

Springfield Public Schools
K-5 HEALTH

Kindergarten
MAJOR INSTRUCTIONAL GOALS

The intent of the Springfield R-12 Health Program is:

- 1) The student will investigate disease prevention and control through studying good hygiene habits. (HPE2, 3, 5; 1.5, 2.1, 4.7)
 - Identify and practice hygiene habits to prevent the spread of germs and illness.
 - Describe good hygiene habits that prevent the spread of germs.
 - Relate that personal health habits such as washing hands and brushing and flossing teeth keep you healthy.

- 2) Students will recognize and demonstrate personal health behaviors which will lead to and promote positive mental health. (HPE2; 1.5, 4.7)
 - Name different emotions and appropriate ways to express them.
 - List characteristics of a good friend.

- 3) Students will recognize personal health behaviors which will lead to and promote proper nutrition. (HPE2; 1.5, 4.7)
 - Identify food groups within the food pyramid.
 - Identify appropriate foods for growth and development.

- 4) Students will recognize, analyze and demonstrate personal health behaviors and safety procedures which will lead to a healthy lifestyle. (HPE5, 6, 7; 1.5, 4.1, 4.7)
 - Tell the proper responses to use if approached by a stranger.
 - Distinguish between appropriate and inappropriate touching.
 - Memorize personal information such as telephone number and address.
 - Demonstrate knowledge of the universal emergency phone number.
 - Demonstrate appropriate procedures for fire, tornado and lock-down emergencies.
 - Recognize the universal symbol to mark poisonous substances.
 - State that smoking affects the body's health and the air around us.

- 5) Students will recognize the importance of health services offered by community agencies and health professionals. (HPE6; 1.5, 4.3)
 - Name family and community members to turn to for health needs.
 - Name health workers and the service they provide.

- 6) Students through activities, observation and reading will identify various family structures and family responsibilities. (HPE2; 1.5, 4.3)
- Identify family responsibilities.