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# Kindergarten Health

Curriculum Guide

Scranton School District

Scranton, PA



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**Kindergarten Health Curriculum**

**Prerequisite :**

Course Description Here

Kindergarten Health Education will be taught by a certified Health and Physical Education Teacher. It will provide students with opportunities to learn about age-appropriate Health related issues critical to living a healthy lifestyle.

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Year-at-a-glance

<b>Subject:</b>	<b>Grade Level</b>	<b>Date Completed:</b>
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**1<sup>st</sup> Quarter**

Topic	Resources	CCSS
Safety/Injury Prevention/Emergency	SSD Health and PE Curriculum	
Personal/ Community Health	Kidshealth.org	

Health will be taught for 60 minutes in the first quarter at the teacher’s discretion.

**2<sup>nd</sup> Quarter**

Topic	Resources	CCSS
Nutrition	SSD Health and PE Curriculum	
Growth Development	Kidshealth.org	

Health will be taught for 60 minutes in the second quarter at the teacher’s discretion.

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**3<sup>rd</sup> Quarter**

Topic	Resources	CCSS
Safety/Injury Prevention/Emergency	SSD Health and PE Curriculum	
Personal/ Community Health	Kidshealth.org	

Health will be taught for 60 minutes in the third quarter at the teacher’s discretion.

**4<sup>th</sup> Quarter**

Topic	Resources	CCSS
Nutrition	SSD Health and PE Curriculum	
Growth and Development	Kidshealth.org	

Health will be taught for 60 minutes in the fourth quarter at the teacher’s discretion.

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General Topic	Academic Standard(s)	Essential Knowledge, Skills & Vocabulary	Essential Questions	Assessments	Suggested Time
<b>Growth and Development</b>	<b>10.1.3.A</b> Identify and describe the stages of growth and development. <ul style="list-style-type: none"> <li>● Infancy</li> <li>● Childhood</li> <li>● Adolescence</li> <li>● Adulthood</li> <li>● Late Adulthood</li> </ul>	Growth: To become bigger, as we grow both body and mind change <ul style="list-style-type: none"> <li>● Bones Grow</li> <li>● Permanent Teeth</li> <li>● Small Muscle Control</li> <li>● Bigger/Stronger</li> <li>● Increase Problem Solving</li> </ul>	<b>How does your body grow?</b>	<b>Teacher prepared tests, quizzes, etc.</b>  <b>Questions and Answer</b>	
<b>Growth and Development</b>	<b>10.1.3.B</b> Identify and know the location and function of the major body organs and systems <ul style="list-style-type: none"> <li>● Circulatory</li> <li>● Respiratory</li> <li>● Muscular</li> <li>● Skeletal</li> <li>● Digestive</li> </ul>	Body: <ul style="list-style-type: none"> <li>● Consists of organs and systems that work together to ensure good health</li> </ul> Heart: <ul style="list-style-type: none"> <li>● Muscle in our chest that pumps blood through the body</li> </ul> Muscles: <ul style="list-style-type: none"> <li>● Are thick like ropes that attach to our bones to help us move</li> </ul> Stomach: <ul style="list-style-type: none"> <li>● Place where food goes to digest</li> </ul>	<b>What are some of your body parts?</b>  <b>What do your body parts do for you?</b>	<b>Teacher prepared tests, quizzes, etc.</b>  <b>Questions and Answer</b>	

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		<p>Lungs</p> <ul style="list-style-type: none"> <li>● Two large organs, like balloons, located in the chest to help us breath</li> </ul> <p>Bones</p> <ul style="list-style-type: none"> <li>● Hold up the body and protect organs inside</li> </ul>			
<b>Nutrition</b>	<p>Explain the role of the myplate.gov in helping people eat a health diet</p> <ul style="list-style-type: none"> <li>● Food Groups</li> <li>● Number of servings</li> <li>● Variety of Food</li> <li>● Nutrients</li> </ul>	<p>Eat a Variety of Foods</p> <p>Food Groups</p> <ul style="list-style-type: none"> <li>● Fruits</li> <li>● Vegetables</li> <li>● Grains</li> <li>● Proteins</li> <li>● Dairy</li> </ul>	<b>What are health foods?</b>	<b>Teacher prepared tests, quizzes, etc.</b>	<b>Questions and Answer</b>
<b>Alcohol, tobacco, and other drugs</b>  <b>Injury Prevention</b>	<p><b>10.1.3C</b></p> <p>Know age appropriate</p> <ul style="list-style-type: none"> <li>● Definition of drugs</li> <li>● effects of drugs</li> <li>● proper use of medicine</li> <li>● Healthy/ Unhealthy</li> </ul>	<p>Drug:</p> <ul style="list-style-type: none"> <li>● Any Substance which is not food that changes the way the mind and body works.</li> </ul> <p>Medicine:</p> <ul style="list-style-type: none"> <li>● A drug used to treat disease of the mind or body or to relieve pain.</li> </ul> <p>Trusted Adult:</p> <ul style="list-style-type: none"> <li>● Someone who you can talk about decisions or ask for help.</li> </ul>	<p><b>Are drugs good or bad?</b></p> <p><b>Who should give you medicine?</b></p>	<b>Teacher prepared tests, quizzes, etc.</b>	<b>Questions and Answer</b>

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<p><b>Personal and Community Health</b></p>	<p><b>10.2.3A</b> Identify personal Hygiene Practices and community helpers that promote health and prevent the spread of disease</p>	<p>Self Management :</p> <ul style="list-style-type: none"> <li>● Hand Washing</li> <li>● Hair and Body Washing</li> <li>● Brushing Teeth</li> <li>● Sneeze or cough into elbow</li> <li>● Avoid touching Dirty objects</li> </ul>	<p><b>How do you keep your body clean?</b></p>	<p><b>Teacher prepared tests, quizzes, etc.</b></p> <p><b>Questions and Answer</b></p>	
<p><b>Emergency</b></p>	<p><b>10.3.3A</b> Recognize Safe/Unsafe practices in the home, school, and community</p> <ul style="list-style-type: none"> <li>● General (Fire, Electrical, animals)</li> <li>● Modes of transportation</li> <li>● Outdoors (Safe/Unsafe), touch, abuse, strange, bully</li> </ul>	<p>Safe:</p> <ul style="list-style-type: none"> <li>● Secure from danger, harm, or evil and free from risk.</li> </ul> <p>Unsafe:</p> <ul style="list-style-type: none"> <li>● No secure, involving or causing danger, liable to hurt or cause injury</li> </ul> <p>Home:</p> <ul style="list-style-type: none"> <li>● do not touch hot items</li> <li>● Lock your doors and windows</li> </ul> <p>School:</p> <ul style="list-style-type: none"> <li>● Follow Directions and rules</li> <li>● Be careful with sharp objects</li> <li>● Put Materials away</li> </ul>	<p><b>What is an emergency ?</b></p> <p><b>What do you do in an emergency?</b></p>	<p><b>Teacher prepared tests, quizzes, etc.</b></p> <p><b>Questions and Answer</b></p>	

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<b>Safety and Injury Prevention</b>	<b>10.3.3D</b> Identify and use safe practices in physical activity settings	Self-Management <ul style="list-style-type: none"><li>● Safety</li></ul> Being Protected from injuries Playground Safety	<b>How do you stay safe on the playground?</b>	<b>Teacher prepared tests, quizzes, etc.</b>  <b>Questions and Answer</b>	



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