

### Course Description:

Health K (1 of 1) promotes physical, emotional, and social well-being through the exploration of health and safety behaviors. Topics include human growth and development, nutrition, hygiene, healthy habits, disease prevention, interpersonal communication, and personal safety. The course includes two projects: “Solve a Health Problem” and “Ready, Set, Health Goal!”

### Course Objectives:

- Tell what it means to be healthy, ways to stay healthy, and how to eat healthy.
- Identify human body parts and tell how they work.
- Tell how living things grow and develop.
- Choose a health goal, make a plan, and take action with help from a trusted adult.
- Tell about what health care providers do and how they can help you stay healthy.
- Practice healthy habits like brushing, flossing, and getting enough sleep.
- Identify what mental, social, and physical health are.
- Tell how family, friends, and other things around you can help with healthy behaviors.
- Tell how you can help others make healthy choices and have healthy behaviors.
- Tell about how people can have different feelings, wants, and needs and can show them in different ways.
- Tell how media, technology, and culture can change health behaviors.
- Tell about different kinds of diseases and how you can keep from spreading them.
- Tell things that your body does to protect against disease.
- Tell how medicine can help or hurt you and how to have a trusted adult help you take medicine.
- Tell and show how to help students who have diseases and health problems that may not go away.
- Tell ways to keep yourself and others safe in different places and situations.
- Tell how tobacco, alcohol, and other drugs can hurt you and how to stay away from them.
- Tell what warning signs, symbols, and labels mean and how they can help you be safe.
- Explain how to find health information, make health decisions, and communicate health needs.
- Practice ways to stay safe and get away from strangers.
- Tell about appropriate touch and ways to tell a trusted adult about inappropriate touch.
- Practice emergency plans and other ways to stay safe in school, at home, and in the community.

### Required Materials:

Required:

- printables (see Course Syllabus for link)
- printer and printer paper (for printables)
- paper
- pencil or pen
- crayons, markers, or colored pencils
- video or audio recorder

## Course Overview:

### Unit 01: Grow Up and Be Healthy

- *Lesson 01: Know How We Grow and Stay Healthy*
  - Activity 01: Instruction: Tell How We Grow and Change
  - Activity 02: Practice: Tell How We Grow and Change
  - Activity 03: Instruction: Know the Foods for a Healthy Body
  - Activity 04: Practice: Know the Foods for a Healthy Body
  - Activity 05: Instruction: Tell How Water Is Important
  - Activity 06: Practice: Tell How Water Is Important
  - Activity 07: Checkpoint: Know How We Grow and Stay Healthy
- *Lesson 02: Know Your Body Inside and Out*
  - Activity 01: Warm-Up: Review How Living Things Grow and Change
  - Activity 02: Instruction: Know Your Outside Body Parts
  - Activity 03: Instruction: Know Your Inside Body Parts
  - Activity 04: Practice: Know Your Body Parts
  - Activity 05: Instruction: Know and Use the Five Senses
  - Activity 06: Practice: Know and Use the Five Senses
  - Activity 07: Checkpoint: Know Your Body Inside and Out
- *Lesson 03: Know Healthy Behaviors*
  - Activity 01: Warm-Up: Review the Human Body
  - Activity 02: Instruction: Identify Healthy Behaviors
  - Activity 03: Practice: Identify Healthy Behaviors
  - Activity 04: Instruction: Tell about Behaviors to Stay Healthy
  - Activity 05: Practice: Tell about Behaviors to Stay Healthy
  - Activity 06: Checkpoint: Know Healthy Behaviors

### Unit 02: Make Healthy Habits

- *Lesson 04: Get Sleep and Be Clean*
  - Activity 01: Warm-Up: Review How to Stay Healthy
  - Activity 02: Instruction: Tell Why Sleep Is Important
  - Activity 03: Practice: Tell Why Sleep Is Important

- Activity 04: Instruction: Tell Why Being Clean Is Important
- Activity 05: Practice: Tell Why Being Clean Is Important
- Activity 06: Checkpoint: Get Sleep and Be Clean
- *Lesson 05: Brush and Floss Your Teeth*
  - Activity 01: Warm-Up: Review Why Being Clean Is Important
  - Activity 02: Instruction: Brushing and Flossing Are Important
  - Activity 03: Practice: Brushing and Flossing Are Important
  - Activity 04: Instruction: Show How to Brush and Floss
  - Activity 05: Practice: Show How to Brush and Floss
  - Activity 06: Checkpoint: Brush and Floss Your Teeth
  - Activity 07: Project: Set a Goal: Pick Your Health Goal
- *Lesson 06: Visit Health-Care Workers*
  - Activity 01: Warm-Up: Review Brushing and Flossing
  - Activity 02: Instruction: Know What Health-Care Workers Do
  - Activity 03: Practice: Know What Health-Care Workers Do
  - Activity 04: Instruction: Seeing the Doctor and Dentist
  - Activity 05: Practice: Seeing the Doctor and Dentist
  - Activity 06: Checkpoint: Visit Health-Care Workers
  - Activity 07: Project: Set a Goal: Track and Reach Your Goal
  - Activity 08: Project: Set a Goal: Submit

### Unit 03: Be Healthy with Friends and Family

- *Lesson 07: Make Healthy Habits with Others*
  - Activity 01: Warm-Up: Tell What Medical People Do
  - Activity 02: Instruction: Know Your Family and Friends
  - Activity 03: Practice: Know Your Family and Friends
  - Activity 04: Instruction: How Others Can Help You Be Healthy
  - Activity 05: Instruction: How You Can Help Others Be Healthy
  - Activity 06: Practice: How You Can Help Each Other Be Healthy
  - Activity 07: Checkpoint: Make Healthy Habits with Others

- *Lesson 08: Find Health Helpers*
  - Activity 01: Warm-Up: Review Healthy Behaviors for Your Family
  - Activity 02: Instruction: School and Community Health Helpers
  - Activity 03: Practice: School and Community Health Helpers
  - Activity 04: Instruction: Culture, Media, and Your Health
  - Activity 05: Instruction: Technology and Your Health
  - Activity 06: Practice: Health in Culture, Media and Technology
  - Activity 07: Checkpoint: Find Health Helpers
- *Lesson 09: Be a Healthy Talker and Good Listener*
  - Activity 01: Warm-Up: Review How Media Can Help You Be Healthy
  - Activity 02: Instruction: Physical and Social Health
  - Activity 03: Practice: Physical and Social Health
  - Activity 04: Instruction: Needs, Wants, and Feelings
  - Activity 05: Instruction: Use Your Listening Skills
  - Activity 06: Practice: Know How to Talk and Listen
  - Activity 07: Checkpoint: Be a Healthy Talker and Good Listener

#### Unit 04: Stop Germs and Stay Healthy

- *Lesson 10: What Makes Us Sick?*
  - Activity 01: Warm-Up: Review Physical and Social Health
  - Activity 02: Instruction: Know about Diseases that Spread
  - Activity 03: Instruction: Diseases that Do Not Spread
  - Activity 04: Practice: Tell How Diseases are Different
  - Activity 05: Instruction: Tell the Signs of Disease
  - Activity 06: Practice: Tell the Signs of Disease
  - Activity 07: Checkpoint: What Makes Us Sick?
- *Lesson 11: What Stops Germs?*
  - Activity 01: Warm-Up: Review How Diseases Are Different
  - Activity 02: Instruction: Stop the Spread of Disease
  - Activity 03: Practice: Stop the Spread of Disease
  - Activity 04: Instruction: Your Skin Keeps You Safe from Germs

- Activity 05: Instruction: Mucus Keeps You Safe from Germs
- Activity 06: Practice: Your Skin and Mucus Keep Germs Out
- Activity 07: Checkpoint: What Stops Germs?
- *Lesson 12: How Can We Take Care of Each Other?*
  - Activity 01: Warm-Up: Review How to Stop the Spread of Disease
  - Activity 02: Instruction: Take Care of Others
  - Activity 03: Practice: Take Care of Others
  - Activity 04: Instruction: Tell about Medicines
  - Activity 05: Practice: Tell about Medicines
  - Activity 06: Checkpoint: How Can We Take Care of Each Other?

#### Unit 05: Stay Out of Danger

- *Lesson 13: Make Smart Decisions*
  - Activity 01: Warm-Up: Review How Medicines Help or Harm
  - Activity 02: Instruction: Know about Poisons and Other Dangers
  - Activity 03: Practice: Know about Poisons and Other Dangers
  - Activity 04: Instruction: Tobacco, Alcohol, and Drugs
  - Activity 05: Instruction: Tobacco, Alcohol, and Drugs
  - Activity 06: Practice: Tobacco, Alcohol, and Drugs
  - Activity 07: Checkpoint: Make Smart Decisions
- *Lesson 14: Play Safe*
  - Activity 01: Warm-Up: Review Why Some Things Are Harmful
  - Activity 02: Instruction: Stop Accidents and Injuries
  - Activity 03: Practice: Stop Accidents and Injuries
  - Activity 04: Instruction: Play in Safe Places
  - Activity 05: Practice: Play in Safe Places
  - Activity 06: Checkpoint: Play Safe
  - Activity 07: Project: Health Problems: Think about a Problem
- *Lesson 15: Make Safe Choices*
  - Activity 01: Warm-Up: Review Safe Places to Play
  - Activity 02: Instruction: Be Safe in a Car

- Activity 03: Instruction: Be Safe on Wheels
- Activity 04: Instruction: Be Safe Crossing the Street
- Activity 05: Practice: Safety While Moving from Place to Place
- Activity 06: Checkpoint: Make Safe Choices
- Activity 07: Project: Health Problems: Your Solution
- Activity 08: Project: Health Problems: Submit

#### Unit 06: Practice Safety!

- *Lesson 16: Be Safe and Stay Away from Strangers*
  - Activity 01: Warm-Up: Review Ways to Reduce Health Risks
  - Activity 02: Instruction: Know Touch That Is Okay
  - Activity 03: Instruction: Report Touch That Is Not Okay
  - Activity 04: Practice: Know and Report Touch That Is Not Okay
  - Activity 05: Instruction: Know How to Stay Away from Strangers
  - Activity 06: Practice: Know How to Stay Away from Strangers
  - Activity 07: Checkpoint: Be Safe and Stay Away from Strangers
- *Lesson 17: Show What to Do in Unsafe Situations*
  - Activity 01: Warm-Up: Review How to Stay Away from Strangers
  - Activity 02: Instruction: Tell a Trusted Adult
  - Activity 03: Practice: Tell a Trusted Adult
  - Activity 04: Instruction: Respond to Unsafe Situations
  - Activity 05: Practice: Respond to Unsafe Situations
  - Activity 06: Checkpoint: Show What to Do in Unsafe Situations
- *Lesson 18: Practice Ways to Stay Safe*
  - Activity 01: Warm-Up: Review Ways to Report Unsafe Situations
  - Activity 02: Instruction: Home, School, and Community Safety
  - Activity 03: Practice: Home, School, and Community Safety
  - Activity 04: Instruction: Stay Safe in an Emergency
  - Activity 05: Practice: Stay Safe in an Emergency
  - Activity 06: Checkpoint: Practice Ways to Stay Safe

