



District Curriculum Maps

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Health - Kindergarten

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Growing and Learning

- ✘ IDENTIFY THE ORGANS: SPINE, LUNGS, STOMACH, BRAIN, HEART, AND BONES
- ✘ EXPLAIN THE FUNCTION OF EACH ORGAN
- ✘ IDENTIFY THE FUNCTION OF EACH OF THE FIVE SENSES
- ✘ IDENTIFY WAYS TO KEEP THE SENSES SAFE
- ✘ IDENTIFY HOW THE SENSES HELP KEEP PEOPLE SAFE

Caring for My Teeth

- ✘ DESCRIBE SITUATIONS THAT ARE SAFE OR HARMFUL FOR TEETH
- ✘ IDENTIFY FOODS THAT ARE HEALTHFUL OR UNHEALTHFUL FOR TEETH
- ✓ Explain the functions of both types of teeth
- ✓ Demonstrate the proper way to brush teeth
- ✓ Explain how to floss teeth

Content Standards

- Topic, theme, or concept
 - ✓ BENCHMARK SKILL-A GRADE OR COURSE LEVEL EXPECTATION THAT ALIGNS WITH THE DISTRICT-WIDE ASSESSMENTS
 - ✓ Critical Skill-A skill on which a teacher spends a significant amount of time but may not be covered on a district-wide assessment.



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Staying Fit and Healthy

- ✘ IDENTIFY WAYS TO PROTECT AND CARE FOR SKIN
- ✘ DESCRIBE WHAT IT MEANS TO EXERCISE SAFELY
- ✘ IDENTIFY A WARM-UP, WORKOUT, AND COOL-DOWN
- ✘ DESCRIBE HOW STRESS FEELS
- ✘ IDENTIFY WAYS TO MANAGE STRESS
- ✘ IDENTIFY SIGNS OF SLEEPINESS
- ✓ Explain why cleanliness is important
- ✓ Recognize that sleep and rest are necessary for good health

Food for Health

- ✘ DEMONSTRATE WAYS TO BE SAFE WHEN EATING
- ✘ IDENTIFY WAYS TO HANDLE FOOD SAFELY
- ✓ Identify food groups
- ✓ Explain why the food groups are arranged in a pyramid
- ✓ Identify healthful snacks

Staying Well

- ✘ DESCRIBE WHAT IT FEELS LIKE TO BE ILL
- ✘ IDENTIFY SYMPTOMS OF ILLNESS
- ✓ Describe ways to keep disease from spreading
- ✓ Describe ways to stay well

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Keeping Safe

- ✘ IDENTIFY STEPS TO STAY SAFE
- ✘ EXPLAIN HOW TO USE STEPS TO STAY SAFE
- ✘ EXPLAIN THE DANGERS OF POISON
- ✘ RECOGNIZE THAT ANYTHING MAY BE A POISON IF USED UNSAFELY
- ✘ EXPLAIN WHY IT IS NOT SAFE TO PICK UP ANYTHING LYING ON THE STREET OR SIDEWALK
- ✓ Identify ways to stay safe when crossing streets or playing
- ✓ Recognize how fires start
- ✓ Identify ways to prevent fires
- ✓ Describe safe ways to escape a fire
- ✓ Demonstrate how to stop, drop, and roll in case of fire
- ✓ Explain ways to stay safe when riding in vehicles

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