



# Carlstadt Public School District Curriculum Guide

Health Grade Kindergarten - 40 minutes 2x/week - full year

## Scope & Sequence

Unit	Pacing (Days/Weeks)	Key Ideas	Standards
Injury Prevention and Personal Safety	4 weeks	Safety rules and helpers; effect of no rules; where injuries happen; safety awards; routines for fire, storms, floods; decision making; safe and unsafe play; personal safety; refusal skills; who to trust; community helpers; safe and unsafe touches	2.1.2.CHSS.1; 2.1.2.CHSS.2; 2.1.2.CHSS.3; 2.1.2.CHSS.5; 2.1.2.CHSS.6; 2.1.2.EH.1; 2.1.2.EH.3; 2.1.2.EH.5; 2.1.2.SSH.7; 2.1.2.SSH.8; 2.1.2.SSH.9; 2.2.2.MSC.6; 2.2.2.MSC.7; 2.3.2.HCDM.2; 2.3.2.PS.2; 2.3.2.PS.3; 2.3.2.PS.5; 2.3.2.PS.6; 2.3.2.PS.7; 2.3.2.PS.8
The Five Senses	4 weeks	Functions of and care routines for the five senses; responsibility; empathy; practicing being helpful; heeding body signals; how sense protect you; predicting effects of sense impairment	2.1.2.EH.1; 2.1.2.PGD.3; 2.1.2.PGD.4; 2.1.2.PGD.5; 2.1.2.SSH.5; 2.3.2.PS.1
Nutrition	4 weeks	Healthful food choices; safe food handling; cultural, familial, and individual preferences; goals for healthful eating; decision making for a healthful diet; food needs of living things; healthful vs. unhealthful; variety; meal plans; healthful breakfast; food groups	2.1.2.PGD.1; 2.1.2.PGD.3; 2.1.2.PP1 2.2.2.N.1; 2.2.2.N.2; 2.2.2.N.3; 2.3.2.HCDM.1; 2.3.2.PS.1
Families	4 weeks	Defining family and team; identifying love, trust, and caring; family similarities and differences; growing and changing; a special person at every stage; family rules and jobs; consequences of no rules; family support	2.1.2.EH.1; 2.1.2.EH.2; 2.1.2.EH.3; 2.1.2.PP.2; 2.1.2.SSH.1; 2.1.2.SSH.2; 2.1.2.SSH.3; 2.1.2.SSH.4; 2.1.2.SSH.5; 2.1.2.SSH.6;
My Body Is Special	4 weeks	Respecting self and others; responsible self-care; self-awareness; boundaries and expectations; impact of drugs on the body; comparing and	2.1.2.CHSS.1; 2.1.2.CHSS.2; 2.1.2.CHSS.5; 2.1.2.CHSS.6; 2.1.2.EH.1; 2.1.2.EH.2; 2.1.2.EH.5;



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		contrasting different bodies; self-management; social awareness of differences; friendship; character development	2.1.2.PGD.1; 2.1.2.PGD.2; 2.1.2.PGD.3; 2.1.2.PGD.4; 2.1.2.PGD.5; 2.1.2.SSH.1; 2.1.2.SSH.2; 2.1.2.SSH.3; 2.1.2.SSH.4; 2.1.2.SSH.5; 2.1.2.SSH.6; 2.1.2.SSH.7; ; 2.3.2.PS.1; 2.3.2.PS.5; 2.3.2.PS.6; 2.3.2.PS.7; 2.3.2.PS.8
Going to the Doctor and Dentist	4 weeks	What doctors, dentists, nurses, and others do; responsibility for following directions when sick; MD's and dentist's tools; knowing emergency phone numbers	2.1.2.CHSS.1; 2.1.2.CHSS.2; 2.1.2.CHSS.5; 2.1.2.CHSS.6; 2.1.2.EH.2; 2.1.2.PGD.1; 2.1.2.PGD.2; 2.1.2.PGD.3; 2.1.2.SSH.4; 2.3.2.DSDT.2; 2.3.2.HCDM.2; 2.3.2.PS.1;
Substance Abuse Prevention	4 weeks	Defining drugs and medicines; knowing the importance of saying no; identifying dangerous substances; practicing identifying different drugs (tobacco, alcohol); following drug safety rules; drugs vs. non-drugs; drug effects; where to go for help; refusal skills; medicine rules	2.1.2.EH.1; 2.1.2.EH.2; 2.1.2.EH.3; 2.1.2.EH.5; 2.1.2.PGD.3; 2.1.2.SSH.1; 2.3.2.ATD.1; 2.3.2.ATD.2; 2.3.2.ATD.3; 2.3.2.DSDT.1; 2.3.2.HCDM.3
Disease and Illness Prevention	4 weeks	Good hygiene; decision making; when and what not to share; defining sick; showing concern; medicine rules; communicable and noncommunicable diseases	2.1.2.CHSS.1; 2.1.2.EH.2; 2.1.2.PGD.1; 2.1.2.PGD.2; 2.1.2.PGD.3; 2.1.2.PP.2; 2.1.2.SSH.4; 2.1.2.SSH.5; 2.1.2.SSH.6; 2.1.2.SSH.7; 2.3.2.ATD.1; 2.3.2.HCDM.2; 2.3.2.HCDM.3; 2.3.2.PS.1
Cleanliness of Our Bodies and the Community/Environment	4 weeks	Hygiene; how to define community; how being a responsible citizen helps your community; how	2.1.2.CHSS.4; 2.1.2.EH.1; 2.1.2.EH.2;



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		to identify healthy and clean communities; good citizenship; routines for a clean environment; types of pollution; advocacy for clean communities	2.1.2.PGD.1; 2.1.2.PGD.2; 2.1.2.PGD.3; 2.1.2.SSH.4; 2.3.2.HCDM.1; 2.3.2.HCDM.3; 2.3.2.PS.1
Physical Fitness	4 weeks	Choosing heart healthy activities; physical activity guidelines; benefits of exercise on heart muscles; safety routines for physical activity; organized and after school play; good sportsmanship; goals for fitness; types of physical activities; fitness pyramid; predicting consequences	2.1.2.EH.1; 2.1.2.EH.3; 2.1.2.EH.4; 2.1.2.EH.5; 2.1.2.PGD.1; 2.1.2.PGD.3; 2.1.2.PGD.4; 2.1.2.SSH.5; 2.1.2.SSH.6; 2.1.2.SSH.7; 2.1.2.SSH.8; 2.2.2.LF.2; 2.2.2.MSC.6; 2.2.2.MSC.7; 2.2.2.PF.1; 2.2.2.PF.3; 2.3.2.HCDM.2; 2.3.2.PS.2; 2.3.2.PS.5; 2.3.2.PS.6