropriate ways

5660 02 Knows individuals have differences and deserve equal treatment

Lakeview Public Schools
Life Management Curriculum
By Course, Standard, Benchmark
3rd Grade Life Management

LM01 Understands consumer information, issues, and resources

5051 01 Knows general characteristics of valid health information and health-promoting products and services (e.g., medicine prescribed by a doctor and obtained from a pharmacy)

5074 02 Knows a variety of influences upon consumers and how those influences affect decisions regarding resources, products, and services (e.g., media, information from school and family, peer pressure)

LM02 Understands factors and strategies that affect wellness and self concept

5351 01 Knows ways in which a person can prevent or reduce the risk of disease and disability (e.g., practicing good personal hygiene, making healthy food choices, acknowledging the importance of immunizations, cooperating in regular health checkups)

5200 02 Knows the relationships between physical, mental, and emotional health

5257 03 Knows safety rules and practices to be used in home, school, and community settings (e.g., protecting ears from exposure to excessive noise, wearing protective equipment for sports, and using sunscreen or a hat in bright sunlight)

5298 04 Knows the nutritional value of different foods

5331 05 Knows common health problems that should be detected and treated early

5338 06 Knows behaviors that are safe, risky, or harmful to self and others

5357 07 Knows ways to maintain a functional level of wellness while injured, sick, or dealing with chronic condition (e.g., cooperating with parents and health care providers, taking prescription or over the counter medicines properly, correctly interpreting instructions for taking medicine)

5106 08 Knows how the physical environment can impact personal health (e.g., the effects of exposure to pollutants)

LM03 Understands the dynamics of family health

5159 01 Knows the roles of parents and the extended family in supporting a strong family and promoting the health of children (e.g., the limits parents set for children, behaviors and values)

LM04 Understands the use and abuse of chemical substances and/or drugs

- 5362 01 Knows how to differentiate between the use and misuse of prescription and nonprescription drugs

LM05 Understands concepts of human growth and development, human sexuality, and reproduction

- 5349 01 Knows the interrelated structure and functions of the human body systems
5662 02 Knows primary function of major systems of the body (e.g. digestive, respiratory, skeletal, and muscular)

LM06 Uses skills necessary for healthy relationships within family, peer groups, workplace, and community

- 5174 01 Knows characteristics needed to be a responsible friend and family member
5233 02 Knows behaviors that communicate care, consideration, and respect of self and others
5240 03 Knows how one's behavior may evoke responses in others
5291 04 Knows the difference between positive and negative behaviors used in conflict situations and strategies to resolve them

LM07 Practices responsibility towards self and others

- 5344 01 Knows the value of setting and attaining a goal

Lakeview Public Schools
Life Management Curriculum
By Course, Standard, Benchmark
4th Grade Life Management

LM01 Understands consumer information, issues, and resources

- 5051 01 Knows general characteristics of valid health information and health-promoting products and services (e.g., medicine prescribed by a doctor and obtained from a pharmacy)
5074 02 Knows a variety of influences upon consumers and how those influences affect decisions regarding resources, products, and services (e.g., media, information from school and family, peer pressure)

LM02 Understands factors and strategies that affect wellness and self concept

- 5351 01 Knows ways in which a person can prevent or reduce the risk of disease and disability (e.g., practicing good personal hygiene, making healthy food choices, acknowledging the importance of immunizations, cooperating in regular health checkups)
5200 02 Knows the relationships between physical, mental, and emotional health
5257 03 Knows safety rules and practices to be used in home, school, and community settings (e.g., protecting ears from exposure to excessive noise, wearing protective equipment for sports, and using sunscreen or a hat in bright sunlight)
5298 04 Knows the nutritional value of different foods
5331 05 Knows common health problems that should be detected and treated early

- 5338 06 Knows behaviors that are safe, risky, or harmful to self and others
- 5357 07 Knows ways to maintain a functional level of wellness while injured, sick, or dealing with chronic condition (e.g., cooperating with parents and health care providers, taking prescription or over the counter medicines properly, correctly interpreting instructions for taking medicine)
- 5285 08 Knows basic first aid procedures appropriate to common emergencies in home, school, and community (e.g., proper responses to breathing and choking problems, bleeding, shock, poisonings, minor burns; universal precautions to be taken when dealing with other people's blood)
- 5319 09 Knows how food preparation methods and food handling practices affect the safety and nutrient quality of foods
- LM03 Understands the dynamics of family health**
- 5159 01 Knows the roles of parents and the extended family in supporting a strong family and promoting the health of children (e.g., the limits parents set for children, behaviors and values)
- 5160 02 Knows how the family influences personal health (e.g., physical, mental, emotional)
- LM04 Understands the use and abuse of chemical substances and/or drugs**
- 5365 01 Knows influences that promote alcohol, tobacco, and other drug use and the skills to resist those influences
- LM05 Understands concepts of human growth and development, human sexuality, and reproduction**
- 5349 01 Knows the interrelated structure and functions of the human body systems
- LM06 Uses skills necessary for healthy relationships within family, peer groups, workplace, and community**
- 5174 01 Knows characteristics needed to be a responsible friend and family member
- 5233 02 Knows behaviors that communicate care, consideration, and respect of self and others
- 5240 03 Knows how one's behavior may evoke responses in others
- 5291 04 Knows the difference between positive and negative behaviors used in conflict situations and strategies to resolve them
- 5663 05 Uses strategies to influence peers in positive ways
- LM07 Practices responsibility towards self and others**
- 5344 01 Knows the value of setting and attaining a goal

Lakeview Public Schools
Life Management Curriculum
By Course, Standard, Benchmark
5th Grade Life Management

- LM01 Understands consumer information, issues, and resources**
- 5051 01 Knows general characteristics of valid health information and health-promoting products and services (e.g., medicine prescribed by a doctor and obtained from a pharmacy)

LM02 Understands factors and strategies that affect wellness and self concept

- 5351 01 Knows ways in which a person can prevent or reduce the risk of disease and disability (e.g., practicing good personal hygiene, making healthy food choices, acknowledging the importance of immunizations, cooperating in regular health checkups)
- 5200 02 Knows the relationships between physical, mental, and emotional health
- 5257 03 Knows safety rules and practices to be used in home, school, and community settings (e.g., protecting ears from exposure to excessive noise, wearing protective equipment for sports, and using sunscreen or a hat in bright sunlight)
- 5298 04 Knows the nutritional value of different foods
- 5331 05 Knows common health problems that should be detected and treated early
- 5338 06 Knows behaviors that are safe, risky, or harmful to self and others
- 5357 07 Knows ways to maintain a functional level of wellness while injured, sick, or dealing with chronic condition (e.g., cooperating with parents and health care providers, taking prescription or over the counter medicines properly, correctly interpreting instructions for taking medicine)
- 5106 08 Knows how the physical environment can impact personal health (e.g., the effects of exposure to pollutants)
- 5213 09 Knows common sources of stress for children and ways to manage stress

LM03 Understands the dynamics of family health

- 5159 01 Knows the roles of parents and the extended family in supporting a strong family and promoting the health of children (e.g., the limits parents set for children, behaviors and values)
- 5160 02 Knows how the family influences personal health (e.g., physical, mental, emotional)

LM04 Understands the use and abuse of chemical substances and/or drugs

- 5365 01 Knows influences that promote alcohol, tobacco, and other drug use and the skills to resist those influences

LM05 Understands concepts of human growth and development, human sexuality, and reproduction

- 5349 01 Knows the interrelated structure and functions of the human body systems
- 5375 02 Knows the changes that occur at varying rates during puberty

LM06 Uses skills necessary for healthy relationships within family, peer groups, workplace, and community

- 5174 01 Knows characteristics needed to be a responsible friend and family member
- 5233 02 Knows behaviors that communicate care, consideration, and respect of self and others
- 5240 03 Knows how one's behavior may evoke responses in others
- 5291 04 Knows the difference between positive and negative behaviors used in conflict situations and strategies to resolve them
- 5663 05 Uses strategies to influence peers in positive ways

LM07 Practices responsibility towards self and others

- 5344 01 Knows the value of setting and attaining a goal