

Kindergarten Health

Description The Appleton Area School District Elementary Health Program promotes the development and maintenance of a healthy lifestyle. Quality health education motivates individuals to take responsibility for protecting, maintaining, and improving their health. It encourages the individual to access and analyze health information and to assume responsibility for the promotion of well-being and the prevention of disease and disability.

Minutes Per Week 120 minutes (Health/Guidance/AODA)

Textbooks NA

Required Assessments

Board Approved July, 2001

Revised June, 2017

AASD Health Goals for K-12 Students

- *Students will comprehend concepts related to health promotion and disease prevention to enhance health.*
- *Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.*
- *Students will demonstrate the ability to access valid health information and products and services to enhance health.*
- *Students will demonstrate the ability to use interpersonal communication and skills to enhance health and avoid or reduce health risks.*
- *Students will demonstrate the ability to use decision-making skills to enhance health.*
- *Students will demonstrate the ability to use goal-setting skills to enhance health.*
- *Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.*
- *Students will demonstrate the ability to advocate for personal, family, and community health.*

AASD Health Standards

- I. Analyzing Influences | Core Content Domains:
 - A. Nutritional and Physical Activity
 - B. Growth, Development, and Sexual Health
 - C. Injury Prevention and Safety
 - D. Alcohol, Tobacco and Other Drugs
 - E. Mental, Emotional and Social Health
 - F. Personal and Community Health

- II. Accessing Valid Information | Core Content Domains:
 - A. Nutritional and Physical Activity
 - B. Growth, Development, and Sexual Health
 - C. Injury Prevention and Safety
 - D. Alcohol, Tobacco and Other Drugs
 - E. Mental, Emotional and Social Health
 - F. Personal and Community Health

- III. Interpersonal Communication | Core Content Domains:
 - A. Nutritional and Physical Activity
 - B. Growth, Development, and Sexual Health
 - C. Injury Prevention and Safety
 - D. Alcohol, Tobacco and Other Drugs
 - E. Mental, Emotional and Social Health
 - F. Personal and Community Health

- IV. Decision Making | Core Content Domains:
 - A. Nutritional and Physical Activity
 - B. Growth, Development, and Sexual Health
 - C. Injury Prevention and Safety
 - D. Alcohol, Tobacco and Other Drugs
 - E. Mental, Emotional and Social Health
 - F. Personal and Community Health

- V. Goal Setting | Core Content Domains:
 - A. Nutritional and Physical Activity
 - B. Growth, Development, and Sexual Health
 - C. Injury Prevention and Safety
 - D. Alcohol, Tobacco and Other Drugs
 - E. Mental, Emotional and Social Health
 - F. Personal and Community Health

VI. Self-Management

- Core Content Domains:
- A. Nutritional and Physical Activity
 - B. Growth, Development, and Sexual Health
 - C. Injury Prevention and Safety
 - D. Alcohol, Tobacco and Other Drugs
 - E. Mental, Emotional and Social Health
 - F. Personal and Community Health

VII. Advocacy

- Core Content Domains:
- A. Nutritional and Physical Activity
 - B. Growth, Development, and Sexual Health
 - C. Injury Prevention and Safety
 - D. Alcohol, Tobacco and Other Drugs
 - E. Mental, Emotional and Social Health
 - F. Personal and Community Health

Essential Learning Objectives	Performance Indicators	Classroom Assessments
<p>1. Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</p>	<p>Performance will be satisfactory when the student is able to:</p> <ul style="list-style-type: none"> A1. Recognize that not all products advertised or sold are good for them. A2. Recognize the importance of a healthy breakfast E1. Identify ways family and friends help promote well-being 	<p>Unit Assessment</p>
<p>Above objective aligned with AASD Content Domain(s): Nutrition and Physical Activity; Mental, Emotional and Social Health</p>		
<p>2. Students will demonstrate the ability to access valid health information and products and services to enhance health.</p>	<p>Performance will be satisfactory when the student is able to:</p> <ul style="list-style-type: none"> A1. Name a variety of healthy foods and explain why they are necessary for good health A2. Describe the benefits of being physically active B1. Explain that living things grow and mature B2. Name ways in which people are similar and are different B3. Name body parts and functions. B4. Name and describe 5 senses C1. Identify trusted adults who can help in emergency situations 	<p>Unit Assessment</p>

	<ul style="list-style-type: none"> C2. Recognize the characteristics of bullying C3. Recognize that anything may be poisonous or cause harm if used unsafely C4. Define and explain the dangers of weapons D1. Explain why medicines are used D2. Explain the medicines can be helpful or harmful D3. Recognize that tobacco/nicotine is harmful to health and should be avoided D4. Recognize that some household products are harmful if ingested or inhaled E1. Identify trusted adults at home and at school who can help with mental and emotional health concerns E2. Describe the characteristics of families E3. Describe characteristics that make each individual unique F1. Identify health care workers who help promote healthy practices F3. Describe sun safety practices F4. Define germs F5. Explain why the transmission of germs may be harmful to health 	
<p>Above objective aligned with AASD Content Domain(s): Nutritional and Physical Activity; Growth, Development, and Sexual Health; Injury Prevention and Safety; Alcohol, Tobacco and Other Drugs; Mental, Emotional and Social Health; Personal and Community Health</p>		
Essential Learning Objectives	Performance Indicators	Classroom Assessments
<p>3. Students will demonstrate the ability to use interpersonal communication and skills to enhance health and avoid or reduce health risks.</p>	<p>Performance will be satisfactory when the student is able to:</p> <ul style="list-style-type: none"> A1. Explain how to ask family members for healthy food options. C1. How to talk on a device safely C2. Demonstrate how to ask a trusted adult for help or call 911 C3. Identify people who are strangers and how to avoid contact with strangers C4. Demonstrate how to ask a trusted adult for help E1. Show how to express needs and wants appropriately E2. Cooperate and share with others F1. Demonstrate how to ask for assistance with a health-related problem 	<p>Unit Assessment</p>

<p>Above objective aligned with AASD Content Domain(s): Nutritional and Physical Activity; Injury Prevention and Safety; Mental, Emotional and Social Health; Personal and Community Health</p>		
Essential Learning Objectives	Performance Indicators	Classroom Assessments
<p>4. Students will demonstrate the ability to use decision-making skills to enhance.</p>	<p>Performance will be satisfactory when the student is able to: A1. Describe ways to participate regularly in active play and enjoyable physical activities A2. Identify a variety of healthy snacks C1. Identify situations when it is necessary to seek adult help or call 911</p>	<p>Unit Assessment</p>
<p>Above objective aligned with AASD Content Domain(s): Nutritional and Physical Activity; Injury Prevention and Safety</p>		
<p>5. Students will demonstrate the ability to use goal-setting skills to enhance health.</p>	<p>Performance will be satisfactory when the student is able to: E1. Make a plan to help family members at home</p>	<p>Unit Assessment</p>
<p>Above objective aligned with AASD Content Domain(s): Mental, Emotional and Social Health</p>		

Essential Learning Objectives	Performance Indicators	Classroom Assessments
<p>6. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>	<p>Performance will be satisfactory when the student is able to:</p> <ul style="list-style-type: none"> A1. Select nutritious snacks A2. Plan a nutritious breakfast B1. Describe their own physical characteristics B2. Identify trusted adults who promote healthy growth and development (doctors, dentists, nurses, etc.) C1. Follow rules for safe play and safety routines C2. Show how to cross street safely C3. Identify safety rules for the home, school, and community C4. Identify emergency situations C5. Explain ways to stay safe when riding in a vehicle C6. Identify ways to stay safe when crossing streets, riding a bike, or playing D1. Recognize that medicines should be taken under the supervision of a trusted adult E1. Express emotions appropriately E2. Describe positive ways to show care, consideration, and concern for others. E3. Identify a variety of emotions E4. Practice situations when is is appropriate to use, "please", "thank you", "excuse me", and "I'm sorry" F1. Show effective dental and personal hygiene practices F2. Demonstrate ways to prevent transmission of germs F3. Identify effective dental and personal hygiene 	<p>Unit Assessment</p>
<p>Above objective aligned with AASD Content Domain(s): Nutritional and Physical Activity; Growth, Development, and Sexual Health; Injury Prevention and Safety; Alcohol, Tobacco and Other Drugs; Mental, Emotional and Social Health; Personal and Community Health</p>		

Essential Learning Objectives	Performance Indicators	Classroom Assessments
<p>7. Students will demonstrate the ability to advocate for personal, family, and community health.</p>	<p>Performance will be satisfactory when the student is able to: C1. Show how to tell a trusted adult when you or a friend find a weapon E1. Encourage others when they engage in safe and healthy behaviors F1. Identify practices that are good for the environment</p>	<p>Unit Assessment</p>
<p>Above objective aligned with AASD Content Domain(s): Injury Prevention and Safety; Mental, Emotional and Social Health; Personal and Community Health</p>		

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