

Health (K)

Physical Education and Health

Grade(s) K, Duration 1 Year, 1 Credit
Required Course

Course Overview

Students will learn to make healthy choices and will develop physical skills.

Scope And Sequence

Timeframe	Unit	Instructional Topics
7 Day(s)	Unit A: Mental, Emotional, Family, and Social Health	1. You feel and think
10 Day(s)	Unit B: Growing and Changing	1. Growing and changing 2. Nutrition
Ongoing	Unit C: A Clean and Fit You	1. Taking Care of Yourself
5 Day(s)	Unit D: Staying Well	1. What Keeps You Well?
5 Day(s)	Unit E: A Healthful Place to Live	1. Helping Our Earth

Materials and Resources

McMillan McGraw-Hill

Course Details

Unit: Unit A: Mental, Emotional, Family, and Social Health

Duration: 7 Day(s)

Unit Overview

The students focus on three areas of health: physical, social, and emotional. They explore the feeling they have and how to share them with others around them. They will also discover characteristics that distinguish them from others.

Materials and Resources

Health and Wellness (McGraw-Hill) teachers guide, The Big Ideas big book, feelings books,

Academic Vocabulary

action, communicate, feeling, good character, health, mind, special

Summative Assessment

Teacher observation

Topic: You feel and think

Duration: 7 Day(s)

Topic Overview

Students will discover how others feel and think.

Learning Targets

Feelings

We will discuss the feelings of others and be able to identify their own feelings.

Communication

The students will be able to communicate how they feel and get along with others to resolve conflicts.

Unit: Unit B: Growing and Changing

Duration: 10 Day(s)

Unit Overview

We will focus on healthy habits, the five senses, and growth and development.

Materials and Resources

The McGraw-Hill teacher manual, The Big Ideas Book, Nutrition information about USDA

Academic Vocabulary

Body part, checkup, grow, habit, healthful, senses, nutrition

Summative Assessment

teacher observation

Topic: Growing and changing

Duration: 2 Day(s)

Topic Overview

We will discuss our important basic body parts, our senses, and healthful habits.

Learning Targets

Growing and changing

We will learn ways people age throughout life from infancy to adulthood.

Senses

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We will learn about our five senses: see, taste, smell, hear, touch.

Topic: Nutrition

Duration: 8 Day(s)

Topic Overview

The students discuss the different food groups and number servings.

Learning Targets

Healthy choices

The students will discuss the importance of eating healthy food and making good choices.

Unit: Unit C: A Clean and Fit You

Duration: Ongoing

Unit Overview

The students will discuss daily routines and how those routines impact day to day health. A discussion of setting goals for good health goals in terms of hygiene, exercise, food choices.

Materials and Resources

The McGraw Hill teacher's manual, The Big Ideas Book, The Life Skills Book

Academic Vocabulary

exercise, floss, grooming, gums, rest, sleep, teeth, warm up, cool down, safety gear

Summative Assessment

Teacher observation

Topic: Taking Care of Yourself

Duration: Ongoing

Topic Overview

Children will understand how daily routines affect health.

Learning Targets

Setting Health Goals: The learner will set a goal related to healthy life style.

Students will name a goal, plan it, keep data on the goal and talk about the conclusion. (did you reach your goal, do you need to change your goal)

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Safety

Children will learn about exercise safety, sport safety, fire safety

Unit: Unit D: Staying Well

Duration: 5 Day(s)

Unit Overview

Children will learn strategies for life long disease prevention.

Materials and Resources

The McGraw Hill teacher's manual, The Big Ideas Book

Academic Vocabulary

allergy, asthma, disease, health record, prevent, manage, stress, symptom, vaccine

Summative Assessment

Teacher Observation

Topic: What Keeps You Well?

Duration: 5 Day(s)

Topic Overview

Children will be encouraged to think about what they have already learned about health and how that information impacts them staying well. How can germs make you sick? How can you prevent disease?

Learning Targets

Protect myself and others from germs

Children will identify the ways to keep germs from spreading.

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Unit: Unit E: A Healthful Place to Live

Duration: 5 Day(s)

Unit Overview

The students will learn ways to help the Earth stay healthy.

Materials and Resources

The McGraw Hill teacher's manual, The Big Ideas Book

Academic Vocabulary

litter, noise pollution, pollution, recycle, reuse, waste

Summative Assessment

Teacher Observation

Topic: Helping Our Earth

Duration: 5 Day(s)

Topic Overview

The students will learn ways to keep the Earth healthy.

Learning Targets

Identify ways to conserve resources and energy

Students will learn about waste, recycle and reusing.
