

PreK-2nd Grade Personal Health Education Curriculum

Scope and Sequence, Instructional Map, Resources



PreK-K Curriculum

Purpose

The purpose of this course is to provide students with the opportunity to gain knowledge and skills necessary to make healthy choices with the overall goal of improving quality of life. Students will recognize personal, family, and community health/safety issues, as well as ways to prevent communicable diseases and injuries. Students will recognize overall physical health including body parts inside and outside the body. Students will identify trusted school and community members to communicate health needs, access health information, and seek a safe environment. Students will recognize healthy practices and behaviors to improve personal, family, and community health.

Assessments

Trace/Draw
Role Play
Puppet Shows
Oral
Recite
List

Instructional Practices

- MENTAL & EMOTIONAL HEALTH
- SAFETY & FIRST AID
- PERSONAL HEALTH
- GROWTH & DEVELOPMENT
- NUTRITION
- CONSUMER HEALTH
- COMMUNITY & ENVIRONMENTAL HEALTH
- PERSONAL HEALTH
- FAMILY LIFE

Instructional Practice Standards

Standards: 2, 3, 5, 10

Standard: 14

Standard: 7

Standard: 6

Standard: 10, 12

Standard: 9

Standard: 10, 13

Essential Learnings

Express emotions/feelings in appropriate ways.

Define actions and consequences.

Explain the need for safety rules.

Demonstrate stop, drop and roll.

Explain how a seat belt provides safety when riding in a car

Give consequences of not using proper personal hygiene habits.

Explain how germs (pathogens) are spread.

Describe why daily physical activity is important and give at least 3 types of daily physical activities.

Recognize warning labels and signs on hazardous products and places.

Recognize advertisements for health products.

Recognize healthy ways to express needs, wants, and feelings.

Demonstrate listening skills to enhance health.

Identify the appropriate responses to unwanted and threatening situations.

State ways to tell a trusted adult if threatened or harmed.

Name situations when a health-related decision can be made individually or when assistance is needed.

Recognize healthy options to health-related issues or problems.

Recognize the consequences of not following rules/practices when making healthy and safe decisions.

Recognize healthy behaviors.

Recognize the physical dimension of health.

Recognize ways to prevent common communicable diseases.

Recognize there are body parts inside and outside of the body.

Name healthy behaviors that family members should practice.

Identify members of the school and community that support personal health practices and behaviors.

Describe, sort and re-sort objects using a variety of attributes such as shape, size, and position.

Recognize injuries

Match the five senses with the correct organ.

List the major organs of the digestive system.

Sort foods into the proper food groups.

Recognize the importance of breakfast.

Identify the family structure.

Define friend.

List and locate the basic body parts

Identify the locations of the heart, eye, ear, brain and lungs

Demonstrate proper hand-washing.

Identify the poison symbol.

Essential Questions

- What makes you different from the other boys and girls in your class?
- What can you do if someone is being mean to you?
- Why do we need safety rules?
- What should you do if a fire starts in your house?
- How do firefighters help keep us safe?
- Why do we need to wash our hands?
- What physical activities do you do every day?
- How can your ears help you when you may be in danger?
- What is digestion and what happens to food once you swallow it?
- Where does our food come from?
- What is the difference between a cough drop and a peppermint candy?
- Why do we have teeth?
- Why should we go to the dentist twice a year?
- What can happen if someone does not brush their teeth every day?
- What does it mean to recycle?
- What are some items that can be recycled?
- In what ways does a baby change as it gets older?
- How are babies different from children?
- What jobs or chores do you have that help your family?
- What makes someone a good friend?
- How can you become a good friend?
- How would your family change if your parents had a new baby?
- How would you feel if you had to move from Memphis to another town?
- What can you do to keep yourself safe when riding in a car?
- When you are scared, threatened, or abused, who should you tell?
- How can we catch a disease from another person?
- What signs tell us that we have a cold?
- What should you do when you sneeze?
- What makes a drug helpful or harmful?
- Why are cigarettes bad for you?

Pacing Guide

First Nine Weeks – Mental Health, Safety and First Aid

- Identify characteristics that make each individual different
- Describe how to handle problems that may arise in relationships.
- Identify various safety signs and rules
- Practice and demonstrate self-protection skills associated with fire and weather emergencies.

Second Nine Weeks – Personal health

- Identify the importance of proper personal care, hygiene, physical activities.
- Explore growth and development
- Identify the five senses and how they contribute to personal safety
- Identify the major organs and their functions.
- Describe digestion
- Investigate Nutrition and the various segments of the Food Guide Plate
- Identify the difference between foods and drugs.

Third Nine Weeks – Consumer Health , Personal Health , Community and Environmental Health and Family Life

- Identify people in the community who are health care workers
- Explain why regular check-ups are important.
- Demonstrate how to care for your teeth.
- Identify the importance of recycling
- Describe and identify appropriate items for recycling.
- Describe changes which occur from birth to childhood
- Explain how babies are different from children.
- Describe different types of families,

Fourth Nine Weeks – Mental and Emotional Health, Safety, Disease Prevention and Control, Substance Use and Abuse

- Discusses ways to cope with changes that occur in families.
- Identify safety signs and rules
- Identify who to tell when one feels threatened, scared, or abused.
- Describe common communicable diseases and how they can be prevented.
- Describe how to prevent spreading colds and flu
- Explains the difference between helpful and harmful drugs
- Identify harmful effects of drugs.

FIRST QUARTER**MENTAL & EMOTIONAL HEALTH**

- A. Feelings and Emotions
 - 1. Personal traits
 - 2. Special qualities of self and others
 - 3. Acceptable and unacceptable behaviors
 - 4. Wants and needs
 - 5. Appropriate expressions
- B. Interpersonal Skills
 - 1. Attitudes and behaviors
 - 2. Problem solving
 - 3. Conflict resolution

II. SAFETY & FIRST AID

- A. Personal Safety
 - 1. Need for rules
 - 2. Safety signs and rules
 - 3. Self-protection skills
 - 4. Personal information
 - 5. Requesting assistance – 911
- B. First Aid
 - 1. Cuts and scrapes

Second Quarter**I. PERSONAL HEALTH**

- A. Personal Care and Hygiene
 - 1. Importance of personal care and hygiene
 - 2. Poor personal hygiene
 - 3. Hand-washing techniques
 - 4. Spread of germs
 - 5. Reporting spills of body fluids
 - 6. Importance of physical activities

II. GROWTH & DEVELOPMENT

- A. Senses
 - 1. Five senses
 - 2. Organs
 - 3. Functions
 - 4. Senses and personal safety
- B. Digestive System
 - 1. Major organs
 - 2. Functions

III. NUTRITION

- A. Food Guide Plate
 - 1. Food groups
 - 2. Servings
 - 3. Variety of foods
 - 4. "5-A-Day"
 - 5. Senses
 - 6. Healthy and unhealthy foods
 - 7. Food sources
 - 8. Food as fuel
 - 9. Breakfast
 - 10. Ethnic and cultural differences
 - 11. Foods and drugs

THIRD QUARTER**I. CONSUMER HEALTH**

- A. Health Care Workers
 - 1. Roles in the community
 - 2. Check-ups
 - 3. Non-profit organizations

III. COMMUNITY & ENVIRONMENTAL HEALTH

- A. Recycling and Conservation
 - 1. Importance of recycling and conservation
 - 2. Appropriate items for recycling

II. PERSONAL HEALTH

- A. Teeth
 - 1. Types of teeth and their purposes
 - 2. Care of teeth
 - 3. Brushing techniques
- B. Washing Hands
 - 1. Washing hands and its purpose
 - 2. Length of time for washing hands
 - 3. Washing technique

IV. FAMILY LIFE

- A. Family and Friends
 - 1. Importance of family
 - 2. Roles and responsibilities
 - 3. Healthy family life
 - 4. Individual choices
 - 5. Importance of friendships
- B. Growth and Changes
 - 1. Birth to early childhood
 - 2. Babies are different from children

V. GROWTH & DEVELOPMENT

- A. Body Parts
 - 1. Major body parts
 - 2. Major organs and their location

FOURTH QUARTER**I. MENTAL & EMOTIONAL HEALTH**

- A. Emotional Changes
 - 1. Personal life changes
- B. Moving
 - 1. Making new friends
 - 2. Leaving old friends

II. SAFETY

- A. Signs & Rules
 - 1. Sign and rule identification
 - 2. Good, bad, and confusing touches
 - 3. Seeking help when scared, threatened, or abused
 - 4. Rules involving strangers
 - 5. Abuse and neglect

III. DISEASE PREVENTION & CONTROL

- A. Wellness vs. Illness
 - 1. Differences
 - 2. Spread of disease
 - 3. Techniques to stay healthy
 - 4. Immunizations
 - 5. Symptoms of communicable diseases
 - 6. Head lice

III. SUBSTANCE USE & ABUSE

- A. Medicines and Drugs
 - 1. Helpful and harmful drugs
 - 2. Prescription and over-the-counter drugs
 - 3. Poisons
 - 4. Reporting poisoning
 - 5. Inappropriate use of drugs and medicine
 - 6. Effects of tobacco products, alcohol, and other drugs
 - 7. Saying no
 - 8. Proper administration of medicines

Essential Vocabulary:

- Breakfast
- Dinner
- Energy
- Lunch
- Food groups
- Food guide Plate
- Responsibility
- Germs
- Spoil
- Storage
- Cool down
- Stretching
- Warm up
- Work out
- Posture
- Shoulders
- Spine
- Straight
- Sleep
- Communicate
- 911
- Smell
- Taste
- Touch
- Care
- Helpful
- Kind
- Nailbrush
- Skin
- Soap
- Sunscreen
- Brush
- Comb
- Head lice
- Shampoo
- Check ups
- Dentist
- Doctor
- Hygienist
- Nurse
- Stress
- Bite
- Brush
- Chew
- Floss
- Gums
- Teeth
- Mouth guard
- Toothpaste

Essential Vocabulary

- Mental health
- First aid
- Relationship
- Rules
- Safety
- Signs
- Self-protection
- Characteristics
- Hygiene
- Development
- Growth
- Physical activity
- Food
- Drug
- Dander
- Senses
- Safety
- Organs
- Community
- Health care
- Check-up,
- Wash,
- Recycle,
- Changes
- Different
- Chores
- Friend,
- Appropriate
- Family member
- Threatened
- Scared
- Abuse
- Communicable
- Prevent
- Spread
- Harmful
- Drugs
- Effect
- Safe

1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter
<p>MENTAL & EMOTIONAL HEALTH</p> <ul style="list-style-type: none"> • Feelings & Emotions • Expressions • Self-Esteem • Special Qualities • Interpersonal Skills • Problem Solving • Conflict Resolution 	<p>GROWTH & DEVELOPMENT</p> <ul style="list-style-type: none"> • Body Parts • Body Structure • Major Body Organs 	<p>DISEASE PREVENTION & CONTROL</p> <ul style="list-style-type: none"> • Wellness vs. Illness • Pathogens • Chronic Diseases 	<p>GROWTH & DEVELOPMENT</p> <ul style="list-style-type: none"> • Five Senses • Body Systems • Skeletal System • Nervous System
<p>SAFETY & FIRST AID</p> <ul style="list-style-type: none"> • Safety Signs & Rules • Personal Information • Requesting Assistance • First Aid 	<p>PERSONAL HEALTH</p> <ul style="list-style-type: none"> • Personal Care & Hygiene • Hand-washing • Regular Check-ups • Physical Fitness 	<p>NUTRITION</p> <ul style="list-style-type: none"> • Food Guide Pyramid • Food Groups • Servings • Food Sources • Healthy Snacks & Meals 	<p>PERSONAL HEALTH</p> <ul style="list-style-type: none"> • Factors that Influence Health • Cultural Influences • Media Influences <p style="text-align: right;">pp. 70-86</p>
<p>FAMILY LIFE & HEALTH</p> <ul style="list-style-type: none"> • Family & Friends • Differences in Families • Changes in Families • Making & Keeping Friends <p style="text-align: right;">pp. 14-30</p>	<p>SAFETY</p> <ul style="list-style-type: none"> • Personal Safety • Good, Bad, & Confusing Touches • Seeking Help • Rules for Staying Safe • Substance Abuse • Medicines & Drugs • Poisons • How to Say “No” • Types of Drugs & Their Effects • Misuse 	<p>COMMUNITY & ENVIRONMENTAL HEALTH</p> <ul style="list-style-type: none"> • Recycling • Conservation • Pollution <p>CONSUMER HEALTH</p> <ul style="list-style-type: none"> • Workers • Instruments 	<p>FAMILY LIFE & HEALTH</p> <ul style="list-style-type: none"> • Growth & Changes • Birth to Adult

Resources and Practice Assessments

Organ Wise

- Recognize dangers of poisons.
- Practice behaviors that prevent poisonings.
- Recognize how fires start and identify how to prevent them.
- Describe a fire safety plan.
- Practice appropriate behavior during fire drills and other disaster drills.
- Demonstrate how to stop, drop, and roll.
- Identify health-care workers and safety workers as community helpers.
- Identify breakfast, lunch, and dinner as daily meals.
- Plan healthful meals.
- What's On Your Plate?

<http://search.discoveryeducation.com/>

<http://www.organwiseguys.com/index.ph>