

Kindergarten Health Education Curriculum Guide- Jordan Bank Elementary

Approximate Number of Lessons: 10 (1 time per month on rotating schedule)

(From August – June)

Developed by: Mollie Steigerwalt

PA Academic Standards for Health, Safety, and Physical Education (2002):

- 10.1.3 A, B, C, D, E (Concepts of Health)
- 10.2.3 A, B, C, D, E (Healthful Living)
- 10.3.3 A, B, C, D (Safety and Injury Prevention)
- 10.4.3 A, B, C (Physical Activity)

PA Academic Standards for Health, Safety, and Physical Education (2022):

- 10.1.K B1, C1, D1, E1 (Concepts of Health)
- 10.2.K A1, E1 (Healthful Living)
- 10.3.K A1, B1 (Safety and Injury Prevention)
- 10.4.K A1, B1 (Physical Activity)

Course Overview

| Course Description | Course Big Ideas | Course Skills |
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| Using a series of lessons based around basic health, students will explore various health concepts, healthful living and safety and injury prevention. | Students will use basic health concepts to promote higher level thinking about health and start their journey towards living a healthy life. | <ul style="list-style-type: none">● Importance of Exercise● Major Body Organs and Systems● Nutrition● ATOD (Alcohol, Tobacco and Other Drugs)● Common Health Problems● Personal Hygiene● Community Helpers● Safety Signs● Media Influence on Health● Decision Making |

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| | | <ul style="list-style-type: none"> ● Environmental Factors on Health ● Personal Safety ● Responding to Emergencies ● Conflict Resolution ● Exercise Safety |
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Health Education Academic Units:

| | Unit Topic | Subtopics | Key-Mastery Objectives | Standards |
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| August-September | Lesson 1: Exercise and the Importance of Exercise | -What is exercise? -How can you exercise? (Name some ways to exercise) -How can you exercise inside? How can you exercise outside? -Why is exercise important? -What parts of your body do you work when you exercise? | -Students will identify what exercise is. -Students will be able to describe various ways to exercise both inside and outside. -Students will explain the importance of exercise. -Students will identify parts of their body that work when they exercise. | 10.4.3 A 10.4.3 B 10.4.3 C Updated 10.4.K.A1 10.4.K.B1 |
| October | Lesson 2: The Heart | -What is the heart? -What does the heart do? -Where is the heart located in your body? -How do you keep your heart healthy? | -Students will identify what the heart is. -Students will identify the role of the heart. -Students will be able to demonstrate where the heart is in the body. -Students will be able to describe ways to keep their heart healthy. -Students will identify ways to exercise their heart. | 10.1.3 B 10.4.3 C Updated 10.1.K.B1 10.4.K.B1 |

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| | | -How do you exercise your heart? | | |
| November | Lesson 3: The Muscular System | <ul style="list-style-type: none"> -What are muscles? -Why do we have muscles? -Where are muscles located in your body? -How do you keep your muscles healthy? -How do you exercise your muscles? | <ul style="list-style-type: none"> -Students will identify what muscles are. -Students will identify the role of muscles in the body. -Students will be able to demonstrate where muscles are located in the body. -Students will be able to describe ways to keep their muscles healthy. -Students will identify ways to exercise their muscles. | 10.1.3 B 10.4.3 B Updated: 10.1.K.B1 10.4.K. B1 |
| December | Lesson 4: The Skeletal System | <ul style="list-style-type: none"> -What are bones? -Why do we have bones? -Where are bones located in your body? -How do you keep your bones healthy? -How do you make your bones stronger? | <ul style="list-style-type: none"> -Students will identify what bones are. -Students will identify the role of bones in the body. -Students will be able to demonstrate where bones are located in the body. -Students will be able to describe ways to keep their bones healthy. -Students will identify ways to exercise their bones. | 10.1.3 B 10.4.3 B Updated: 10.1.K.B1 10.4.K. B1 |
| January | Lesson 5: The Immune System- Getting Sick and Staying Healthy | <ul style="list-style-type: none"> -What is the immune system? -What does the immune system do? -What can we do to help our immune system? -How can you stay healthy? -What should you do if you are sick? | <ul style="list-style-type: none"> -Students will identify what the immune system is. -Students will identify the role of the immune system in the body. -Students will be able to describe ways to help our immune system. -Students will be able to describe ways to prevent the spread of germs and keep our bodies healthy. -Students will be able to describe what you should do if you get sick. | 10.1.3 B 10.1.3 E 10.2.3 A Updated: 10.1.K.B1 10.1.K.E1 10.2.K.A1 10.2.K.E1 |
| February | Lesson 6: Going to the Doctor/Dentist | <ul style="list-style-type: none"> -What does a doctor do? -Why do you go to the doctor? -What does a dentist do? | <ul style="list-style-type: none"> -Students will identify the role of a doctor. -Students will be able to describe reasons why we go to the doctor. -Students will identify the role of a dentist. | 10.1.3 D 10.2.3 A Updated: |

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| | and Taking Medicine | <ul style="list-style-type: none"> -Why do you go to the dentist? -How can you stay healthy between doctor/dentist visits? -What is medicine? -How can you safely take medicine when you are sick? | <ul style="list-style-type: none"> -Students will be able to describe reasons why we go to the dentist. -Students will be able to describe ways to stay healthy between visits to the doctor and the dentist. (basic hygiene) - Students will identify what the role of medicine is. -Students will be able to describe ways to safely take medicine when they are feeling sick. | 10.1.K.D1 10.2.K.A1 |
| March | Lesson 7: Healthy Eating and Food Groups | <ul style="list-style-type: none"> -What are the basic food groups? -What is MyPlate? -Why should you eat a variety of foods? -What are healthy foods? -Why should you eat healthy foods? -What are junk foods? -What do junk foods do to your body? | <ul style="list-style-type: none"> -Students will identify the basic food groups of dairy, protein, grains, fruits and vegetables. -Students will be able to describe MyPlate. -Students will be able to describe why you should eat a variety of foods. -Students will identify healthy foods. -Students will be able to describe why you should eat healthy foods. -Students will identify junk foods. -Students will be able to describe the negative effects of eating junk foods on the body. | 10.1.3 C Updated: 10.1.K.C1 |
| April | Lesson 8: ATOD (Alcohol, Tobacco and Other Drugs) | <ul style="list-style-type: none"> -What is alcohol? -What is tobacco? -What are drugs? -Why are drugs dangerous to our health? -How can you avoid using drugs? | <ul style="list-style-type: none"> -Students will identify what alcohol is. -Students will identify what tobacco is. -Students will identify what drugs are and that alcohol and tobacco fit in the category of substances. -Students will be able to describe why drugs are dangerous to our health. -Students will be able to describe ways to avoid using drugs. | 10.1.3 D Updated: 10.1.K.D1 |
| May | Lesson 9: Safety, Safety Signs and Fire Safety | <ul style="list-style-type: none"> -Why is it important to be safe? -What are various safety signs? | <ul style="list-style-type: none"> -Students will be able to describe why it is important to be safe. -Students will identify various safety signs. -Students will be able to describe what various safety signs tell us. | 10.2.3 B 10.3.3 A 10.3.3 B Updated: |

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| | | <ul style="list-style-type: none"> -What are various health safety signs? -What do safety signs tell us? -What is fire safety? -How can you be safe at home? -How can you be safe in public? -How can you be safe at school? -What can you do in an emergency? | <ul style="list-style-type: none"> -Students will be able to describe what various health safety signs tell us. -Students will be able to describe what fire safety is. -Students will be able to describe ways to stay safe at home. -Students will be able to describe ways to stay safe in public. | 10.3.K.A1 10.3.K.B1 |
| June | Lesson 10: Emotions and Relationships | <ul style="list-style-type: none"> -What are emotions? -What are various emotions? (Name some emotions) -How do emotions impact you? -Who can you go to if you are having trouble with your emotions? -How do you manage conflict? -How can you use “I” statements in conflict situations? | <ul style="list-style-type: none"> -Students will be able to describe what emotions are. -Students will identify various emotions. -Students will be able to describe how emotions impact our mental state. -Students will identify people that they can go to if they are having trouble managing their emotions. -Students will be able to describe how to manage a situation that involves conflict. -Students will demonstrate how to use “I” statements. | 10.3.3 C Updated: 10.2.K.E1 |