

ARLINGTON PUBLIC SCHOOL: HEALTH EDUCATION- KINDERGARTEN

Course Description	
Essential Questions	
Curriculum Topics	Benchmarks
<p>Students are introduced into 10 areas of health including: Injury Prevention & Personal Safety, Nutrition, Functions of the Body, Growth & Development, Illness Prevention, Substance Abuse Prevention, Community Health & Safety, Self worth, Mental and Emotional Health, Environmental & Consumer Health and Physical Fitness. Teachers explain, demonstrate and encourage students to recognize and practice healthy behaviors.</p>	
<ul style="list-style-type: none"> •What does it mean to be healthy? •What are the things I can do to stay healthy? 	
<ul style="list-style-type: none"> •How to Stay Safe •The Five Senses •Adventures in Food •The Family Team •My Body is Special •Going to the Doctor & Dentist •No Drugs, No Way •Getting Sick •Keeping Clean and Healthy •Everyday Play •Tobacco 	<ul style="list-style-type: none"> •Practice safety rules at home, in school and in the community •Develop an understanding of the five senses and their value. •Identify the need for healthful food. •Identify what a family is and the jobs and rules of its members. •Describe the uniqueness of human bodies and distinguish between safe, confusing and unsafe touches. •Identify health helpers; doctors and dentists and describe their roles. •Identify drugs used as medicines. •Recognize how germs make them sick and identify persons, places and things that help get them well. •Explain and practice ways of keeping clean themselves and their communities. Identify the health benefits of exercise.