

Health Education Pre-Kindergarten

Goal Students will develop knowledge of their bodies and acquire basic physical skills to keep themselves healthy and safe.

Objectives – The student will develop body awareness and an appreciation of the importance of physical well being to:

- a. Perform some self-care tasks independently by:
 - Washing and drying hands with only occasional reminders
 - Using the toilet independently
 - Using eating utensils
 - Managing dressing tasks independently (putting on coat, pants, boots)
 - Pouring juice or milk from a small pitcher without spilling
 - Using tissues to wipe nose and throwing tissues in the wastebasket
 - Using appropriate body terms to communicate about needs (e.g., “I need a band-aid for my ankle.”)

- b. Follows basic health and safety rules by:
 - Washing hands after using the toilet or before snack and lunch
 - Identifying and categorizing healthy foods
 - Discussing with classmates what “nutritious” means
 - Discussing roles of dentist, doctor, and nurse in keeping people healthy
 - Carrying scissors and pencils with point down
 - Describing safe practices in the home, school, and on the bus and playground, and explaining what makes practices either safe or unsafe
 - Identifying how to respond to emergency situations: call 911, tell an adult.