

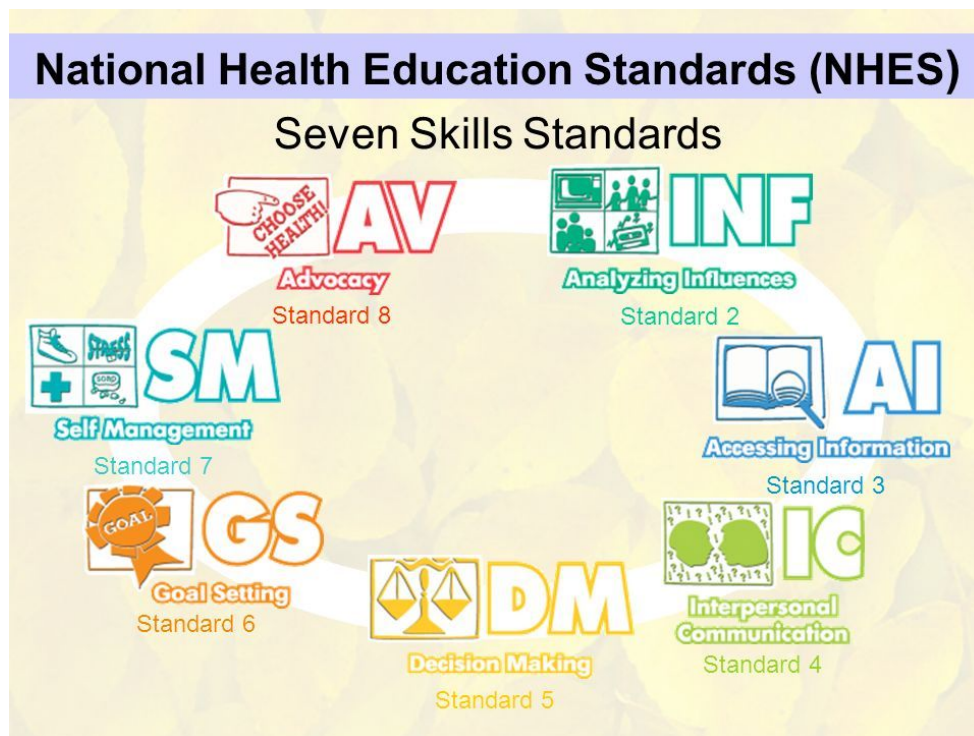
# Health Education Skills for K-5

## *Celebrating Lifelong Wellness*

### Our Vision

Engage all students in equitable, inclusive skills-based health and physical education so they may thrive in a global community.

### National Health Education Skills



Source: Health Education Assessment Project

### Health Education Topics

- Nutrition and Fitness
- Alcohol, Tobacco, and Other Drugs
- Mental, Social, and Emotional Health
- Human Growth and Development
- Personal Health and Safety
- Disease and Illness Prevention

## KINDERGARTEN HEALTH EDUCATION UNITS

### **Unit 1 - Curriculum: *NYC Health Education (weteachnyc.org)***

- Skill: Self-Management
- Topic: Disease and Illness Prevention
- Core Content/Essential Questions:
  - What does it mean to be healthy?
  - What does it mean to be sick?
  - How do we stay healthy?
  - Who helps us when we are sick?

### **Unit 2 - Curriculum: *MyPlate (choosemyplate.gov)***

- Skill: Goal-Setting
- Topic: Nutrition
- Core Content/Essential Questions:
  - What does it mean to be healthy? Eat healthy?
  - Identify the five food groups and give examples
  - Create a healthy meal using the food groups

### **Unit 3 - Curricula: *Overcoming Obstacles (overcomingobstacles.org)*, *Rights, Respect, Responsibility (3rs.org/3rscurriculum)***

- Skill: Interpersonal Communication
- Topic: Mental, Social, and Emotional Health/Human Growth and Development
- Core Content/Essential Questions:
  - Listening - What is whole body listening?
  - Fairness - Distinguish between needs and wants
  - Different Kinds of Families - Focus on diversity and inclusion
  - Understanding Our Bodies\* - Human growth and development: anatomy lesson
  - My Space, Your Space - Personal space and creating boundaries

### **Unit 4 - Curricula: *Child Pedestrian Safety Curriculum (nhtsa.gov)*, *Fight Child Abuse (fightchildabuse.org)***

- Skill: Accessing Information
- Topic: Personal Health and Safety
- Core Content/Essential Questions:
  - Traffic and Parking Lot Safety
  - Fight Child Abuse Lessons: Protect Yourself Rules, It Doesn't Matter Who It Is, Stranger Safety, Know When to Tell

\*Opt Out Lesson