

# Kindergarten Health Core Curriculum



# Elementary Health Core

## Kindergarten

### Standard 1

Objective 1: PD 1.d.

Objective 2: Teachers Resource Manual

Objective 3: PD 3.a.

### Standard 2

Objective 1: Counselors PD 1. d,e

Objective 2: Teachers Resource Manual

Objective 3: Teachers Resource Manual

### Standard 3

Objective 1: Teachers Resource Manual

Objective 2: Teachers Resource Manual

Objective 3: Teachers Resource Manual

ATT=Activities That Teach- Book by Tom Jackson  
 MATT=More Activities That Teach- Book by Tom Jackson  
 PD=Prevention Dimensions- contact Monica  
 30 MM= 30 Minute Miracles- IMC

# Kindergarten Core Curriculum

## Standard 1

Grade	Standard	Objective	Resources
K	<b>Standard 1: Students will develop a sense of self.</b>	Objective 1: Describe and practice responsible behaviors for health and safety. <ol style="list-style-type: none"> <li>a. Describe proper care of the body (e.g., proper brushing of teeth, eating a variety of foods, proper hand washing, sneezing into sleeve).</li> <li>b. Recognize that food is fuel for the body.</li> <li>c. Recognize signs of physical activity (e.g., heart rate, breathing, sweat).</li> <li>d. Identify helpful and harmful substances to the body. (Prevention Dimensions--Nebo)</li> <li>e. Recall basic safety (e.g., follow rules, maintain personal space/boundaries, know phone number, address, emergency number).</li> </ol>	<a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=10568">http://www.uen.org/Lessonplan/preview.cgi?LPid=10568</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=4927">http://www.uen.org/Lessonplan/preview.cgi?LPid=4927</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5551">http://www.uen.org/Lessonplan/preview.cgi?LPid=5551</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5652">http://www.uen.org/Lessonplan/preview.cgi?LPid=5652</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5552">http://www.uen.org/Lessonplan/preview.cgi?LPid=5552</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5554">http://www.uen.org/Lessonplan/preview.cgi?LPid=5554</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5556">http://www.uen.org/Lessonplan/preview.cgi?LPid=5556</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5566">http://www.uen.org/Lessonplan/preview.cgi?LPid=5566</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5567">http://www.uen.org/Lessonplan/preview.cgi?LPid=5567</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5568">http://www.uen.org/Lessonplan/preview.cgi?LPid=5568</a> Gregory, <i>The Terrible Eater</i> by Mitchell Sharmat <i>Sweet Tooth</i> by Margie Palatini <i>Oh, The things You Can Do That are Good for You!</i> By Tish Rabe <i>The Magic School Bus Inside Ralphie: A book about Germs</i> by Joanna Cole <i>Berenstain Bears Learn About Strangers</i> by Stan Berenstain <i>Officer Buckle</i> by Peggy Rathmann <i>Where's Your Tooth</i> by Rozanne Lanczank Williams <i>I Love Mud and Mud Loves Me</i> by Vicki Stephens <i>Your Body</i> by Margie Burton <i>The Human Body</i> by Melvin Berger <i>Why I Sneeze, Shiver, Hiccup and Yawn</i> by Melvin Berger
K	<b>Standard 1: Students will develop a sense of self.</b>	Objective 2: Develop skills in gross and fine motor movement. <ol style="list-style-type: none"> <li>a. Participate in regular physical activity that requires exertion (e.g., walk, jog, jump rope).</li> <li>b. Explore a variety of fundamental and manipulative gross motor skills (e.g., hop, skip, twirl, dance, throw, catch, kick, strike)</li> <li>c. Perform a variety of fine motor skills (e.g., draw, cut, paste, mold, write).</li> <li>d. Maintain personal space and boundaries while moving.</li> <li>e. Create and perform simple dance movements that express who one is, knowledge of the body, feelings, senses, and ideas in time and space.</li> </ol>	<i>Miss Mary Mack</i> by Joanna Cole and Stephanie Calmenson <i>Giraffes Can't Dance</i> by Andreae Giles <i>From Head to Toe</i> by Eric Carle <i>Get Up and Go</i> by Nancy L. Carlson <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=18782">http://www.uen.org/Lessonplan/preview.cgi?LPid=18782</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=13919">http://www.uen.org/Lessonplan/preview.cgi?LPid=13919</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=10687">http://www.uen.org/Lessonplan/preview.cgi?LPid=10687</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=4927">http://www.uen.org/Lessonplan/preview.cgi?LPid=4927</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=4772">http://www.uen.org/Lessonplan/preview.cgi?LPid=4772</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=16231">http://www.uen.org/Lessonplan/preview.cgi?LPid=16231</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=16230">http://www.uen.org/Lessonplan/preview.cgi?LPid=16230</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5551">http://www.uen.org/Lessonplan/preview.cgi?LPid=5551</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5652">http://www.uen.org/Lessonplan/preview.cgi?LPid=5652</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=18795">http://www.uen.org/Lessonplan/preview.cgi?LPid=18795</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=4595">http://www.uen.org/Lessonplan/preview.cgi?LPid=4595</a> UEN <a href="http://www.uen.org">www.uen.org</a> Utah Core Curriculum Kindergarten Content  Standard 1 Objective 2 Lesson Plans: Exploring Balance

K	<p><b>Standard 1:</b>  <b>Students will develop a sense of self.</b></p>	<p>Objective 3: Develop and use skills to communicate ideas, information, and feelings.</p> <p>a. Identify and express ideas, information, and feelings in a variety of ways (e.g., draw, paint, tell stories, play, make believe, dance, sing) (Preventions Dimensions-- Nebo)</p> <p>b. Recognize similar colors as being members of the family of reds, blues, and yellows and shapes as being similar to squares, circles, and triangles.</p> <p>c. Describe sounds in terms of dynamics (loud/soft), pitch (high/low), duration (long/short; fast/slow), and timbre (tone of an animal, human, musical instrument, or machine).</p> <p>d. Develop competency in beat accuracy and respond to an understanding of beat as a life force through moving, singing, chanting, or playing instruments.</p> <p>e. Express emotions by selecting and playing a variety of simple rhythm instruments.</p>	<p><u>My Many Colored Days</u> by Dr. Suess  <u>Feelings</u> by Alik  <u>How are you Peeling?: Foods with Moods</u> by Saxton Freymann  <u>The Deaf Musicians</u> by Pete &amp; Jacobs Seeger &amp; Paul Dubois  <u>Knockin' on Wood, Staring Peg Leg Bates</u> by Lynne Barasch  <u>The Red Book</u> by Barbara Lehman  <u>Shaper Capers</u> by Cathryn Falwell</p> <p><a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=18782">http://www.uen.org/Lessonplan/preview.cgi?LPid=18782</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=13919">http://www.uen.org/Lessonplan/preview.cgi?LPid=13919</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5551">http://www.uen.org/Lessonplan/preview.cgi?LPid=5551</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5652">http://www.uen.org/Lessonplan/preview.cgi?LPid=5652</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=18795">http://www.uen.org/Lessonplan/preview.cgi?LPid=18795</a></p>
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# Standard 2

Grade	Standard	Objective	Resources
K	<b>Standard 2: Students will develop a sense of self in relation to families and community.</b>	Objective 1: Describe factors that influence relationships with family and friends. <ol style="list-style-type: none"> <li>Identify ways individuals are alike and different.</li> <li>Identify contributions of family members.</li> <li>Describe how children change over time.</li> <li>Identify behaviors to initiate play and develop friendships.</li> <li>Demonstrate positive interactions with peers and adults.</li> </ol>	<p> <u><a href="#">A Color of His Own</a></u> by Leo Lionni  <u><a href="#">Hooray for You! A Celebration of "You-ness"</a></u> by Marianne Richmond  <u><a href="#">The Crayon Box that Talked</a></u> by Shane DeRolf  <u><a href="#">I Like Myself!</a></u> By Karen Beaumont  <u><a href="#">Whoever You Are</a></u> by Mem Fox  <u><a href="#">Fathers, Mothers, Sisters, Brothers: A Collection of Family Poems</a></u> by Mary Ann Hoberman  <u><a href="#">My Friend is Sad</a></u> by Mo Willems  <u><a href="#">Best Friends</a></u> by Stephen Kellogg  <u><a href="#">Friends</a></u> by Helme Heine  <u><a href="#">Berenstain Bears &amp; Baby Makes Five</a></u> by Stan Berenstain  <u><a href="#">Berenstain Bears Count Their Blessing</a></u> by Stan Berenstain  <u><a href="#">The Relatives Came</a></u> by Cynthia Rylant  <u><a href="#">Lully's Purple Plastic Purse</a></u> by Kevin Henkes  <u><a href="#">Julius the Baby of the World</a></u> by Kevin Henkes  <u><a href="#">Elizabeth and Larry</a></u> by Marilyn Sadler  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=13915">http://www.uen.org/Lessonplan/preview.cgi?LPid=13915</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5569">http://www.uen.org/Lessonplan/preview.cgi?LPid=5569</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5569">http://www.uen.org/Lessonplan/preview.cgi?LPid=5569</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5594">http://www.uen.org/Lessonplan/preview.cgi?LPid=5594</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5604">http://www.uen.org/Lessonplan/preview.cgi?LPid=5604</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5605">http://www.uen.org/Lessonplan/preview.cgi?LPid=5605</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=4595">http://www.uen.org/Lessonplan/preview.cgi?LPid=4595</a>            Book: <u><a href="#">Hooway for Wodney Wat</a></u>            Book: <u><a href="#">Elmer the Elephant</a></u>            Book: <u><a href="#">How to Loose All Your Friends</a></u>            Book: <u><a href="#">Cows Can't Fly</a></u>            Kids for Character            Second Steps            Book: <u><a href="#">We Are All Alike</a></u>            Book: <u><a href="#">When Sophie Gets Mad</a></u>            Tales that Teach-curriculum.-Contact Teresa Winkler for more info.            30 Minute Miracles- IMC curriculum            Book: <u><a href="#">All The Colors of the Earth</a></u> by Sheila Hamanaka            Book: <u><a href="#">Odd Velvet</a></u> by Mary E Witcomb            Jelly Bean Lesson by Colleen Roundy (UEN Lesson)            Book: <u><a href="#">How To Be A Friend</a></u> by Laurie Krasny Brown         </p>
K	<b>Standard 2: Students will develop a sense of self in relation to families and community.</b>	Objective 2: Describe factors that influence relationships with family and friends. <ol style="list-style-type: none"> <li>Recognize and follow family and classroom rules.</li> <li>Describe the school community (e.g., students, teachers, secretary, custodian, principal).</li> <li>Describe resources in the community (e.g., police officer, firefighter, library, museum).</li> <li>Describe cultural traditions in family and community.</li> <li>Recognize national symbols and recite the Pledge of Allegiance.</li> </ol>	<p> <b>Counselors will teach these lessons.</b>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=10622">http://www.uen.org/Lessonplan/preview.cgi?LPid=10622</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=18801">http://www.uen.org/Lessonplan/preview.cgi?LPid=18801</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=10686">http://www.uen.org/Lessonplan/preview.cgi?LPid=10686</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=10625">http://www.uen.org/Lessonplan/preview.cgi?LPid=10625</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=10623">http://www.uen.org/Lessonplan/preview.cgi?LPid=10623</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=16209">http://www.uen.org/Lessonplan/preview.cgi?LPid=16209</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=16215">http://www.uen.org/Lessonplan/preview.cgi?LPid=16215</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5596">http://www.uen.org/Lessonplan/preview.cgi?LPid=5596</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5597">http://www.uen.org/Lessonplan/preview.cgi?LPid=5597</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5604">http://www.uen.org/Lessonplan/preview.cgi?LPid=5604</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5610">http://www.uen.org/Lessonplan/preview.cgi?LPid=5610</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5611">http://www.uen.org/Lessonplan/preview.cgi?LPid=5611</a>  <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=16216">http://www.uen.org/Lessonplan/preview.cgi?LPid=16216</a> </p> <p> <u><a href="#">Come On, Rain</a></u> by Jon J. Muth  <u><a href="#">Berenstain Bears' New Neighbor</a></u> by Stan Berenstain  <u><a href="#">I Pledge Allegiance</a></u> by Bill Martin Jr.  <u><a href="#">Old Henry</a></u> by Joan W. Bloss            Celebrate: Connections Among Cultures by Jan         </p>



			Reynolds
K	<b>Standard 2: Students will develop a sense of self in relation to families and community.</b>	Objective 3: Express relationships in a variety of ways. <ul style="list-style-type: none"> <li>a. Recognize traditions, music, dances, artwork, poems, rhymes, and stories that distinguish cultures.</li> <li>b. Develop skills in storytelling through moving the body and making sounds while pretending to be characters in a familiar story.</li> <li>c. Create and perform/exhibit dances, visual art, music, and dramatic stories from various cultures.</li> </ul>	<a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=18800">http://www.uen.org/Lessonplan/preview.cgi?LPid=18800</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=18801">http://www.uen.org/Lessonplan/preview.cgi?LPid=18801</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=10626">http://www.uen.org/Lessonplan/preview.cgi?LPid=10626</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5599">http://www.uen.org/Lessonplan/preview.cgi?LPid=5599</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=18795">http://www.uen.org/Lessonplan/preview.cgi?LPid=18795</a> <u>Tomie DePaola's Mother Goose</u> by Tomie DePaola <u>The Lemonade Club</u> by Patricia Palacco <u>Goose and Duck</u> by Jean Craighead George <u>Slippers at Home</u> by Andrew Clements <u>Our Tree Named Steve</u> by Alan Zweibel <u>Ameican Tall Tales</u> by Mary Pope Osborne

## ***Standard 3***

<b>Grade</b>	<b>Standard</b>	<b>Objective</b>	<b>Resources</b>
K	<b>Standard 3: Students will develop an understanding of their environment.</b>	a. Objective 1: Investigate changes in the seasons. b. Identify the seasons and represent each with pictures and songs. c. Observe and describe typical weather for each of the seasons. d. Describe the information each of the five senses provides with the changing of seasons. e. Observe and describe changes in behavior of animals as the seasons change. f. Describe how people change their behavior as the seasons change.	<a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=11839">http://www.uen.org/Lessonplan/preview.cgi?LPid=11839</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=11840">http://www.uen.org/Lessonplan/preview.cgi?LPid=11840</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=11841">http://www.uen.org/Lessonplan/preview.cgi?LPid=11841</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=613">http://www.uen.org/Lessonplan/preview.cgi?LPid=613</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=628">http://www.uen.org/Lessonplan/preview.cgi?LPid=628</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5617">http://www.uen.org/Lessonplan/preview.cgi?LPid=5617</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5619">http://www.uen.org/Lessonplan/preview.cgi?LPid=5619</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=13654">http://www.uen.org/Lessonplan/preview.cgi?LPid=13654</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=18795">http://www.uen.org/Lessonplan/preview.cgi?LPid=18795</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5622">http://www.uen.org/Lessonplan/preview.cgi?LPid=5622</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=352">http://www.uen.org/Lessonplan/preview.cgi?LPid=352</a>
K	<b>Standard 3: Students will develop an understanding of their environment.</b>	a. Objective 2: Observe and describe animals in the local environment. b. Observe, describe, draw, and compare familiar animals. c. Describe how young animals are different from adult animals. d. Describe how animals care for their young. e. Observe and imitate the sounds and movements of animals with songs, dances, and storytelling. f. Distinguish between real and make-believe animal behaviors.	<a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=629">http://www.uen.org/Lessonplan/preview.cgi?LPid=629</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=621">http://www.uen.org/Lessonplan/preview.cgi?LPid=621</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=16223">http://www.uen.org/Lessonplan/preview.cgi?LPid=16223</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=16224">http://www.uen.org/Lessonplan/preview.cgi?LPid=16224</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5622">http://www.uen.org/Lessonplan/preview.cgi?LPid=5622</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5629">http://www.uen.org/Lessonplan/preview.cgi?LPid=5629</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5630">http://www.uen.org/Lessonplan/preview.cgi?LPid=5630</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5631">http://www.uen.org/Lessonplan/preview.cgi?LPid=5631</a>
K	<b>Standard 3: Students will develop an understanding of their environment.</b>	a. Objective 3: Recognize symbols and models used to represent features of the environment. b. Recognize that maps and globes are symbols for actual places. c. Identify items on a map of the classroom. d. Explore basic map and globe directions and characteristics (e.g., top, bottom, right, left, land, water, Arctic Ocean, Antarctica). e. Make representations of things observed in the environment (e.g., drawing, painting, building structures with blocks, making models with clay).	<a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=10625">http://www.uen.org/Lessonplan/preview.cgi?LPid=10625</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5622">http://www.uen.org/Lessonplan/preview.cgi?LPid=5622</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5624">http://www.uen.org/Lessonplan/preview.cgi?LPid=5624</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5626">http://www.uen.org/Lessonplan/preview.cgi?LPid=5626</a> <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=5632">http://www.uen.org/Lessonplan/preview.cgi?LPid=5632</a>

# Human Development and Relationships Standard 2 Grades K-2

## Web sites:

Core Academy at USU

<http://coreacademy.usu.edu/Materials/>

Heart Power Online

<http://www.americanheart.org/presenter.jhtml?identifier=3028650>

This website has great lesson plan ideas by grade or core on health.

Jordan Educational Media, Inc. You can get video clips for teaching.

<http://www.jordaneducationmedia.com/>

<http://charactercounts.org>

[www.teachwithmovies.org](http://www.teachwithmovies.org) (may have a fee)

[www.uen.org](http://www.uen.org) Gives lesson plans that follow core

[www.uen.org/dms/](http://www.uen.org/dms/) E-media can download materials