



The School District of Lee County
Fort Myers, Florida 33966
2855 Colonial Blvd.

Phone: (239) 334-1102
TTD/TTY: (239) 335-1512
Vision: To Be a World-Class School System

Academic Plan

Curriculum and Staff Development Center

Course:	Health-Kindergarten - 5008020
Textbook:	
School Year:	2013 - 2014
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Quarterly Guides

Quarter – 1 Guide	Quarter – 2 Guide
<ul style="list-style-type: none"> 1 - Safety Rules 2 - Bicycle and Pedestrian Safety 3 - Disease Prevention and Healthy Behavior 4 - Goal Setting 5 - Respect of Self, Others and Things 6 - Identify Feelings 7 - Communication Skills 8 - Bullying 9 - Fire Safety and Prevention 	<ul style="list-style-type: none"> 1 - Stranger Awareness 2 - Identify When You Need Help 3 - Identify Who to Go to When You Need Help 4 - Differences Between Wants and Needs 5 - Body Parts - Inside and Out 6 - Nutrition
Quarter – 3 Guide	Quarter – 4 Guide
<ul style="list-style-type: none"> 1 - Dental Hygiene 2 - Injury Prevention 3 - Water Safety 4 - Sun Safety 5 - Poison and Hazardous Products 6 - Identify Potential Hazards 	<ul style="list-style-type: none"> 1 - Positive and Negative Role Models 2 - Influence From and On Others: Family and Peers 3 - Influence From the Media: Internet, TV, Movies, Music, Radio and Print 4 - Internet Safety

Academic Plan

Narrative:

Quarter - 1				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
1 Safety Rules Identify ways to stay safe at school - classroom -playground - hallway -cafeteria	dangerous; safe; unsafe;	HE.K.C.1.4 ; HE.K.C.2.3 ;	_____	_____
2 Bicycle and Pedestrian Safety Identify safe ways to cross the street - crosswalk -look both ways Identify safe ways to ride a bike -wear a helmet -stay on the edge of the road - stop for passing cars	bicycle; crosswalk; helmet; traffic;	HE.K.C.1.4 ;	_____	_____
3 Disease Prevention and Healthy Behavior Identify ways to stay healthy - washing hands -catching coughs/sneezes -eating healthy foods -exercising	clinic; cough; germs; handwashing; sneeze;	HE.K.B.3.2 ; HE.K.C.1.1 ; HE.K.C.1.2 ; HE.K.C.1.3 ; HE.K.C.2.1 ;	_____	_____
4 Goal Setting Create a SMART class goal and monitor progress -exercise -eating healthy foods	exercise; goal;	HE.K.P.1.1 ;	_____	_____
5 Respect of Self, Others and Things Identify ways to treat others	care; helpful; kind; respect;	HE.K.C.2.1 ; HE.K.C.2.3 ;	_____	_____

<p>6 Identifying Feelings Identify and express basic feelings</p>	<p>feelings; happy; mad; sad; scared;</p>	<p>HE.K.B.2.1 ;</p>	<p>_____</p>	<p>_____</p>
<p>7 Communication Skills Use "I messages" to communicate feelings and needs</p>	<p>communicate;</p>	<p>HE.K.B.2.1 ; HE.K.B.2.2 ; HE.K.B.2.4 ;</p>	<p>_____</p>	<p>_____</p>
<p>8 Bullying Identify what a bully is</p>	<p>bully;</p>	<p>HE.K.B.2.3 ;</p>	<p>_____</p>	<p>_____</p>
<p>9 Fire Safety and Prevention Identify fire safety procedures</p>	<p>911; alarm; firefighter; rescue; Stop, Drop and Roll;</p>	<p>HE.K.C.2.2 ;</p>	<p>_____</p>	<p>_____</p>

Academic Plan

Narrative:

Quarter - 2				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
1 Stranger Awareness Identify the difference between a trusted adult and a stranger	stranger; trusted adult;	HE.K.B.2.3 ;	_____	_____
2 Identify When You Need Help Identify when to call 911 Decide between emergency and non emergency situations	911; emergency; injury;	HE.K.B.3.1 ; HE.K.C.2.2 ;	_____	_____
3 Identify Who to Go to When You Need Help Identify trusted adults who can help in different situations	police officer; teacher; trusted adult;	HE.K.B.1.1 recognize school health helpers (Respect for authority);	_____	_____
4 Differences Between Wants and Needs Understand there is a difference between wants and needs	needs; wants;	HE.K.B.2.1 ;	_____	_____
5 Body Parts: Inside and Out Identify body parts- for example: legs arms, head neck, shoulder, brain, heart, and lungs	arms; brain; head; heart; legs; lungs; neck; shoulder;	HE.K.C.1.5 ;	_____	_____
6 Nutrition Identify healthy foods vs unhealthy foods	breakfast; dinner; healthy food; lunch; unhealthy;	HE.K.C.1.2 ;	_____	_____

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Narrative:

Quarter - 3				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
1 Dental Hygiene Identify ways to keep teeth healthy	cavity; dentist; teeth; toothbrush;	HE.K.C.1.1 ; HE.K.P.1.1 ;	_____	_____
2 Injury Prevention Review quarter 1 weeks 1-3		HE.K.B.3.3 ; HE.K.C.1.4 ;	_____	_____
3 Water Safety Identify safe choices to make around the water	life jacket;	HE.K.B.3.3 ; HE.K.C.1.4 ;	_____	_____
4 Sun Safety Identify ways to stay safe in the sun	shade; sunglasses; Sunscreen;	HE.K.P.1.1 ;	_____	_____
5 Poisonous and Hazardous Products Understand that medicine is only safe when given by a trusted adult	medicine; poison;	HE.K.B.1.2 ;	_____	_____
6 Identify Potential Hazards Understand that hazard signs are a warning to prevent injury	caution; circle with line through it; hazard sign; injury; warning;	HE.K.B.1.2 ; HE.K.C.1.4 ;	_____	_____

Academic Plan

Narrative:

Quarter - 4				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
1 Positive and Negative Role Models Identify positive and negative behaviors	negative; positive; positive role model; role model;	HE.K.B.2.1 ;	_____	_____
2 Influence From and On Others: Family and Peers Students will encourage their peers to make healthy decisions -eat healthy foods -exercise more -wash their hands - catch their germs	leader; peer pressure;	HE.K.P.2.1 ;	_____	_____
3 Influence From the Media: Internet, TV, Movies, Music, Radio and Print Understand that commercials are created to sell things to people	advertisement; commercial;	HE.K.B.1.3 ; HE.K.C.2.4 ;	_____	_____
4 Internet Safety Understand basic internet safety procedures	computer; Internet; password; privacy; security;	HE.K.B.3.1 ;	_____	_____