

Pequannock Township School District

Curriculum Syllabus

Health- Kindergarten

Course Description:

A quality health education program supports students through the intellectual and social development. When students make healthy choices, the environment and opportunities for learning also increases. This program will promote safe living and develop knowledge and skills necessary for mental, social, and physical well-being. Students will:

- Students will be introduced to areas including: Injury Prevention and Personal Safety, Nutrition, Functions of the Body, Growth and Development, Illness Prevention, Substance Abuse Prevention, Community Health and Safety, Self Worth and Mental and Emotional Health.
- Students will understand what it means to be healthy and how they can stay healthy.
- Students will be able to identify personal long-term goals.

Course Standards:

The following is a list of NJSLs that describe what students are expected to know and be able to do as a result of successfully completing this course. The following NJSLs are the basis of the assessment of student achievement. The learner will demonstrate mastery of:

Personal growth and development- Developing self-help skills and personal hygiene skills promotes healthy habits.

- 2.1.P.A.1 Develop an awareness of healthy habits (e.g., use clean tissues, wash hands, handle food hygienically, brush teeth, and dress appropriately for the weather).
- 2.1.P.A.2 Demonstrate emerging self-help skills (e.g., develop independence when pouring, serving, and using utensils and when dressing and brushing teeth).
- Health-enhancing behaviors contribute to wellness.
- 2.1.2.A.2 Use correct terminology to identify body parts, and explain how body parts work together to support wellness.

Nutrition- Developing the knowledge and skills necessary to make nutritious food choices promotes healthy habits.

- 2.1.P.B.1 Explore foods and food groups (e.g., compare and contrast foods representative of various cultures by taste, color, texture, smell, and shape).

- 2.1.P.B.2 Develop awareness of nutritious food choices (e.g., participate in classroom cooking activities, hold conversations with knowledgeable adults about daily nutritious meal and snack offerings).
- Choosing a balanced variety of nutritious foods contributes to wellness.
- 2.1.2.B.2 Explain how foods in the food pyramid differ in nutritional content and value.
- 2.1.2.B.3 Summarize information about food found on product labels.

Disease and Health Conditions- Developing self-help skills and personal hygiene skills promotes healthy habits.

- 2.1.P.C.1 Develop an awareness of healthy habits (e.g., use clean tissues, wash hands, handle food hygienically, brush teeth, and dress appropriately for the weather).
- Knowledge about diseases and disease prevention promotes health-enhancing behaviors.
- 2.1.2.C.1 Summarize symptoms of common diseases and health conditions.
- 2.1.2.C.2 Summarize strategies to prevent the spread of common diseases and health conditions.
- 2.1.2.C.3 Determine how personal feelings can affect one's wellness.

Medicines- Medicines come in a variety of forms (prescription medicines, over-the-counter medicines, medicinal supplements), are used for numerous reasons, and should be taken as directed in order to be safe and effective.

- 2.3.2.A.1 Explain what medicines are and when some types of medicines are used.
- 2.3.2.A.2 Explain why medicines should be administered as directed.

Decision Making and Goal Setting- Effective decision-making skills foster healthier lifestyle choices.

- 2.2.2.B.1 Explain what a decision is and why it is advantageous to think before acting.

Alcohol, Tobacco, and other Drugs- Use of drugs in unsafe ways is dangerous and harmful.

- 2.3.2.B.1 Identify ways that drugs can be abused.
- 2.3.2.B.4 Identify products that contain alcohol.
- 2.3.2.B.5 List substances that should never be inhaled and explain why.

Relationships- The family unit encompasses the diversity of family forms in contemporary society.

- 2.4.2.A.1 Compare and contrast different kinds of families locally and globally.
- 2.4.2.A.2 Distinguish the roles and responsibilities of different family members.
- 2.4.2.A.3 Determine the factors that contribute to healthy relationships.

Sexuality- Gender-specific similarities and differences exist between males and females.

- 2.4.2.B.1 Compare and contrast the physical differences and similarities of the genders.

Pregnancy and Parenting- The health of the birth mother impacts the development of the fetus.

- 2.4.2.C.1 Explain the factors that contribute to a mother having a healthy baby.

Safety- Developing an awareness of potential hazards in the environment impacts personal health and safety.

- 2.1.P.D.1 Use safe practices indoors and out (e.g., wear bike helmets, walk in the classroom, understand how to participate in emergency drills, and understand why car seats and seat belts are used).
- 2.1.P.D.2 Develop an awareness of warning symbols and their meaning (e.g., red light, stop sign, poison symbol, etc.). 2.1.P.D.3 Identify community helpers who assist in maintaining a safe environment.
- 2.1.P.D.4 Know how to dial 911 for help.
- 2 Using personal safety strategies reduce the number of injuries to self and others.
- 2.1.2.D.1 Identify ways to prevent injuries at home, school, and in the community (e.g., fire safety, poison safety, accident prevention).
- 2.1.2.D.2 Differentiate among the characteristics of strangers, acquaintances, and trusted adults and describe safe and appropriate behaviors/touches.
- 2.1.2.D.3 Identify procedures associated with pedestrian, bicycle, and traffic safety.

Social and Emotional Health- Many factors at home, school, and in the community impact social and emotional health.

- 2.1.2.E.1 Identify basic social and emotional needs of all people.
- 2.1.2.E.2 Determine possible causes of conflict between people and appropriate ways to prevent and resolve them.
- 2.1.2.E.3 Explain healthy ways of coping with common stressful situations experienced by children.

Interpersonal Communication- Effective communication may be a determining factor in the outcome of health- and safety-related situations.

- 2.2.2.A.1 Express needs, wants, and feelings in health- and safety-related situations.

Character Development- Character traits are often evident in behaviors exhibited by individuals when interacting with others.

- 2.2.2.C.1 Explain the meaning of character and how it is reflected in the thoughts, feelings, and actions of oneself and others.
- 2.2.2.C.2 Identify types of disabilities and demonstrate appropriate behavior when interacting with people with disabilities.

Advocacy and Service- Service projects provide an opportunity to have a positive impact on the lives of self and others.

- 2.2.2.D.1 Determine the benefits for oneself and others of participating in a class or school service activity.

Health Services and Information- Developing an awareness of potential hazards in the environment impacts personal health and safety.

- 2.2.P.E.1 Identify community helpers who assist in maintaining a safe environment.
- Knowing how to locate health professionals in the home, at school, and in the community assists in addressing health emergencies and obtaining reliable information.
- 2.2.2.E.1 Determine where to access home, school, and community health professionals.

Scope and Sequence

Unit Plan I: Personal Growth/Wellness	10 Weeks
Unit Plan II: Alcohol, Tobacco, and other Drugs	10 Weeks
Unit Plan III: Family Life	10 Weeks
Unit Plan IV: Community Health Skills	10 Weeks

Assessments

Evaluation of student achievement in this course will be based on the following:

- Classroom Observations, Class Discussion, Projects, Rubrics

Curriculum Resources

www.kidshealth.org

<http://www.csun.edu/science/health/>

www.myfoodplate.org

http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929#.V6xqj64_U7A

<http://www.csun.edu/science/health/>

www.pecentral.org

http://www.fns.usda.gov/multimedia/tn/sump_level1.pdf

<http://www.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans/strangers-grades-k-1>

Home and School Connection

The following are suggestions and/or resources that will help parents support their children:

- Promote eating healthy foods
- Promote a healthy lifestyle including exercise
- Assist with teaching your child about the negatives of alcohol and tobacco
- Promote good character education including spreading kindness