

# Unit: Health Safety, and Physical Education-Staying Healthy

Content Area: **Health and Physical Education**  
Course(s):  
Time Period: **Trimester 1**  
Length: **Ongoing**  
Status: **Published**

## Brief Summary of Unit

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This unit will inform students about maintaining personal health, making healthy nutrition and lifestyle choices, and developing motor skills.

In this course, students are provided with opportunities to develop skills that pertain to a variety of careers. When completing this course, students can make informed choices and pursue electives that further their study and contribute toward the formation of career interest.

## Standards

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The standards in this unit reflect a developmental progression across grades/ levels and make interdisciplinary connections across content areas including social sciences, technology, career readiness, cultural awareness and global citizenship.

MA.K-12.1: Make sense of problems and persevere in solving them.

MA.K-12.5: Use appropriate tools strategically.

LA.RST.6-8.3: Follow precisely a multistep procedure when carrying out experiments, taking measurements, or performing technical tasks.

HE.PK.2.1.1	Develop an awareness of healthy habits (e.g., use clean tissues, wash hands, handle food hygienically, brush teeth, and dress appropriately for the weather).
HE.PK.2.1.2	Demonstrate emerging self-help skills (e.g., developing independence when pouring, serving, and using utensils and when dressing and brushing teeth).

## Transfer

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## Essential Questions

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- How can I keep myself healthy?
- What can I do for myself?

## **Essential Understandings**

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- We can do things independently
- We can keep ourselves healthy

## **Students Will Know**

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- Demonstrate emerging self help skills
- Develop an awareness of healthy habits
- They are responsible seeking help to and learning to take care of their dressing, eating, toileting and grooming needs within the classroom

## **Students Will Be Skilled At**

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- Covering their cough
- Feeding themselves
- Packing and unpacking their belongings
- Using a clean tissue
- Washing their hands

## **Evidence/Performance Tasks**

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This course is designed to promote skill attainment. Student progression and pace through which they proceed through the performance tasks is based on their affinity for and ability to reach skill attainment. The teacher will determine formative and summative skill attainment; alternative assessments will be incorporated for each student based on their strengths and challenges.

- Answer the essential questions
- Children will attempt to zip and unzip their backpacks at arrival and dismissal time
- Children will be able to identify healthy foods like fruits and vegetables
- Make a craft that promotes good hygiene

## **Learning Plan**

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- Explain how germs are spread and instruct children in techniques to limit the spread of infection (e.g., there are germs on our drinking glasses, which is why we don't share drinks).

- Follow consistent routines regarding washing hands and utensils before and after preparing food and eating.
- Follow consistent routines within the classroom.
- Model appropriate hand-washing and supervise children's hand-washing (e.g., before and after meals, after toileting, after blowing their noses, after messy play).
- Provide opportunities for children to serve themselves, using a variety of appropriately sized utensils, during meal and snack time.

## **Suggested Strategies for Modifications**

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This link includes content specific accommodations and modifications for all populations:

[https://docs.google.com/spreadsheets/d/1vp4\\_sVkiJIcevefjdpDEpUQYy5Jja39vzPvk-fFJrjE/edit](https://docs.google.com/spreadsheets/d/1vp4_sVkiJIcevefjdpDEpUQYy5Jja39vzPvk-fFJrjE/edit)

- additional time on task
- images and visual aids
- Incorporate accommodations and modifications of the students' IEPs
- one-to-one instruction and assistance
- preferential seating