

Kindergarten Health Curriculum

There is no Health grade on the Kindergarten Report Card

Safety

- 1.) Stranger Danger: Too Smart for Strangers
- 2.) Explain the role of fire fighters and police officers
- 3.) Child Abuse lesson

PS-Discuss who strangers are and ways to behave around them

PS-Recite your name, address, and phone number

PS-Practice using emergency numbers including 911

The Body

- 1.) Identify and know the correct location of basic body parts: Head, arms, legs, chest, feet, hands, eyes, ears, and nose.
- 2.) Explain and recognize that food and drink are needed for growth and development
- 3.) Hand washing
- 4.) What are Medicines?
- 5.) Discuss good health habits: Sleep, nutrition, dressing for the weather, doctor visits, relationships.

PS-Recognize the importance of covering your mouth and nose when sneezing

PS-Demonstrate and recognize how to prevent the transmission of germs

PS-Give examples of what makes a friend a friend

PS-Recognize basic emotions and feelings

PS-Learn about character, develop good social skills and relationships

First Grade Health

Report Card:

Exhibits Knowledge and understanding about areas of Prevention (Hygiene, Germs, Illnesses, and Environment)

Exhibits knowledge and understanding of Nutrition, Body Parts, and their systems

Exhibits knowledge and understanding of Personal and Community safety, Social behavior, and Healthy relationships.

Prevention

- 1.) Hygiene
- 2.) Environment

PS-Simulate proper hand washing techniques

PS-Discuss the relationship between germs and disease

PS-Demonstrate proper tooth brushing techniques

PS-Understand the need to brush teeth to remove bacteria

PS-Name the three “R’s” of saving the environment: Reduce, Reuse, and Recycle

PS-List things that pollute the environment

PS-Recognize different types of pollution: Air, soil, water, noise

The Body and Nutrition

- 1.) Know the basic body parts
- 2.) Nutrition and the food guide pyramid

PS-Distinguish between a “good” food and “junk” food

PS-Explain the importance of eating a variety of foods

Safety

- 1.) Stranger Danger: Too smart for strangers
- 2.) Bus Safety: Safety squadron rides the bus
- 3.) Home safety: Timon and Pumba movie
- 4.) Fire Safety: Donald’s Fire Safety
- 5.) Bike Safety: Pinocchio movie
- 6.) Child Abuse lesson

PS-Identify uncomfortable or dangerous situations

PS-Memorize emergency and medical phone numbers

PS-Know appropriate authority figures to contact in a dangerous or uncomfortable situation

PS-Demonstrate the use of proper equipment when bicycling, skateboarding, and rollerblading

Social behavior and Healthy relationships

PS-*Discuss the importance of belonging to a group and what it feels like to be included or excluded*

PS-*Define “Bullying”*

PS-*Practice good communication skills*

PS-*Explain how using good listening skills can help avoid conflict*

PS-*Discuss appropriate and inappropriate behaviors at home, at school, and in the community*

Second Grade Health

Report Card:

Exhibits Knowledge and understanding about areas of Prevention (Hygiene, Germs, Illnesses, and Environment)

Exhibits knowledge and understanding of Nutrition, Body Parts, and their systems

Exhibits knowledge and understanding of Personal and Community safety, Social behavior, and Healthy relationships.

Prevention

- 1.) Hygiene
- 2.) Environment

PS-Explain how good hygiene can prevent illness

PS-Recognize the signs and symptoms of illness (headache, stomach ache, fever)

PS-Demonstrate how to prevent the spread of infectious diseases

PS-Discuss the importance of washing your hands appropriately

PS-Recognize the importance of proper tissue disposal

PS-Discuss rules for taking medication

PS-Discuss proper drug use versus drug abuse

PS-Recognize why it is important to brush your teeth

PS-Discuss forms of pollution found in the school, community, and at home

PS-Cite examples of noise pollution

PS-Name recycling methods used at home and school

PS-Understand how choices have an impact on one's health and environment

The Body and Nutrition

- 1.) Know specific body parts
- 2.) Define Nutrients

PS-Identify the ankles, knees, hips, fingers, elbows, shoulders, neck, and toes

PS-Explain the function of the eyes, ears, and nose

PS-Define nutrients. Recognize that nutrients are needed for growth and development

Safety

- 1.) Stranger Danger: Too smart for strangers
- 2.) Bus Safety: Safety squadron rides the bus
- 3.) Home safety: Timon and Pumba movie
- 4.) Fire Safety: Donald's Fire Safety
- 5.) Bike Safety: Pinocchio movie
- 6.) Child Abuse lesson

PS-Demonstrate safety rules at home, at school, and in the community

PS-Discuss the importance of basic traffic rules that need to be followed on the way to school and at home

PS-Identify dangerous and uncomfortable situations

PS-Define "good touch" and "bad touch"

Social behavior and Healthy relationships

PS-Define bullying and motives for bullying

PS-Name positive and negative components of a healthy relationship

PS-Observe and discuss the consequences of behavior choices

PS-Recognize that some people have disabilities and what special rights they are entitled too, as well as, the history of disability legislation

PS-Give examples of ways to settle disagreements

Third Grade Health

Report Card:

Exhibits knowledge and understanding about prevention regarding Hygiene, Disease, Drugs, and how to be a good citizen.

Exhibits an understanding of the body systems, their functions, and how our choices affect those systems.

Exhibits knowledge and understanding of social and emotional health, conflict resolution, refusal skills, and coping skills.

Prevention

- 1.) Medicines
- 2.) Hygiene
- 3.) Environment

PS-Explain what can happen if medicines are used improperly

PS-Recognize when symptoms of illness require attention from an adult or a health care provider

PS-Describe the symptoms of common childhood illnesses (fever, rash, cough)

PS-Use personal hygiene behaviors/choices that will improve health and safety

PS-Recognize causes of different types of pollution

PS-Discuss ways individuals and communities reduce pollution

The Body

- 1.) The Skeletal System
- 2.) The Muscular System
- 3.) Nutrients
- 4.) Stress and Anger effects on the body

PS-Build/construct a human body consisting of the following parts: head, neck, shoulders, elbows, arms, hands, fingers, chest, legs, hips, ankles, feet, and toes

PS-Locate the brain, heart, lungs, and stomach

PS-Locate bones in the body

PS-Understand the basic function and location of muscles

PS-Recognize the importance of calcium to bones

PS-Recognize the relationship between exercise and muscular development

PS-Compare your growth to that of your peers

PS-List characteristics that make you similar, different, and unique

PS-Cite ways to build physical activity into daily routines

PS-Explain how eating and activity affect growth and development

PS-Describe how emotions (stress, anger) affect choices, behaviors, and functions of the body

Social and Emotional Health

- 1.) Safety
- 2.) Healthy Forms of communication
- 3.) Child Abuse lesson

PS-Discuss and use seat belts

PS-State the potential causes of accidents at school, at home, and in the community

PS-Memorize emergency numbers and medical phone numbers

PS-Discuss how to tell a trusted adult when you feel uncomfortable or threatened

PS-Learn what to do if someone touches you inappropriately

PS-Recognize that people have different emotional responses to situations (Anger, stress)

PS-List types of non-verbal communication (eyes, facial expressions, posture)

PS-Discuss rules for communicating in a group situation

PS-Identify behaviors that reflect cooperation

PS-Describe a situation when you would use a refusal skill

Fourth Grade Health

Report Card:

Exhibits knowledge and understanding about prevention regarding Hygiene, Disease, Drugs, and how to be a good citizen.

Exhibits an understanding of the body systems, their functions, and how our choices affect those systems.

Exhibits knowledge and understanding of social and emotional health, conflict resolution, refusal skills, and coping skills.

Prevention

- 1.) Bacteria, Viruses, and Vaccines
- 2.) Advertisements and Media
- 3.) Environment

PS-Discuss how bacteria grows

PS-Describe ways that viruses are transmitted

PS-Explain the importance of vaccinations

PS-Discuss the benefits of early detection and treatment of illnesses

PS-Describe how the media influences health related behaviors, choices, and skills

PS-Give examples of health related advertisements

PS-Identify ways that pollution can be a health risk

PS-Explain how recycling can reduce health risks

PS-Discuss methods used by schools, communities, and individuals to dispose of waste

The Body

- 1.) Nutrition

PS-Define all the nutrients (carbohydrates, proteins, fats, etc)

PS-Identify the food sources for where nutrients come from

PS-Memorize the food guide pyramid (my plate today)

PS-Classify foods into food groups based on their major nutrient contribution

Social and Emotional Health

- 1.) Bullying
- 2.) Stress
- 3.) Conflict resolution
- 4.) Friendships (Building healthy relationships)
- 5.) Child Abuse lesson

PS-Define the word stress and give examples

PS-Cite examples of how to manage positive and negative stressors

PS-Describe different kinds of friendships

PS-Realize that learning to get along with others is a process unique to every person

PS-List characteristics that help maintain friendships

PS-Role-play how to formulate new friendships

PS-Identify consequences of conflict

PS-Tell how a person avoids conflict in a non-violent way

PS-Describe the procedure in reporting unsafe behavior and bullying

PS-Apply positive communication skills to avoid conflict

PS-Simulate situations where bullying occurs

PS-Discuss consequences of bullying

PS-Describe components of a decision making process

PS-Give examples where and when a decision making process can be used

PS-Analyze consequences for poor health choices

PS-Select a health problem and give examples of choices and consequences

Fifth Grade Health

Report Card:

Exhibits knowledge and understanding about prevention regarding Hygiene, Disease, Drugs, and how to be a good citizen.

Exhibits an understanding of the body systems, their functions, and how our choices affect those systems.

Exhibits knowledge and understanding of social and emotional health, conflict resolution, refusal skills, and coping skills.

Prevention

- 1.) Hygiene
- 2.) First Aid
- 3.) Environment
- 4.) Drug Education and Awareness

PS-Apply basic first aid to injuries

PS-Describe the signs and symptoms of illness that would indicate that a person should seek medical treatment (conscious and unconscious)

PS-Encourage proper hygiene among family members and classmates

PS-Tell others how their choices and behavior affect other people's health

PS-Describe the physical effects that air pollution can have on the body

PS-Recognize that air pollution affects the ozone layer

PS-Explain how depletion of the ozone layer will affect health

PS-Explain the possible effects of noise pollution on health

PS-List chemicals found in cigarette smoke that pollute the body and the environment

PS-Define tobacco, alcohol, inhalants, and other drugs

PS-Make healthy choices which are essential to good growth and development

The Body

- 1.) The Digestive System
- 2.) The Respiratory System
- 3.) The Reproductive System
- 4.) Nutrients
- 5.) Hygiene

PS-Explain what muscles do for the body

PS-Describe the basic functions of the digestive system

PS-Recognize the parts of the digestive system

PS-Illustrate how food is processed and moves through the digestive system

PS-Explain the basic functions of the respiratory system

PS-Label the parts of the respiratory system

PS-Explain the basic functions of the reproductive system

PS-Discuss healthy food choices

PS-Explain how healthy choices affect the performance of the body's systems

PS-List the effects of drugs, alcohol, and tobacco on the body's systems

PS-Explain the major function of nutrients

PS-Evaluate a personal daily diet

PS-Define how personal hygiene affects the process of an individual going through puberty

PS-Know how the body system works

Social and Emotional Health

- 1.) Bullying
- 2.) Refusal Skills
- 3.) Child Abuse lesson

PS-Apply positive and negative communication skills to avoid conflict

PS-Predict and discuss the consequences of bullying

PS-Decide what actions to take when bullying occurs

PS-Hypothesize how emotions could be communicated in different situations (divorce, death, winning the lottery)

PS-List choices that have a positive and negative influence on health

PS-Demonstrate refusal skills within the context of dangerous situations (drugs, alcohol, tobacco, inappropriate touches)