

WELLNESS

Kindergarten

HEALTH

- ❖ Identify basic external body parts
- ❖ Identify the major behaviors of wellness
- ❖ Recognize different parts of the food pyramid
- ❖ Associate different reactions to emotions and feelings
- ❖ Be familiar with the functions of a family
- ❖ Understand the importance of communication
- ❖ Know the basics of hygiene
- ❖ List and follow rules that create a safe environment

PHYSICAL EDUCATION

- ❖ Introduced to locomotor movements of running, hopping, galloping, sliding, jumping and leaping
- ❖ Introduced to the manipulative skills of collecting, throwing, catching, striking, volleying, kicking and dribbling
- ❖ Introduced to the educational gymnastics skills of balance, rotation, travel and safety
- ❖ Introduced to educational dance

First Grade

HEALTH

- ❖ Identify basic internal body parts
- ❖ Identify a food of minimal and maximal nutritional value
- ❖ Identify different emotions and feelings in others
- ❖ Understand that a family offers support
- ❖ Become aware of ways to naturally prevent diseases
- ❖ Identify the people in our society that keep us safe

PHYSICAL EDUCATION

- ❖ Be competent in the locomotor movements of skipping and running
- ❖ Be competent in stationary kicking
- ❖ Participate in learning experiences in educational gymnastics
- ❖ Participate in learning experiences in educational dance

Second Grade

HEALTH

- ❖ Identify and describe the functions of the musculoskeletal body system
- ❖ Make health enhancing food choices
- ❖ Identify different character traits connected to various emotions and feelings
- ❖ Understand the role of a parent in a family
- ❖ Communicate successfully to people in our society both verbal and non-verbal
- ❖ Recognize the common symptoms of an illness

PHYSICAL EDUCATION

- ❖ Continue to improve on locomotor skills
- ❖ Be competent in kicking a moving ball, volleying, stationary catching and the over-hand throw
- ❖ Combine a rotation, travel and balance into a sequence
- ❖ Participate in learning experiences in educational dance

WELLNESS

Third Grade

HEALTH

- ❖ Identify and describe the functions of the circulatory and respiratory body systems
- ❖ Make health enhancing food choices
- ❖ Make decisions on how to react properly to various emotions and feelings
- ❖ Communicate with peers to create relationships
- ❖ Understand ways to prevent and fight off diseases
- ❖ Identify the negative aspects of tobacco
- ❖ Discover peaceful alternatives to violent reactions

PHYSICAL EDUCATION

- ❖ Be competent in dribbling with the hands and the feet, lead passing, catching and the underhand volleyball serve
- ❖ Combine a rotation, travel and balance into a sequence on apparatus
- ❖ Participate in learning experiences in educational dance

Fourth Grade

HEALTH

- ❖ Identify and describe the functions of the digestive and respiratory body systems
- ❖ Identify how to keep food safe
- ❖ Apply leadership skills in a team building environment
- ❖ Define and identify prejudice and discrimination
- ❖ Properly perform the actions needed to take care of their teeth
- ❖ Successfully perform the basic steps of first aid or CPR
- ❖ Identify community violent prevention resources

PHYSICAL EDUCATION

- ❖ Be competent in punting, forearm pass and striking
- ❖ Combine a rotation, travel and balance into a sequence on apparatus
- ❖ Participate in learning experiences in educational dance