

## Kindergarten Health – 2014 – Year at a Glance

**Course Description:** This course offers a sequentially developed health curriculum focusing on age appropriate and skills necessary to maintain and improve over-all health well-being.

**Overall Goals:**

- To develop an understanding of fundamental health concepts and disease prevention
- To promote health and well-being of one’s self and others through appreciation of positive personal and community health values and effective communication skills
- To enhance personal responsibility for reducing risky behaviors through the use of critical thinking skills
- To develop skills to inform use of health related information, products and services
- To build resiliency into the process of growth and development

Quarter 1	Quarter 2	Quarter 3	Quarter 4
<p><b>GBS (1) How to Stay Safe</b>                      L1. Safety Rules - Safety Helpers                      L2. Safety at Home                      L3. Safety at Play                          - Portfolio 3, pg. 19                      L4. Safety in the Community</p> <p><b>GBS (5) My Body is Special*</b>                      L1. All Bodies Are Different                      L2. I Am Special                      L3. Taking Care of My Body                      L4. Safe touch, Unsafe Touch*                          - Portfolio 4, pg. 26*</p> <p>*Required</p> <p style="text-align: center;"><b>Common Sense Media</b>  <a href="#">Going Places Safely</a> and <a href="#">Going Places Safely Video</a></p>	<p><b>GBS (3) Adventures in Food</b>                      L1. Food Needs for Life                      L2. Healthful or Less Healthful                      L3. Good Food Comes in Many Forms                      L4. Before We Eat, Food Handling</p> <p><b>GBS (4) The Family Team</b>                      L1. What Is a Family                      L2. See How Families Grow and Change                      L3. Family Rules and Jobs</p>	<p><b>GBS (2) The Five Senses</b>                      L1. What Are the Senses                      L2. Our Senses Help Us Learn                      L3. Let’s Use Our Senses</p> <p><b>GBS (6) Going to the Doctor and Dentist</b>                      L1. Your Doctor or Dentist                      L2. Getting a Checkup                      L3. Taking Care of Teeth                      L4. Making Healthy Decisions</p>	<p><b>GBS (7) No Drugs! No Way!</b>                      L1. What Is a Drug                      L2. What Is Medicine                      L3. Stay Away From Dangerous Substances                      L4. My Great Body</p> <p><b>GBS (8) Getting Sick</b>                      L1. What Does It Mean to Be Healthy                      L2. What Does It Mean to Be Sick                      L3. How Do You Get Well                      L4. Helping Those Who Are Sick</p> <p><b>GBS (9) Keeping Clean and Healthy</b>                      L1. Keeping You Clean and Healthy                      L2. Feeling Great about Keeping Clean                      L3. Keeping Communities Clean and Healthy                      L4. How Keeping Clean and Healthy Helps Keep Disease Away</p>