

Health Enhancement Kindergarten

Content Standard:

- I. Students have a basic knowledge and understanding of concepts that promote comprehensive health.

Learner Results:

The student will:

1. recognize that drugs affect the mind & body.
2. identify responsible adults that can administer drugs.
3. identify common drugs & chemicals found at home.
4. identify parts of the body.
5. recognize that exercise increases heart rate.
6. recognize the food pyramid and that breakfast is the most important meal of the day.
7. recognize that germs cause illness and washing hands helps prevent spreading germs.
8. discuss first aid for cuts, scrapes, and nose bleeds.

Assessment Tools:**Resources:****Alignment to State Standards:**

Health Enhancement Kindergarten

Content Standard:

II. Students have a basic knowledge and understanding of concepts that promote

Learner Results:

The student will:

1. demonstrate basic form in walk and run.
2. distinguish between mature form in hop, jump, gallop, & slide.
3. combine two or more locomotor movements (e.g. slide & gallop).
4. apply movement skills in locomotor games.
5. demonstrate throw, catch and kick from a stationary position.
6. demonstrate twist, stretch, squat, bend, and turn.
7. demonstrate movement competency in shapes, pathways, levels, & speed.
8. acquire skills in space awareness, effort, and relationships with people and objects.
9. travel to the beat of even and uneven rhythms.

Assessment Tools:**Resources:****Alignment to State Standards:**

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Kindergarten

Content Standard:

III. Students apply movement concepts and principles while learning and developing motor skills.

Learner Results:

The student will:

1. recognize basic cognitive concepts associated with movement and how to use them to guide their performance in games, body management, and dance.
2. recognize and apply concepts of pathway, level, direction, and range to locomotor patterns to extend movement versatility.
3. recognize and apply characteristics of mature fundamental motor patterns (e.g. taking a step with leg opposite throwing arm).
4. recognize that practice and experience makes one better; some skills are used in many different activities.
5. recognize that people the same age may differ physically and cognitively; regular physical activity is good for all ages.

Assessment Tools:**Resources:****Alignment to State Standards:**

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Content Standard:

IV. Students achieve and maintain a challenging level of health-related physical fitness.

Learner Results:

The student will:

1. identify signs of physical activity.
2. recognize that exercising muscles makes them stronger.
3. identify physical activity opportunities for recess that include moderate to rigorous activities.
4. understand that exercise contributes to improved health.
5. participate in a variety of developmentally appropriate fitness activities involving each component of health-related physical fitness.

Assessment Tools:**Resources:****Alignment to State Standards:**

Health Enhancement Kindergarten

Content Standard:

V. Students demonstrate the ability to use critical thinking and decision making to enhance health.

Learner Results:

The student will:

1. recognize that all actions require choices.
2. recognize that all choices have positive or negative consequences.
3. recall the importance of accepting responsibility for one's actions.
4. list simple problem solving techniques.
5. explain what a conflict is.
6. demonstrate resolution to simple conflicts.
7. demonstrate ability to share equipment and space.
8. apply rules and procedures with teacher reinforcement.
9. apply established safe practices with teacher reinforcement.

Assessment Tools:**Resources:****Alignment to State Standards:**

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Content Standard:

VI.. Students demonstrate interpersonal communication skills to enhance health.

Learner Results:

The student will:

1. recognize characteristics needed to be a responsible friend or family member.
2. discuss healthy ways of dealing with feelings.
3. show respect for others rights, feelings and property.
4. identify and show respect for other gender; and be considerate of others who are different.
5. demonstrate active listening skills.
6. identify non-violent strategies to resolve conflicts.
7. identify appropriate refusal skills.

Assessment Tools:**Resources:****Alignment to State Standards:**

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Content Standard:

VII.. Students demonstrate health-enhancing behaviors.

Learner Results:

The student will:

1. interact with one other person.
2. shows enjoyment toward physical activity.
3. practices self-expression through movement.
4. participate regularly in moderate physical activity during recess and outside of school.
5. recognize that participation in moderate to vigorous physical activities has both temporary and lasting positive effects on the body.
6. attempt movement activities and challenges.

Assessment Tools:**Resources:****Alignment to State Standards:**