

## ASD Academic Plan

### Health: Kindergarten

<b>Grade Level: Kindergarten</b>	<p><b>Course Description:</b> This course offers a sequentially developed health curriculum focusing on age appropriate knowledge and skills necessary to maintain and improve over-all health and well-being.</p> <p><b>Overall Goals:</b></p> <ul style="list-style-type: none"> <li>• To facilitate understanding of fundamental health concepts and disease prevention</li> <li>• To build respect for and promote the health and well-being of one’s self and others through appreciation of positive personal and community health values and good communication skills</li> <li>• To promote acceptance of personal responsibility for health enhancing behaviors and reduction of health risks through the use of critical thinking skills</li> <li>• To provide for the informed use of health related information, products, and services</li> <li>• To build resiliency into the process of growth and development</li> </ul>
<b>Length: Year</b>	
<b>Prerequisites: None</b>	
<b>Repeatable for additional credits: N/A</b>	

### Year At a Glance

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
<p><b>Getting Started</b>                      Class Rules and Responsibilities                      Health and SEL                      Getting to Know You                      Working Together</p> <p style="text-align: center;"><b>How to Stay Safe</b>                      Safety Rules - Safety Helpers                      Safety At Home                      Safety At Play                      Safety In the Community</p> <p style="text-align: center;"><b>Personal Safety</b>                      My Body is Special                      Three Kinds of Touches                      The Just Say No Steps                      Where Can You Find Help</p>	<p><b>The Five Senses</b>                      What Are the Senses?                      Our Senses Help Us Learn                      Let’s Use Our Senses                      Problems With the Senses</p> <p style="text-align: center;"><b>Adventure In Food</b>                      Food Needs For Life                      Healthful or Less Healthful                      Good Food Comes In Many Forms                      Before We Eat – Food Handling</p> <p style="text-align: center;"><b>The Family Team</b>                      What Is A Family?                      See How Families Grow and Change                      Family Rules and Jobs                      Families and the Community</p>	<p><b>Going To The Doctor/Dentist</b>                      Your Doctor or Dentist                      Getting a Checkup                      Taking Care of Teeth                      Making Healthful Decisions</p> <p style="text-align: center;"><b>Getting Sick</b>                      What Does It Mean to Be Healthy?                      What Does It Mean to Be Sick?                      How Do You Get Well?                      Helping Those Who Are Sick</p>	<p><b>No Drugs, No Way</b>                      What is a Drug?                      What is Medicine?                      Stay Away From Dangerous Substances                      My Great Body</p> <p style="text-align: center;"><b>Every Day Play</b>                      Everyday Play                      How We Play                      Play is Exercise, Too                      Learning the Rules of Safe Play</p>