

# CARLISLE AREA SCHOOL DISTRICT

Carlisle, PA 17013

**Health**

**Kindergarten**

Date of Board Approval: **January 19, 2012**

# CARLISLE AREA SCHOOL DISTRICT

## PLANNED INSTRUCTION COVER PAGE

Title of Course: Health Subject Area: Health Grade Level: Kindergarten

Course Length: (Semester/Year): Year Duration: 45 minutes Frequency: Once every two 6 day cycles

Prerequisites: Not Applicable Credit: Not Applicable Level: Not Applicable

**Course Description/Objectives:** The district shall provide for attainment of the academic standards per Chapter 4, Section 4.12. Each student shall demonstrate proficiency in the following area: concepts of health; healthful living; and safety and injury prevention.

**Major Text(s)/Resources:** None

### Curriculum Writing Committee:

Eric Behrenshausen  
Tim Mohr

Morgan Grala  
Bonnie Rodgers

Laura Larsen

Sean Lehman

Brian Morrow

<b>Unit: Safety</b>		<b>Subject Area: Health</b>	<b>Grade: Kindergarten</b>
<b>PA Academic Standards</b>	<b>Performance Indicators</b>	<b>Assessments</b>	
10.2.3E Identify environmental factors that affect health.	<ul style="list-style-type: none"> <li>Identify safety hazards or risks.</li> </ul>	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> <li>List safety practices and rules for standing in line and using equipment.</li> <li>Identify safety rules at home.</li> <li>Identify safety rules in school.</li> </ul>		
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> <li>Distinguish between an emergency and a non-emergency.</li> </ul>		
10.3.3D Identify and use safe practices in physical activity settings.	<ul style="list-style-type: none"> <li>Identify why it is important to play safely.</li> </ul>		
No applicable standard.	<ul style="list-style-type: none"> <li>Identify your “personal space” as the “bubble” surrounding your body.</li> <li>Identify “general space” as the space outside your “bubble”.</li> </ul>		

Unit: Safety		Subject Area: Health	Grade: Kindergarten
PA Academic Standards	Performance Indicators	Assessments	
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> <li>Following basic fire prevention rules for using matches and lighters, heaters and fireplaces, microwaves, irons and toasters.</li> </ul>	Teacher made tests and quizzes Unit tests and quizzes Curriculum-based assessments Standardized tests Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> <li>Develop an emergency plan.</li> <li>Identify and practice “stop, drop and roll” as a fire safety measure.</li> <li>Identify a family meeting place outside your home in the event of a fire.</li> </ul>		
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> <li>Identify and practice “fall and crawl” as a fire safety measure.</li> <li>Understand that following fire safety rules keeps us safe.</li> <li>Develop an emergency plan.</li> </ul>		
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> <li>Identify a smoke detector as a fire safety warning device.</li> </ul>		

Unit: Safety		Subject Area: Health	Grade: Kindergarten
PA Academic Standards	Performance Indicators	Assessments	
10.2.3E Identify environmental factors that affect health.	<ul style="list-style-type: none"> <li>Identify a home emergency.</li> <li>Identify poisons in your home.</li> <li>Recognize words or pictures that identify poisons.</li> </ul>	Teacher made tests and quizzes Chapter tests and quizzes Curriculum-based assessments Standardized tests Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> <li>Identify when and how to call 911.</li> <li>Understand that following home safety rules keeps us safe.</li> <li>Differentiate between emergency and non-emergency.</li> </ul>		
10.3.3C Recognize conflict situations and identify strategies to avoid or resolve.	<ul style="list-style-type: none"> <li>Know when to ask an adult for help.</li> </ul>		

Unit: Safety		Subject Area: Health	Grade: Kindergarten
PA Academic Standards	Performance Indicators	Assessments	
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> <li>• Know how to measure bike for proper fit.</li> <li>• Know the proper way to wear a bike helmet.</li> <li>• Know bike safety rules while riding.</li> </ul>	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> <li>• Identify light and traffic signs.</li> <li>• Know that a pedestrian is a walker.</li> <li>• Identify pedestrian safety rules.</li> </ul>		
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> <li>• Understand that following bike and traffic safety rules keeps us safe.</li> <li>• Perform a bike safety check.</li> <li>• Recognize a proper fit for a helmet.</li> </ul>		
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> <li>• Recall bike safety rules.</li> <li>• Identify and interpret traffic signs and signals.</li> </ul>		

Unit: Safety		Subject Area: Health	Grade: Kindergarten
PA Academic Standards	Performance Indicators	Assessments	
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> <li>• Know what safety measures to take when you are home alone.</li> <li>• Know what safety measures to take when walking home from school.</li> <li>• Understand that following stranger safety rules keep us safe.</li> </ul>	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> <li>• Recognize unsafe situations.</li> <li>• Identify what to do if a stranger approaches you.</li> </ul>		
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> <li>• Role-play situations with stranger danger.</li> </ul>		

Unit: Safety		Subject Area: Health	Grade: Kindergarten
PA Academic Standards	Performance Indicators	Assessments	
No applicable standard.	<ul style="list-style-type: none"> <li>• Know that the sun has harmful rays.</li> <li>• Know that the sun has healthy benefits.</li> <li>• Identify sun protection methods.</li> </ul>	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	



Unit: Drug and Alcohol		Subject Area: Health	Grade: Kindergarten
PA Academic Standards	Performance Indicators	Assessments	
10.1.3D Know age appropriate drug information.	<ul style="list-style-type: none"> <li>Define a drug as something that changes the way a person's body works.</li> </ul>	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-medial presentations Experiments	
10.1.3D Know age appropriate drug information.	<ul style="list-style-type: none"> <li>Define medicine as something that will make a person feel better such as pills, a patch, injection or sprays.</li> </ul>		
10.1.3D Know age appropriate drug information.	<ul style="list-style-type: none"> <li>Know how to use medicine safely.</li> <li>Medicine helps us get well when we are sick.</li> <li>Brainstorm facts to know about medicine safety.</li> </ul>		
10.1.3D Know age appropriate drug information.	<ul style="list-style-type: none"> <li>Identify the difference between medicine and food (candy).</li> </ul>		
10.2.3 D Identify the steps in a decision-making process.	<ul style="list-style-type: none"> <li>Differentiate between drugs and medicine.</li> </ul>		

Unit: Hygiene		Subject Area: Health	Grade: Kindergarten
PA Academic Standards	Performance Indicators	Assessments	
10.1.3E Identify types and causes of common health problems of children.	<ul style="list-style-type: none"> <li>• Germs can make you sick.</li> <li>• Proper hand washing keeps you healthy.</li> <li>• Sneezing, coughing, and blowing nose etiquette.</li> </ul>	Teacher made tests and quizzes Chapter tests and quizzes Curriculum-based assessments Standardized tests Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-medial presentations Experiments	
10.1.3E Identify types and causes of common health problems of children.	<ul style="list-style-type: none"> <li>• How sickness happens.</li> <li>• How to take care of your body (shower, hair washing, and brush teeth).</li> </ul>		
10.1.3E Identify types and causes of common health problems of children.	<ul style="list-style-type: none"> <li>• Identify how germs can make you sick.</li> <li>• Practice proper sneezing, coughing and blowing nose etiquette.</li> </ul>		
10.2.3.A Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.	<ul style="list-style-type: none"> <li>• Taking good care of yourself can help keep you healthy.</li> <li>• Demonstrate proper hand washing.</li> <li>• List ways to take care of your body.</li> </ul>		

Unit: Human Body		Subject Area: Health	Grade: Kindergarten
PA Academic Standards	Performance Indicators	Assessments	
10.1.3A Identify and describe the stages of growth and development.	<ul style="list-style-type: none"> <li>• Growth changes.</li> <li>• Each person is unique.</li> <li>• Children grow and change.</li> </ul>	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-medial presentations Experiments	
10.1.3A Identify and describe the stages of growth and development	<ul style="list-style-type: none"> <li>• Compare visible growth changes from infancy to adult using a graphic organizer.</li> </ul>		
10.1.3B Identify and know the location and function of the major body organs and systems.	<ul style="list-style-type: none"> <li>• Major internal and external body parts.</li> <li>• The human body has parts that help the entire body function.</li> </ul>		
10.1.3B Identify and know the location and function of the major body organs and systems.	<ul style="list-style-type: none"> <li>• Label major body parts.</li> <li>• Identify the five senses.</li> </ul>		

Unit: Nutrition		Subject Area: Health	Grade: Kindergarten
PA Academic Standards	Performance Indicators	Assessments	
10.1.3C Explain the role of the food guide pyramid in helping people eat a healthy diet.	<ul style="list-style-type: none"> <li>Define nutrition as the body's way of taking in and using food.</li> <li>Identify the five basic food groups.</li> </ul>	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-medial presentations Experiments	
10.1.3C Explain the role of the food guide pyramid in helping people eat a healthy diet.	<ul style="list-style-type: none"> <li>Eat a variety/rainbow of colorful foods.</li> <li>Identify food and classify it into food groups.</li> </ul>		
10.1.3C Explain the role of the food guide pyramid in helping people eat a healthy diet.	<ul style="list-style-type: none"> <li>Identify the correct portions of food on your plate.</li> <li>Eating healthy helps us grow.</li> <li>Identify foods.</li> <li>Classify into food groups.</li> </ul>		
10.2.3B Identify health-related information.	<ul style="list-style-type: none"> <li>Differentiate between healthy versus unhealthy snacks.</li> <li>Discuss the importance of eating breakfast.</li> </ul>		
10.2.3C Identify media sources that influence health and safety.	<ul style="list-style-type: none"> <li>Choose healthy snacks.</li> </ul>		

Unit: Fitness/Wellness		Subject Area: Health	Grade: Kindergarten
PA Academic Standards	Performance Indicators	Assessments	
10.3.3D Identify and use safe practices in physical activity settings.	<ul style="list-style-type: none"> <li>Demonstrate proper stretching and explain its benefits.</li> </ul>	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-medial presentations Experiments	
10.4.3A Identify and engage in physical activities that promote physical fitness and health.	<ul style="list-style-type: none"> <li>Components of a proper work-out.</li> </ul>		
10.4.3B Know the positive and negative effects of regular participation in moderate to vigorous physical activities.	<ul style="list-style-type: none"> <li>Understanding being physically fit helps us to stay healthy.</li> </ul>		
10.4.3C Know and recognize changes in body responses during moderate to vigorous physical activity.	<ul style="list-style-type: none"> <li>Effect of exercise on heart and lungs.</li> <li>Explain the benefits of exercise on the hearts and lungs.</li> </ul>		
10.4.3D Identify likes and dislikes related to participation in physical activities.	<ul style="list-style-type: none"> <li>Explain how positive self-image affects your health.</li> </ul>		

Unit: Fitness/Wellness		Subject Area: Health	Grade: Kindergarten
PA Academic Standards	Performance Indicators	Assessments	
10.5.3A Recognize and use basic movement skills and concepts.	<ul style="list-style-type: none"> <li>Identify different types of exercise.</li> </ul>	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-medial presentations Experiments	
10.5.3D Identify and use principles of exercise to improve movement and fitness activities.	<ul style="list-style-type: none"> <li>Develop goals for exercise.</li> </ul>		
No applicable standard	<ul style="list-style-type: none"> <li>Importance of sleep.</li> <li>Explain why proper rest is necessary.</li> </ul>		

## **Adaptations/Modifications for Students with I.E.P.s**

Adaptations or modifications to this planned course will allow exceptional students to earn credits toward graduation or develop skills necessary to make a transition from the school environment to community life and employment. The I.E.P. team has determined that modifications to this planned course will meet the student's I.E.P. needs.

Adaptations/Modifications may include but are not limited to:

### **INSTRUCTION CONTENT**

- Modification of instructional content and/or instructional approaches
- Modification or deletion of some of the essential elements

### **SETTING**

- Preferential seating

### **METHODS**

- Additional clarification of content
- Occasional need for one to one instruction
- Minor adjustments or pacing according to the student's rate of mastery
- Written work is difficult, use verbal/oral approaches
- Modifications of assignments/testing
- Reasonable extensions of time for task/project completion
- Assignment sheet/notebook
- Modified/adjusted mastery rates
- Modified/adjusted grading criteria
- Retesting opportunities

### **MATERIALS**

- Supplemental texts and materials
- Large print materials for visually impaired students
- Outlines and/or study sheets
- Carbonless notebook paper
- Manipulative learning materials
- Alternatives to writing (tape recorder/calculator)