

Align Curricular Unit
Report Description

| Curricular Unit WPS Health K-4 | | Subject: Health and Safety Education | Duration: 9 Weeks | | |
|--|------------------------|--|-------------------------------|---|--|
| Instructional Unit | Unit Summary/ Overview | Essential Questions/Enduring Understandings | Students will need to know... | Students will be able to... | Evidence of Learning/ Assessment |
| Health K: Nutrition and Healthy Living | | <p>EQ 1: What do I need to know to make good decisions and be healthy?</p> <p>EQ 2: What does it truly mean to be healthy?</p> <p>EQ 3: What are some of the body parts?</p> <p>EQ 4: What is the basic function of these body parts?</p> <p>EQ 5: What is physical activity and/ or exercise?</p> <p>EQ 6: What are the benefits of physical activity and exercise?</p> <p>EQ 7: What are some ways to prevent ourselves from catching germs/getting sick?</p> <p>EU 1: The choices one makes affects his/her ability to live a healthy and active lifestyle.</p> <p>EU 2: Recognizing what is healthy vs. unhealthy is essential as choices/decisions are made daily.</p> <p>EU 3: Recognizing the different body parts and their function creates a better understand of their role within one's body.</p> <p>EU 4: Physical activity and/or exercise daily is vital as part of overall health.</p> <p>EU 5: Preventing the advancement of germs to others is key within a population of people.</p> | | <ul style="list-style-type: none"> Identify factors that lead to a healthy lifestyle Recognize and define healthy foods from My Plate and their nutritional value Recognize and define healthy activities Understand the basics of human anatomy and their function Identify foods that are unhealthy Identify ways to be physically active daily Demonstrate knowledge of germs and how they can make people sick | <p>Performance Assessment:</p> <ul style="list-style-type: none"> My Plate Coloring Sheet <p>Formative Assessments:</p> <ul style="list-style-type: none"> Journal Responses in Written or Pictorial Form Poster Creation Role Play Scenarios Worksheets |
| Health 1: Personal Safety and Wellness | | <p>EQ 1: What is the difference between safe and unsafe contact?</p> <p>EQ 2: What can one do to protect themselves from fire?</p> <p>EQ 3: Where should I go if there is a fire in my home?</p> <p>EQ 4: What are some things I should remember when a stranger talks to me?</p> <p>EQ 5: Who should I call/talk to in an emergency?</p> <p>EQ 6: How do viruses spread from person to person?</p> <p>EQ 7: What are some ways to prevent ourselves from catching germs/getting sick?</p> <p>EQ 8: What are the five senses and how do they help us understand the world around us?</p> <p>EQ 9: What are some strategies that I should employ in emergent situations?</p> <p>EU 1: Developing a fire safety plan in your home is essential in the event of an emergency.</p> <p>EU 2: Keeping the lines of communication open with trusted adults is vital when dealing with sensitive issues.</p> <p>EU 3: Preventing the advancement of germs to others is key within a population of people.</p> <p>EU 4: Recognizing a safe touch vs. an unsafe touch is crucial for one's well being.</p> <p>EU 5: The five senses are essential to understanding the world around us.</p> <p>EU 6: Recognizing what to do in emergent situations keeps me safe and others around me.</p> | | <ul style="list-style-type: none"> Recognize and react to emergency situations Identify key individuals & seek them in the event of an emergency or uncomfortable situation Identify ways to prevent the spread of germs Implement an emergency action plan within the family unit Recognize the five senses and their role to understand the world around us | <p>Formative Assessment:</p> <ul style="list-style-type: none"> Crawl Low Under Smoke Crawl Low Under Smoke Answer Key Quiz on Germs Quiz on Germs Answer Key Washing My Hands <p>Performance Assessment:</p> <ul style="list-style-type: none"> Stop, Drop and Roll Picture of a Germ <p>(Note: Scroll to pg. 20 of the Document to pull off the assessment for Picture of a Germ)</p> |

| | | | |
|---|---|--|---|
| <p>Health 2: Keeping Fit and Being Healthy</p> | <p>EQ 1: How can I monitor and manage my oral health?</p> <p>EQ 2: What are the consequences of poor oral health?</p> <p>EQ 3: What are some strategies that can keep me safe while outside the home?</p> <p>EQ 4: How does my understanding of wellness affect my daily life?</p> <p>EQ 5: How can varying family dynamics affect my relationship with those within the family unit?</p> <p>EQ 6: How can I influence others to make healthy choices?</p> <p>EU 1: Developing good oral health habits reduces the risk of bad breath and tooth decay.</p> <p>EU 2: Safety is paramount while navigating daily activities.</p> <p>EU 3: It is important to make an informed decision and be aware of the consequences of that decision.</p> <p>EU 4: The development of conflict resolution skills are paramount within the family unit and within the community at large.</p> <p>EU 5: Recognizing the value of proper nutrition influences the decisions made daily related to wellness.</p> | <ul style="list-style-type: none"> Identify best practices for good oral health Recognize and/or evaluate potential unsafe situations and implement a safe plan Recognize their role within the family unit (dealing with conflict, family dynamics, manners, etc.) Describe/define a daily healthy nutritional plan | <p>Suggested Sequence for Learning</p> <p>Formative Assessment:</p> <ul style="list-style-type: none"> Quiz: Mouth and Teeth Quiz: Hearing Quiz: Hearing (Answer Key) Quiz: Smoking & Answer Key <p>Summative Assessment:</p> <ul style="list-style-type: none"> Wellness Worksheet |
| <p>Health 3 (Drugs & Inhalants, Medicines, Mental and Emotional Health & First Aid)</p> | <p>EQ 1: What is a drug?</p> <p>EQ 2: How do drugs affect the body systems and how does one differentiate between drug use, drug misuse, and drug abuse?</p> <p>EQ 3: How are relationships and decisions affected by drugs and medicines?</p> <p>EQ 4: What are the steps in taking care of scrapes, cuts and bruises?</p> <p>EQ 5: What are some of the physical effects of caffeine?</p> <p>EQ 6: How does fear, stress, anger and grief affect me emotionally?</p> <p>EQ 7: What does it mean to be emotionally and mentally healthy?</p> <p>EQ 8: What tools enable me to practice safe habits?</p> <p>EU 1: Applying first aid procedures can minimize injuries.</p> <p>EU 2: Mental and emotional health affects a person's physical health and well being.</p> <p>EU 3: Limiting daily caffeine consumption is beneficial to nervous system.</p> <p>EU 4: Identifying the physical effects drugs and medicines have on the body affects personal decisions.</p> | <ul style="list-style-type: none"> Identify the physical effects of caffeine Provide basic care for scrapes, cuts, bruises and other injuries Recognize the value of good mental and emotional health Recognize the physical effects of drugs and medicines Practice safety in and out of the home | <p>Suggested Learning Sequence</p> <p>Formative Assessment</p> <ul style="list-style-type: none"> Drugs Quiz Drugs Quiz: Answer Key Peer Pressure Quiz Peer Pressure: Answer Key Stress Quiz Stress: Answer Key <p>Summative Assessment</p> <ul style="list-style-type: none"> Stress Busters *Drugs Poster <p>*Page 2, under activities is where you will find the description for the drug poster</p> |
| <p>Health 4 (Body Changes/Nutrition/Character Development)</p> | <p>EQ 1: How does physical fitness affect my general well being?</p> <p>EQ 2: What are some of the body changes that begin to occur at this point in my life?</p> <p>EQ 3: What are some of the friendship challenges one can face?</p> <p>EQ 4: What impact does proper nutrition have on my health?</p> <p>EQ 5: How does conflict play a role in relationships with others?</p> <p>EU 1: Physical activity and/or exercise, along with practicing proper nutrition daily, are essential components of wellness.</p> <p>EU 2: Managing stress, conflict and needs/feelings of others/self enhances wellness.</p> <p>EU 3: Understanding the basics of puberty helps to facilitate the emotional transition from childhood to adolescent.</p> | <ul style="list-style-type: none"> Identify body changes within males & females, along with the emotional transition Identify and understand the role physical activity and/or exercise, along with nutrition, have on wellness Describe how stress and conflict play a role in relationships | <p>Suggested Sequence of Learning</p> <p>Formative Assessment</p> <ul style="list-style-type: none"> Quiz: Getting Along Quiz: Food Labels <p>Summative Assessment:</p> <ul style="list-style-type: none"> Eating Disorders A Tale of Two Foods |