

**MOSCOW SCHOOL DISTRICT
CURRICULUM GUIDE
Subject/Course: Health
Kindergarten**

Standard 1: Healthy Lifestyles

Students learn the importance of safety skills that lead to a healthy life.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of Kindergarten)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 1</i>
<p>Goal 1.1: Acquire the essential skills to lead a healthy life.</p>	<ul style="list-style-type: none"> • K.H.1.1.1 Describe exercise. (769.01.a) • K.H.1.1.2 Recognize the role of germs in spreading disease. (769.01.b) • K.H.1.1.3 Recognize safety signs and procedures at home, school, and around the neighborhood. (769.01.c) • K.H.1.1.4 Describe how each person experiences a variety of feelings and moods. (769.01.d) • K.H.1.1.5 Differentiate between helpful and harmful drugs. (769.01.e-1) • K.H.1.1.6 Identify medicines/drugs, their safe use, and safe places. (769.01.e-1) • K.H.1.1.7 Differentiate between healthy and unhealthy foods. (769.01.f) • K.H.1.1.8 Identify body parts. (769.01.g) • K.H.1.1.9 Describe the family. (769.01.h) • K.H.1.1.10 Identify health products commonly used. (769.01.i) • K.H.1.1.11 Identify healthy environment. (769.01.j) 			

Standard 2: Risk Taking Behavior

Students learn about healthy and unhealthy behaviors.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of Kindergarten)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 2</i>
Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	<ul style="list-style-type: none">• K.H.2.1.1 Explain that germs are everywhere and are invisible. (770.01.a)• K.H.2.1.2 Identify acceptable and unacceptable behavior. (770.01.b)• K.H.2.1.3 Discuss how to make a wise responsible choice. (770.01.c)			

Standard 3: Communication Skills for Healthy Relationships

Students learn effective ways to communicate.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of Kindergarten)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 3</i>
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	<ul style="list-style-type: none">• K.H.3.1.1 Identify the ways a person expresses feelings and moods. (771.01.a)• K.H.3.1.2 Demonstrate appropriate ways to say no. (771.01.b)• K.H.3.1.3 Identify “verbal” and “nonverbal” communication skills. (771.01.c)			

Standard 4: Consumer Health

Students learn about safe and unsafe products.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of Kindergarten)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 4</i>
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	<ul style="list-style-type: none"> • K.H.4.1.1 Identify health products (soap, shampoo, toothpaste). (772.01.a) • K.H.4.1.2 Identify poison symbols (Mr. Yuck, skull, crossbones). (772.01.b) • K.H.4.1.3 Identify health workers. (772.01.c) 			

Standard 5: Mental and Emotional Wellness

Students learn to identify feelings and moods.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of Kindergarten)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 5</i>
Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.	<ul style="list-style-type: none"> • K.H.5.1.1 Identify feelings. (773.01.a) • K.H.5.1.2 Identify that each person experiences different feelings and moods. (773.01.b) • K.H.5.1.3 Explore the benefits of play. (773.01.c) • K.H.5.1.4 Recognize trusted adults who can provide assistance. (773.01.d) 			