

PETERS TOWNSHIP SCHOOL DISTRICT

CORE BODY OF KNOWLEDGE

HEALTH

GRADE K

For each of the units that follow, students may be asked to understand, apply, analyze, evaluate, or create the particular concepts being taught.

COURSE DESCRIPTION:

This course will teach beginning concepts regarding health awareness and practices. Major units of study include human growth and life cycle, safety, hygiene and germs, and also conflict resolution.

STUDY SKILLS:

- Active listening
- Questioning to clarify

1. HUMAN GROWTH

- List internal and external body parts
- List ways that the human body changes over time
- Name activities and actions that affect the body's health
- Describe the jobs of various internal and external body parts
- Illustrate how the human body changes over time
- Demonstrate activities and actions which promote health

2. SAFETY

- Recall the phone numbers to call in case of an emergency
- Identify the characteristics of a stranger
- List appropriate ways to respond in an unsafe situation
- Detail a fire exit plan for home
- Demonstrate a fire drill at school
- Demonstrate stop, drop, and roll
- Role play unsafe stranger situations

3. HYGIENE

- Identify healthy habits to prevent disease
- Name symptoms of common illnesses
- Demonstrate proper hand washing technique

- Demonstrate behaviors which reduce germ transmission

4. CONFLICT RESOLUTION

- List attributes that comprise a good friend
- Classify human emotions
- Appropriately verbalize ways to share feelings
- Role play conflict resolution strategies

MATERIALS:

Health & Wellness, Macmillan/McGraw-Hill, Teacher's Edition, K

Health & Wellness, Macmillan/McGraw-Hill, Health Masters, K

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