

# KPBSD Revised 2014

## Kindergarten Health Curriculum

Quarter 1- Unit 1 Safety	Great Body Shop/Common Sense Media																
<p><b>Big Ideas:</b></p> <ul style="list-style-type: none"> <li>- Everyone has the responsibility and the right to be safe.</li> <li>- Everyone has feelings and the right to express them.</li> <li>- Keeping safe helps our minds and bodies to stay healthy.</li> <li>- Members of our families and community work together so we can be happy, healthy, and safe.</li> </ul> <p><b>Essential Questions:</b></p> <ul style="list-style-type: none"> <li>- How can I keep myself and others safe?</li> <li>- Who can help me be safe?</li> <li>- What are feelings and how do I express my feelings safely?</li> </ul> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>- I can identify feelings and use “I” statements when making decisions.</li> <li>- I can demonstrate respect for others by staying in my personal space, listening, taking turns, sharing, and asking questions.</li> <li>- I know who to ask for help to keep me safe.</li> <li>- I say “no” when I am asked to do something that makes me feel unsafe.</li> </ul> <p><b>Standards:</b>            CDC: 5,7            AK Health: A,B,C,D            Alaska ELA Standards: K.RL.3,6,10; K.RI.1,4,5; K.W.1,2,3; K.SL.1,3,5</p>	<p>Class rules, responsibilities – (PBIS)</p> <p><b>GBS (1) How to Stay Safe</b></p> <p>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></p> <p>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><b>Common Sense Media</b> - <a href="#">Going Places Safely</a> and <a href="#">Going Places Safely Video</a></p> <p><b>Essential Vocabulary</b></p> <table style="width: 100%; border: none;"> <tr> <td>Safety helper</td> <td>Internet</td> </tr> <tr> <td>Community</td> <td>Online</td> </tr> <tr> <td>Unintentional injury</td> <td>Website confusing</td> </tr> <tr> <td>Safe touch</td> <td>Unsafe touch</td> </tr> <tr> <td>Safety inspectors</td> <td>Hazards</td> </tr> <tr> <td>Danger</td> <td>Accident</td> </tr> <tr> <td>Routine</td> <td>Private (parts)</td> </tr> <tr> <td>Trust</td> <td></td> </tr> </table> <p><b>Assessment:</b> Performance Assessment (GBS 1)</p>	Safety helper	Internet	Community	Online	Unintentional injury	Website confusing	Safe touch	Unsafe touch	Safety inspectors	Hazards	Danger	Accident	Routine	Private (parts)	Trust	
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Unit 2 Nutrition, Family, and Social Wellness	Great Body Shop/Common Sense Media																																		
<p><b>Big Ideas:</b></p> <ul style="list-style-type: none"> <li>- We need nutritious food to be strong, healthy, and happy.</li> <li>- Families are diverse and special.</li> </ul> <p><b>Essential Questions:</b></p> <ul style="list-style-type: none"> <li>- What are nutritious foods and how do they help us stay strong and healthy?</li> <li>- How does my family help me grow and develop?</li> <li>-</li> </ul> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>- I can identify the basic food groups.</li> <li>- I can identify and describe how my family is special.</li> <li>- I can explain why it is important to eat a healthy breakfast, lunch, and dinner.</li> </ul> <p><b>Standards:</b>            CDC: 1,5,7,8            AK Health: A,B,C,D            Alaska ELA Standards: K.RL.3,6,10; K.RI.1,4,5; K.W.1,2,3; K.SL.1,3,5</p>	<p><b>GBS (3) Adventures in Food</b></p> <ul style="list-style-type: none"> <li>L1. Food Needs for Life</li> <li>L2. Healthful or Less Healthful</li> <li>L3. Good Food Comes in Many Forms</li> <li>L4. Before We Eat, Food Handling</li> </ul> <p><b>GBS (4) The Family Team</b></p> <ul style="list-style-type: none"> <li>L1. What Is a Family</li> <li>L2. See How Families Grow and Change</li> <li>L3. Family Rules and Jobs</li> </ul> <p><b>Essential Vocabulary:</b></p> <table border="0"> <tr><td>Variety</td><td>Protein</td></tr> <tr><td>Healthful/Less healthy</td><td>Mold</td></tr> <tr><td>Meal</td><td>Habit</td></tr> <tr><td>MyPlate</td><td>Serving</td></tr> <tr><td>Mouth</td><td>Stomach</td></tr> <tr><td>Esophagus</td><td>Intestines</td></tr> <tr><td>Grain</td><td>Vegetable</td></tr> <tr><td>Dairy</td><td>Fruits</td></tr> <tr><td>Swollen</td><td>Family</td></tr> <tr><td>Team</td><td>Love</td></tr> <tr><td>Caring</td><td>Grow</td></tr> <tr><td>Change</td><td>Stage of life</td></tr> <tr><td>Before</td><td>Now</td></tr> <tr><td>After</td><td>Adult</td></tr> <tr><td>Baby</td><td>Job</td></tr> <tr><td>Responsibility</td><td>Consequences</td></tr> <tr><td>Value</td><td>Role</td></tr> </table> <p><b>Assessment:</b> Performance Assessment (GBS 3)</p>	Variety	Protein	Healthful/Less healthy	Mold	Meal	Habit	MyPlate	Serving	Mouth	Stomach	Esophagus	Intestines	Grain	Vegetable	Dairy	Fruits	Swollen	Family	Team	Love	Caring	Grow	Change	Stage of life	Before	Now	After	Adult	Baby	Job	Responsibility	Consequences	Value	Role
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Unit 3 Fitness, Growth, and Hygiene	Great Body Shop/Common Sense Media																								
<p><b>Big Ideas:</b></p> <ul style="list-style-type: none"> <li>- We can stay healthy by getting plenty of sleep, taking care of our bodies, and getting exercise.</li> <li>- We use our senses to learn about the world.</li> </ul> <p><b>Essential Questions:</b></p> <ul style="list-style-type: none"> <li>- What can I do for myself to stay healthy and strong?</li> <li>- What are my senses and how do they help me stay safe and make good choices?</li> </ul> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>- I can explain why it is important to exercise, play, rest, and sleep.</li> <li>- I can keep my body clean by washing my hands, taking a bath, and brushing my teeth.</li> </ul> <p><b>Standards:</b>            CDC: 5,6,7,8            AK Health: A,B,C,D            Alaska ELA Standards: K.RL.3,6,10; K.RI.1,4,5; K.W.1,2,3; K.SL.1,3,5</p>	<p><b>GBS (2) The Five Senses</b></p> <ul style="list-style-type: none"> <li>L1. What Are the Senses</li> <li>L2. Our Senses Help Us Learn</li> <li>L3. Let’s Use Our Senses</li> </ul> <p><b>GBS (6) Going to the Doctor and Dentist</b></p> <ul style="list-style-type: none"> <li>L1. Your Doctor or Dentist</li> <li>L2. Getting a Checkup</li> <li>L3. Taking Care of Teeth</li> <li>L4. Making Healthy Decisions</li> </ul> <p><b>Essential Vocabulary</b></p> <table border="0"> <tr> <td>Dentist</td> <td>Stethoscope</td> </tr> <tr> <td>Checkup</td> <td>Thermometer</td> </tr> <tr> <td>Cavity</td> <td>Otoscope</td> </tr> <tr> <td>X-Ray camera</td> <td>Blood pressure cuff</td> </tr> <tr> <td>Explorer</td> <td>Infection</td> </tr> <tr> <td>Surgeon</td> <td>Dental hygienist</td> </tr> <tr> <td>Floss</td> <td>Ear</td> </tr> <tr> <td>Hear</td> <td>Eye</td> </tr> <tr> <td>See</td> <td>Nose</td> </tr> <tr> <td>Smell</td> <td>Tongue</td> </tr> <tr> <td>Touch</td> <td>Senses</td> </tr> <tr> <td>Predict</td> <td></td> </tr> </table> <p><b>Assessment:</b> End of Unit Quiz (GBS 2 and 6)</p>	Dentist	Stethoscope	Checkup	Thermometer	Cavity	Otoscope	X-Ray camera	Blood pressure cuff	Explorer	Infection	Surgeon	Dental hygienist	Floss	Ear	Hear	Eye	See	Nose	Smell	Tongue	Touch	Senses	Predict	
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Unit 4 Injury, Disease Prevention, and Community Awareness	Great Body Shop/Common Sense Media																											
<p><b>Big Ideas:</b></p> <ul style="list-style-type: none"> <li>- Visits to the doctor and dentist can help us stay strong and healthy (or help us get better if we don't feel well).</li> <li>- We can stay healthy by practicing disease prevention.</li> </ul> <p><b>Essential Questions:</b></p> <ul style="list-style-type: none"> <li>- How does the doctor and dentist help me stay healthy?</li> <li>- What is a disease and how can I prevent the spread of disease?</li> <li>- Who are trusted adults to give me medicine when I need it?</li> </ul> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>- I can define disease and recognize how germs are spread.</li> <li>- I can identify trusted adults to give me medicine when I need it.</li> <li>- I can identify community members who help me stay healthy.</li> </ul> <p><b>Standards:</b>            CDC: 1,3,5,7            AK Health: A,B,C            Alaska ELA Standards: K.RL.3,6,10; K.RI.1,4,5; K.W.1,2,3; K.SL.1,3,5</p>	<p><b>GBS (7) No Drugs! No Way!</b></p> <ul style="list-style-type: none"> <li>L1. What Is a Drug</li> <li>L2. What Is Medicine</li> <li>L3. Stay Away From Dangerous Substances</li> <li>L4. My Great Body</li> </ul> <p><b>GBS (8) Getting Sick</b></p> <ul style="list-style-type: none"> <li>L1. What Does It Mean to Be Healthy</li> <li>L2. What Does It Mean to Be Sick</li> <li>L3. How Do You Get Well</li> <li>L4. Helping Those Who Are Sick</li> </ul> <p><b>GBS (9) Keeping Clean and Healthy</b></p> <ul style="list-style-type: none"> <li>L1. Keeping You Clean and Healthy</li> <li>L2. Feeling Great about Keeping Clean</li> <li>L3. Keeping Communities Clean and Healthy</li> <li>L4. How Keeping Clean and Healthy Helps Keep Disease Away</li> </ul> <p><b>Essential Vocabulary</b></p> <table border="0"> <tr> <td>Sick</td> <td>Well</td> <td>Healthy</td> </tr> <tr> <td>Germ</td> <td>Microscope</td> <td>Sick</td> </tr> <tr> <td>Infected</td> <td>Patient</td> <td>Well</td> </tr> <tr> <td>Concern</td> <td>Empathy</td> <td></td> </tr> <tr> <td>Drug</td> <td>Nicotine</td> <td></td> </tr> <tr> <td>Alcohol</td> <td>Medicine</td> <td></td> </tr> <tr> <td>Prescription</td> <td>Medical care</td> <td></td> </tr> <tr> <td>Pharmacy</td> <td>Harmful</td> <td></td> </tr> <tr> <td>Substance</td> <td>Poison</td> <td></td> </tr> </table> <p><b>Assessment:</b> End of Unit Quiz (GBS 7, 8, and 9)</p>	Sick	Well	Healthy	Germ	Microscope	Sick	Infected	Patient	Well	Concern	Empathy		Drug	Nicotine		Alcohol	Medicine		Prescription	Medical care		Pharmacy	Harmful		Substance	Poison	
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