

Kindergarten NSES

Personal Health (K)

Overall Unit Goal: *Students will understand the importance of maintaining a high level of personal wellness and hygiene.*

PK-1-1	Identify the benefits of exercise for your heart, lungs, and muscles.
PK-1-2	Identify the 5 senses.
PK-1-3	Explain how your senses help you learn and how they protect you.
PK-1-4	Identify ways bodies can differ physically.
PK-1-5	Identify daily routines for keeping clean.
PK-2-1	Identify health helpers including the doctor and the dentist and explain the role each plays in keeping you healthy.
PK-4-1	Explain why keeping clean can help to keep you healthy.
PK-6-1	Predict the consequences for not keeping clean.

Nutrition (K)

Overall Unit Goal: *Students will understand the role of proper nutrition needed to achieve and maintain wellness.*

NK-1-1	Identify food as a need of all living things.
NK-1-2	Identify healthful and less healthful foods.
NK-1-3	Describe how healthful foods come in a variety of forms.
NK-5-1	Discuss routines for healthy eating.

Mental & Emotional Health (K)

Overall Unit Goal: *Students will understand the benefits of having positive feelings about oneself and other.*

MK-1-1	Describe how every person is unique and individual.
MK-1-2	Identify the elements of love, trust, and care in the families.

Substance Use & Abuse Prevention (K)

Overall Unit Goal: *Students will understand the dangers of misusing medicine.*

SK-1-1	Identify what is and what is not a medicine.
SK-1-2	List rules for taking medicine.
SK-6-1	Predict the consequences of taking medicines you should not have.

Disease Control & Prevention (K)

Overall Unit Goals: *Students will recognize factors that cause them to get sick. Students will*

DK-1-1	Compare and contrast being well to being sick.
DK-1-2	Define what it means to be healthy.
DK-1-3	Discover what germs are and how they make us sick.
DK-3-1	Practice proper hygiene to avoid getting sick.
DK-5-1	Show appreciation to all those who help us to get well.

Family Life & Sexuality (K)

Overall Unit Goal: *Students will learn about families and appropriate interactions.*

FK-1-1	Describe some family rules and list jobs that each family member does.
FK-1-2	Define the words "family" and "team."

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FK-1-3	Distinguish between "safe, confusing, and unsafe" touches.
FK-2-1	Identify trusted adults who can help in situations involving personal situations.
FK-3-1	Practice what to do when someone tries to touch you in a way you don't think is right.
FK-5-1	Describe how families can communicate and show consideration by taking care of each other in positive ways.
FK-5-2	Practice ways to help each person feel good about him/herself.

Injury Prevention (K)

Overall Unit Goal: *Students will understand how and why accidents happen and strategies*

IK-1-1	Explain safety rules for home, school, play, and community.
IK-1-2	Compare behaviors that are safe to those that are risky or harmful.
IK-1-3	Predict common injuries of children when you play in unsafe ways.
IK-2-1	Identify safety helpers within the community.
IK-3-1	Demonstrate safety routines and how to respond in dangerous situations. (E.g.- fire, stranger, accidents, bus, playground, home, automobile)

Community Health (K)

Overall Unit Goals: *Students will understand the purpose and benefits of living in a healthy*

CK-1-1	Define the word "community" and tell what communities do to help you and your family.
CK-1-2	Identify ways that communities can be kept clean and healthy.
CK-7-1	Practice routines to keep the community and to protect the environment from pollution.