

Items in red indicate lessons/activities that meet standards (underlined items are LINKED)

K-2 Health & Wellness Curriculum

**Standard 1 PERSONAL HEALTH AND FITNESS**

Students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.

KINDERGARTEN	FIRST	SECOND
<p><b>HEALTH EDUCATION</b>            Know how basic body systems work and interrelate in normal patterns of growth and development  <u>JOURNEYS My Five Senses unit 2 lesson 6</u></p> <p>Possess basic knowledge and skills which support positive health choices and behaviors <u>Social Studies Unit 1 Rules</u></p> <p>Understand how behaviors such as food selection, exercise, and rest affect growth and development</p> <p>Recognize influences which affect health choices and behaviors</p> <p>Know about some diseases and disorders and how they are prevented and treated  <u>Suggested lesson Chapter 1 lessons 10-11 Preventing the Spread of Germs and Handwashing (Incorporate in September)</u>  <u>Handwashing Video from BrainPopJr</u>  <u>Cold and Flu Video from BrainPopjr</u>  <u>Various books from Epic</u></p> <p>Practice and support others in making healthy choices.</p>	<p><b>HEALTH EDUCATION</b>            Know how basic body systems work and interrelate in normal patterns of growth and development  <u>Brain Pop Jr. Video Muscles</u>  <u>Refer to Brain Gym videos online</u>  <u>A Visit to Hospital-Land (Elden, Palmer)</u></p> <p>Possess basic knowledge and skills which support positive health choices and behaviors  <u>Brain Pop Jr. Washing Hands</u>  <u>Brain Pop Jr. Lice</u>  <u>BrainPopJr. Caring For Teeth</u> Crest or Colgate freebies</p> <p>Understand how behaviors such as food selection, exercise, and rest affect growth and development  <u>JOURNEYS What Can You Do? Unit 6 Lesson 27</u>  <u>BrainPopJr. Food Groups video</u>  <u>BrainPopJr. Exercise video</u></p> <p>Recognize influences which affect health choices and behaviors</p> <p>Know about some diseases and disorders and how they are prevented and treated  <u>Handwashing Video from BrainPopJr</u>  <u>Cold and Flu Video from BrainPopjr</u>  <u>Various books from Epic</u></p>	<p><b>HEALTH EDUCATION</b>            Know how basic body systems work and interrelate in normal patterns of growth and development  <u><a href="http://exchange.smarttech.com/details.html?id=480019d3-5902-4785-9174-e788bed74546">http://exchange.smarttech.com/details.html?id=480019d3-5902-4785-9174-e788bed74546</a></u></p> <p>Possess basic knowledge and skills which support positive health choices and behaviors  <u><a href="http://exchange.smarttech.com/details.html?id=859813e7-2807-4574-9296-35c465d9cb24">http://exchange.smarttech.com/details.html?id=859813e7-2807-4574-9296-35c465d9cb24</a></u></p> <p>Understand how behaviors such as food selection, exercise, and rest affect growth and development  <u>Wellness Day Activities</u></p> <p><b>Recognize influences which affect health choices and behaviors</b></p> <p>JOURNEYS:  <u>Mr. Putter and Tabby-Friendship for mental health</u>  <u>Books:</u>  <u>Berenstain Bears and Too Much Junk Food</u>  <u>Officer Buckle and Gloria</u>  <u>Safety at Home</u></p> <p><u><a href="https://www.youtube.com/watch?v=VkqMiKlc6wE">https://www.youtube.com/watch?v=VkqMiKlc6wE</a></u>  <u>Dinosaurs Alive and Well (Brown)</u>  <u>Video Links:</u>  <u>Food Groups</u>  <u><a href="https://www.youtube.com/watch?v=L9ymkJK2QCU">https://www.youtube.com/watch?v=L9ymkJK2QCU</a></u></p>

	Practice and support others in making healthy choices.	<p>Know about some diseases and disorders and how they are prevented and treated  <a href="http://exchange.smarttech.com/details.html?id=fa4b2695-0127-4d48-9cad-1571beb59531">http://exchange.smarttech.com/details.html?id=fa4b2695-0127-4d48-9cad-1571beb59531</a></p> <p>Book:  Germs Make Me sick  Those Mean Nasty Invisible Germs</p> <p>Journeys:  Read aloud Doctor Salk's Treasure  Practice and support others in making healthy choices.  Journeys:  My Family  The Ugly Vegetables -interdependence</p> <p>Refer to Brain Gym videos online (Go Noodle, Just Dance &amp; Kidz Bop)</p>
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**STANDARD 2 A SAFE AND HEALTHY ENVIRONMENT**

Students will demonstrate personally and socially responsible behaviors. They will care for and respect themselves and others. They will recognize threats to the environment and offer appropriate strategies to minimize them.

KINDERGARTEN	FIRST	SECOND
<p><b>HEALTH EDUCATION</b>  Understand basic safety rules  Social Studies Unit 1 Rules  Journeys Unit 1: Lesson 2</p> <p>Recognize potentially dangerous situations and know how to avoid or reduce their risk  Social Studies Unit 6 Civic Ideals and Practices  McMahon Ryan Presentation in all schools except Elden</p>	<p><b>HEALTH EDUCATION</b>  Understand basic safety rules  Social Studies Standards 1 and 3 Civic Ideals and Practices</p> <p>Recognize potentially dangerous situations and know how to avoid or reduce their risk  Social Studies Standards 1 and 3 Civic Ideals and Practices  McMahon Ryan Presentation in all schools except Elden</p>	<p><b>HEALTH EDUCATION</b>  Understand basic safety rules  Social Studies Unit 1 Rules  Journeys: Officer Buckle and Gloria</p> <p>Recognize potentially dangerous situations and know how to avoid or reduce their risk  McMahon Ryan Presentation in all schools except Elden</p>

<p>Know some personal and social skills which contribute to individual safety  Social Studies Unit 6 Civic Ideals and Practices  McMahon Ryan Presentation in all schools except Elden</p> <p>Recognize characteristics of the environment that contribute to health  Science WEATHER Unit  McMahon Ryan Presentation in all schools except Elden</p>	<p>Know some personal and social skills which contribute to individual safety  Social Studies Standards 1 and 3 Civic Ideals and Practices  McMahon Ryan Presentation in all schools except Elden</p> <p>Recognize characteristics of the environment that contribute to health.  McMahon Ryan Presentation in all schools except Elden</p>	<p>Know some personal and social skills which contribute to individual safety  McMahon Ryan Presentation in all schools except Elden</p> <p>Recognize characteristics of the environment that contribute to health.  Social Studies Unit 5-Geography and Environment</p> <p>Earth Day Activities  Brainpopjr:  <a href="https://jr.brainpop.com/science/conservation/naturalresources/">https://jr.brainpop.com/science/conservation/naturalresources/</a>  <a href="https://jr.brainpop.com/science/conservation/reuse/"><u>reuse/</u></a>  <a href="https://jr.brainpop.com/science/conservation/reuse/recycle/"><u>reuse/recycle/</u></a>  Books:  The Lorax  Great Kapok Tree  Scholastic News &amp;/or Time for kids activities  Smithsonian Science Unit - Erosion</p>
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**STANDARD 3 RESOURCE MANAGEMENT**

Students will understand the influence of culture, media, and technology in making decisions about personal and community health issues. They will know about and use valid health information, products, and services. Students will advocate for healthy families and communities.

KINDERGARTEN	FIRST	SECOND
<p><b>HEALTH EDUCATION</b>  Identify characteristics of valid health information and health-promoting products and services and know where to locate them  McMahon Ryan Presentation in all schools except Elden</p> <p>Understand how culture contributes to individual family and community beliefs and practices affecting health</p>	<p><b>HEALTH EDUCATION</b>  Identify characteristics of valid health information and health-promoting products and services and know where to locate them  McMahon Ryan Presentation in all schools except Elden</p> <p>Understand how culture contributes to individual family and community beliefs and practices affecting health</p>	<p><b>HEALTH EDUCATION</b>  Identify characteristics of valid health information and health-promoting products and services and know where to locate them  McMahon Ryan Presentation in all schools except Elden</p> <p>Understand how culture contributes to individual family and community beliefs and practices affecting health</p> <p>JOURNEYS:  My Family-culture</p>

<p>Know how to access help when illness, injury, or emergency situations occur Fire Safety Community Visit McMahon Ryan Presentation in all schools except Elden</p> <p>Recognize how the media influences health choices.</p>	<p>Know how to access help when illness, injury, or emergency situations occur Fire Safety Community Visit McMahon Ryan Presentation in all schools except Elden</p> <p>Recognize how the media influences health choices.</p>	<p><b>The Ugly Vegetables</b></p> <p>Know how to access help when illness, injury, or emergency situations occur Fire Safety Community Visit McMahon Ryan Presentation in all schools except Elden</p> <p>Recognize how the media influences health choices.</p> <p>BrainPop Jr. Internet Safety <a href="https://jr.brainpop.com/artsandtechnology/technology/internetsafety/">https://jr.brainpop.com/artsandtechnology/technology/internetsafety/</a> <a href="https://www.youtube.com/watch?v=M-njh8mFvVk">https://www.youtube.com/watch?v=M-njh8mFvVk</a></p>
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