

STAYING HEALTHY RECOMMENDED GRADES PRE-K,K,1,2

In this course, students will learn five specific ways to take care of their body systems, including daily physical activity, healthy eating, proper hand-washing, sufficient sleep, and proper dental hygiene. The course also explains the consequences of not utilizing these healthy habits.

TOPICS COVERED

- Physical activity
- Nutrition
- Hand-washing
- Sleep
- Proper dental hygiene habits

OBJECTIVES

- Students will be able to locate their heart and describe its function
- Students will be able to list three cardiovascular activities and explain why regular exercise is important to stay healthy
- Students will be able to list foods from the five food groups
- Students will be able to explain how the digestive system turns food into fuel for the body
- Students will know the number of hours of sleep they need each night and be able to identify the benefits of a sufficient night's sleep on physical and mental health
- Students will be able to list three reasons why people need teeth
- Students will be able to describe and demonstrate proper brushing and flossing
- Students will be able to explain how proper hand-washing can reduce the spread of germs

NATIONAL HEALTH EDUCATION STANDARDS

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks

NATIONAL STANDARDS FOR PHYSICAL EDUCATION

- Standard 6: Values physical health for health, enjoyment, challenge, self-expression, and/or social interaction

ACTIVITIES AND ASSIGNMENTS

Staying Healthy Digital Instruction 15m

STUDENT ASSIGNMENTS

Staying Healthy "While You Watch" worksheet 15m

How Many? 30m

Making Healthy Soda 15m

Pillow Talk 30m

Smile for Physical Activity 15m

CLASSROOM ACTIVITIES

A Fistful of Heart 30m

Dr Seuss' Sleep Book 20m

Glitter Germs 30m

Healthy Foods 20m

Is your Heart getting a good Workout? 30m

Old McDonald had a... 20m

Pass It On! 30m

Stay Away Tooth Decay 20m

The Continuum Health 20m

Individual Courses are priced at \$75.

This course can also be purchased as part of the *Elementary Bundle* for \$650.

