

BISD Health Education – KINDERGARTEN

Integration into the Current Curriculum

Key:

Daily reinforcement

PE - Physical Education

HLAY – Here’s Looking at You

SC – Science

SS – Social Studies

Music

LA– Language Arts

RE - Reading

Campus Counselor/Nurse Program

Health TEK	Student Expectation	Integration	Documented
K.1A	Identify and practice personal health habits that help individuals stay healthy such as a proper amount of sleep and clean hands	Daily reinforcement (wash hands, cover mouth when coughing, etc.)	
K.1B	Identify types of foods that help the body grow such as healthy breakfast foods and snacks	SC K.9A Identify basic needs of living organisms	
K.1C	Identify types of exercise and active play that are good for the body	PE K.3B Participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate and perspiration PE K.3C Participate in appropriate exercises for flexibility in shoulders, legs, and trunk PE K.3E Describe the benefits from involvement in daily physical activity such as feel better and sleep better	
K.2A	Identify the purpose of protective equipment such as a seat belt and a bicycle helmet	PE K.5A Use equipment and space properly SS K.8B Identify rules that provide order, security, and safety in the home and school	
K.2B	Identify safe and unsafe places to play such as a back yard and a street		
K.2C	Name the harmful effects of tobacco, alcohol, and other drugs	HLAY #2 Define “drug” as any substance except food that affects the way the mind or body works. Name substances	

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Prepared by Office of Curriculum Facilitators – 6/15/05

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		<p>commonly considered drugs and express that drugs are powerful</p> <p>HLAY #4 Name substances which should be stored out of the reach of children and identify a telephone number to call in case of poisoning</p> <p>HLAY #12 Identify feelings associated with problems. Identify alcoholism as a disease and discuss how problems like alcoholism may get worse if they're ignored</p>	
K.2D	Identify ways to avoid harming oneself or another person	<p>PE K.5B Know and apply safety practices associated with physical activity such as not pushing in line and drinking water during activity</p> <p>PE K.5C Explain how proper shoes and clothing promotes safe play and prevent injury</p> <p>PE K.5D Explain appropriate water safety rules such as never swim alone, never run around pools, look before you jump, enter feet first, and know the role of the lifeguard</p>	
K.2E	Practice safety rules during physical activity such as water safety and bike safety	<p>PE K.5B Know and apply safety practices associated with physical activity such as not pushing in line and drinking water during activity</p> <p>PE K.5D Explain appropriate water safety rules such as never swim alone, never run around pools, look before you jump, enter feet first, and know the role of the lifeguard</p>	
K.2F	Identify how to get help from a parent and/or trusted adult when made to feel uncomfortable or unsafe by another person/adult		

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K.2G	Demonstrate procedures for responding to emergencies including dialing 911	HLAY #4 Name substances which should be stored out of the reach of children and identify a telephone number to call in case of poisoning	
K.2H	Name objects that may be dangerous such as knives, scissors, and screwdrivers and tell how they can be harmful		
K.3A	Demonstrate how to seek the help of parents/guardians and other trusted adults in making decisions and solving problems	SS K.9A Identify authority figures in the home, school, and community HLAY #3 Explain why a substance can't be identified only by sight. Identify an adult they trust and state the reasons for asking an adult they trust before taking any drug or doubtful substance HLAY #9 Ask for something they want. Wait, look around, or ask for help if they can't get what they want	
K.3B	Plan a healthy meal and/or snack	SC K.9A Identify basic needs of living organisms	
K.4A	Name the five senses	SC K.4A Identify and use senses as tools of observation	
K.4B	Name major body parts and their functions	SC K.9A Identify basic needs of living organisms	
K.4C	Name and demonstrate good posture principles such as standing straight with shoulders back	Daily reinforcement Stand up straight, sit up in chair both feet on the floor	
K.5A	Name people who can provide helpful health information such as parents, doctors, teachers, and nurses	SS K.6B Explain how basic human needs of food, clothing, and shelter can be met HLAY #1 Describe the subjects they'll be learning about in the unit and identify key helping resources in their school. Use Ground Rules in classroom discussions HLAY #14 Identify messages that they're not sure are safe	

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		and healthy and ask themselves questions to determine whether the message is true and good for them	
K.5B	Explain the importance of health information	HLAY #14 Identify messages that they're not sure are safe and healthy and ask themselves questions to determine whether the message is true and good for them	
K.6A	Tell how germs cause illness and disease in people of all ages		
K.6B	Name symptoms of common illnesses and diseases		
K.6C	Explain practices used to control the spread of germs such as washing hands	Daily reinforcement Washing hands, cover mouth when coughing, do not share drinks	
K.6D	Discuss basic parts of the body's defense system against germs such as the skin	SC K.9A Identify basic needs of living organisms	
K.7A	Tell how weather affects individual health such as dressing for warmth, protecting skin from the sun, and keeping classrooms and homes warm and cool	SC K.7C Observe and record weather changes from day to day and over seasons	
K.7B	Identify ways to prevent the transmission of head lice such as sharing brushes and caps	Nurse	
K.8A	Recognize and describe individual differences and communicate appropriately with all individuals	LA K.2A Connect experiences and ideas with those of others through speaking and listening LA K.2B Compare language and oral traditions (family stories) that reflect customs, regions, and cultures LA K.3A Choose and adapt spoken language appropriate to	

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		<p>the audience, purpose, and occasion, including use of appropriate volume and rate</p> <p>LA K.3B Use verbal and nonverbal communication in effective ways when making announcements, giving directions, or making introductions</p> <p>HLAY #7 State the importance of acknowledging feelings and identify ways of appropriately addressing different feelings</p> <p>HLAY #5 Identify how they help others feel included and accepted and cooperate with other people</p> <p>HLAY #9 Ask for something they want. Wait, look around, or ask for help if they can't get what they want</p>	
K.8B	Explain the importance of showing consideration and respect for parents, grandparents, other family members, friends, and other individuals	<p>Daily reinforcement Listen, do not speak when others are speaking, say please and thank you</p> <p>HLAY #7 State the importance of acknowledging feelings and identify ways of appropriately addressing different feelings</p> <p>HLAY #5 Identify how they help others feel included and accepted and cooperate with other people</p> <p>HLAY #9 Ask for something they want. Wait, look around, or ask for help if they can't get what they want</p> <p>HLAY #6 Identify themselves as special individuals</p>	

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		HLAY #8 Acknowledge that everyone has bad days and identify ways of appropriately addressing different feelings	
K.8C	Recognize and explain the importance of manners and rules for healthy communication	Daily Reinforcement Follow class rules established LA K.1B Respond appropriately and courteously to directions and questions HLAY #7 State the importance of acknowledging feelings and identify ways of appropriately addressing different feelings HLAY #5 Identify how they help others feel included and accepted and cooperate with other people HLAY #9 Ask for something they want. Wait, look around, or ask for help if they can't get what they want	
K.9A	Identify and use refusal skills to avoid unsafe behavior situations such as saying no in unsafe situations and then telling an adult if he/she is threatened	HLAY #15 Generate activities that are fun safe, and legal and think of things to do when confronted with a problem	
K.9B	Demonstrate skills for making new acquaintances	Daily reinforcement Be a good friend	

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