

Health Curriculum Kindergarten

	Grade Level Expectations	Lessons
EALR 1.0	Demonstrates mature form in locomotor patterns and selected manipulative and non-locomotor skills	Covered by PE teacher
	Understands and applies safety rules and procedures in a variety of physical activities	Covered by PE teacher
	Understands the basis vocabulary and concepts of physical fitness	Covered by PE teacher
	Understands the connection between nutrition and physical well-being	(3 days) <u>Shopping Smart, 2: Good Shopping, Good Eating</u> <u>Shopping Smart, 3: Fast Food</u> <u>Food and Nutrition 1</u> (17:00)
EARL 2.0	Understand the basic structure and function of human body systems	(3-4 days) <u>Magic School Bus Flexes Its Muscles, The</u> (30:15) <u>Mighty Me Training Camp</u> (36:12) What is the Heart? http://www.americanheart.org/presenter.jhtml?identifier=3003094 What Does the Heart Do? http://www.americanheart.org/presenter.jhtml?identifier=3003096 (optional) Reference: Use for other items such as songs, worksheets and poems http://www.americanheart.org/presenter.jhtml?identifier=3003400
	Understand how to prevent or reduce the risk of contracting a Communicable Disease	(2 days) <u>How not to Get a Disease</u> <u>Smile Guide, The: Dental Care for the Early Years: Age 0-5</u> (13:00) http://www.pgschoolprograms.com/puffs/ Germs and hygiene
	Understand one's right to personal and physical safety	(1 day) <u>Which Adults Do We Trust?</u>
	Understand what are abusive or risky situations and how to avoid them	(2 days) <u>Vulnerability: Lesson 1, What Is Violence?</u> <u>Don't Call Me Names (A Sunburst Title)</u> (13:47) <u>Stop Teasing Me! (A Sunburst Title)</u> (13:00)

	Knows appropriate sources of help in emergency and non-emergency situations	(1 day) Lesson previously taught <u>Which Adults Do We Trust?</u>
	Understand the physical and legal consequences of using nicotine, alcohol, and other drugs, and apply skills to resist any harmful use of substances.	(9-10 days) <u>Poisons at Home</u> <u>Lesson 5: More Fun with Everyone</u> <u>Lesson 6: I'm Special</u> <u>Lesson 7: I Have Feelings – Day 1</u> <u>Lesson 8: I Have Feelings – Day 2</u> <u>Lesson 9: The Asking Skill™ – Day 1</u> <u>Lesson 10: The Asking Skill™ – Day 2</u> <u>Lesson 11: The Asking Skill™ – Day 3</u> <u>All About Drugs (A Sunburst Title) (16:00)</u> <u>Sniffy Escapes Poisoning (06:58)</u>
EALR 3.0	Understand how different environmental factors affect health.	(1 day) <u>Taking Care of Our Earth (17:00) (Water and Air segments)</u>
	Understand reliable sources of health information	(1 day) <u>Checkups with the Body People</u>
	Understand how media provides information related to safe or unsafe behaviors that impact overall health	(1 day) <u>Life Skills 101: Problems and Choices (15:00)</u>
	Understand health enhancing behaviors and risk reduction	(2 days) <u>Fire at School</u> <u>Getting to School Safely</u> <u>Bicycle Safety: Zone of Danger (14:45)</u>
	Express emotions appropriately to form safe and respectful relationships	(3days) <u>The Feelings Wheel</u> <u>What We Do When We Feel . . .</u> <u>How We're Alike</u>
	Recognize social skills to keep out of trouble and resist pressure from others.	2 nd Step Curriculum

	Recognize a variety of emotions and how they affect self and others and develop strategies about how to act in emotional situations.	2 nd Step Curriculum
EALR 4.0	Understand the relationship between home activities and health and fitness	Covered by PE Teacher
	Understands the relationship between fitness testing and goal setting	Covered by PE Teacher