

Grade K Health Education Overview

Health education is taught during the schedule block designated for “content” in the elementary school schedule. It is taught to the homeroom class by the homeroom teacher.

For instructional questions, contact your child’s teacher. For curriculum questions, contact the Office of Health & Physical Education: Eric_Bishop@hcpss.org, Coordinator or Tempe_Beall@hcpss.org, Instructional Facilitator.

Quarter 1 - Social & Emotional Health

Lesson 1: Uniqueness

- Describe ways people are different.
- Explain why it’s important to accept differences in others.
- Illustrate ways they are special.

Lesson 2: Feelings

- Explain the relationship between feelings and behavior.
- Identify appropriate ways to express and deal with feelings of sadness, fear and anger.
- Demonstrate self-control strategies for dealing with anger.

Lesson 3: People Who Care

- Identify people in their lives who care about them.
- Explain the importance of talking with parents and other trusted adults about feelings.
- Demonstrate how to ask a trusted adult for help with strong feelings.

Lesson 4: Family

- Analyze ways families are alike and different.
- Identify the benefits of healthy family relationships.
- Identify how family influences personal health.

Lesson 5: Friendships

- Describe characteristics of a friend.
- Identify healthy ways for friends to express feelings with each other

Lesson 6: Belonging

- Explain why it is wrong to tease or bully others.
- Explain what to do if someone is being bullied.
- Encourage peers to avoid and report hurtful teasing and bullying.
- Recognize prosocial behaviors.

Quarter 2 - Violence Prevention

Lesson 1: Being Safe

- Identify the qualities of a trusted adult
- Identify a trusted adult they can talk to if they feel unsafe
- Recognize that individuals have personal boundaries and bodily autonomy.

Lesson 2: Check First

- Explain actions that help one to stay safe around strangers.
- Demonstrate the ability to seek help from trusted adults.
- Identify personal information and when to share it with other people.

Lesson 3: My Body My Space

- Identify ways of being touched that are okay with them and not okay with them.
- Explain that they have the right to determine whether and how they are touched.
- Identify appropriate displays of affection between people and in a variety of situations including physical touch and verbal interactions.
- Demonstrate an understanding of how to respond effectively when someone touches them in a way with which they do not feel comfortable.

Lesson 4 & 5: Body Safety

- Identify parts of the body that are private of self or others
- Recognize that individuals have personal boundaries and bodily autonomy.
- Identify appropriate displays of affection between people and in a variety of situations including physical touch and verbal interactions.
- Demonstrate the ability to seek help from trusted adults.

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Quarter 3 - Safety & Injury Prevention

Lesson 1: Emergencies

- Explain what to do if someone is injured or suddenly ill.
- Classify situations as emergency or non-emergency.

Lesson 2: Get Help In An Emergency

- Explain how to call 911.

Lesson 3: Fire Safety

- Identify fire safety rules.

Lesson 4: Car Safety

- Identify ways to stay safe when riding in a vehicle

Lesson 5: Medicine Safety

- Define medicine.
- Identify rules about safe use of medicine.
- Recognize that medicine can be harmful if used incorrectly.

Lesson 6: Poison Safety

- Identify products that can be harmful if inhaled, absorbed, or ingested.

Quarter 4 - Personal Health & Disease Prevention

Lesson 1: Eating Is Important

- Describe body signals that a person is hungry and full.
- Explain how food affects the body.
- Recognize that eating in regular increments helps a person's body.

Lesson 2: Food Groups

- Identify the benefits of drinking water.
- Identify the benefits of trying new foods.
- Identify a variety of nutritious foods and beverages and recognize that foods are categorized into groups.

Lesson 3: Clean & Healthy

- Identify personal health care practices.
- Identify the steps for proper handwashing.

Lesson 4: Healthy Teeth

- Describe the proper steps for daily brushing and flossing teeth.