



# JC Schools Kindergarten Health Yearly Standards

*\*\*Units may be taught in any order, as long as all units are taught throughout the school year.*

*\*\*Social and emotional embedded throughout all of the units.*

Unit	Priority Standards	Supporting Standards
<b>Unit 1</b>  Nutrition	<b>K.ME.2.B</b> Recognize we need a variety of foods each day.	
<b>Unit 2</b>  Structure/ Function of Body	<b>K.FS.1.A</b> Identify the five senses.  <b>K.FS.1.B</b> Tell why people have muscles.  <b>K.FS.1.C</b> Tell why people have bones.  <b>K.FS.1.E</b> Show the location of the heart.	
<b>Unit 3</b>  Preventative Care	<b>K.ME.1.A</b> Identify behaviors that keep a person healthy (e.g., physical activity, sleep, good nutrition, clothing, hygiene)  <b>K.ME.2.D</b> Recognize how germs are spread and apply practices to reduce germs in our community (e.g., hand washing, not eating food off, floor, not touching others' food, wash fruits and vegetables)	<b>K.RA.1.A</b> Recognize that germs cause illness.  <b>K.RA.1.B</b> Model proper hand washing and hygiene.  <b>K.RA.2.D.a</b> Recognize the importance of safety rules in and around water.

**K.RA.1.E.a**

Identify bodily fluids (e.g., blood, saliva, urine, tears, sweat, mucous)

**K.RA.1.E.b**

Identify how gloves protect us from bodily fluids.

**K.RA.2.C**

Recognize that safety equipment is necessary to protect the body during participation in sports and recreational activities (e.g., helmet, mouth piece, shin guards, eye protection).

**K.RA.2.D.b**

Identify specific safe practices in and around water (e.g., life jackets, buddy system, inclement weather).

**K.RA.4.A**

Recognize how the environment affects a person's health.