

Grade Curriculum Map
Instructional Plan for Health
Kristin K. Hadenfeldt
St. Paul's Lutheran School
Written: June 2021

**4K Curriculum
Instructional Plan for Health
Submitted by Kristin Hadenfeldt
June 2021**

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	Content Type	Objectives	Standards	Assessment	Materials
AUGUST & SEPTEMBER	<ul style="list-style-type: none"> 24 Wellness 1 	<ul style="list-style-type: none"> students will understand what wellness/healthy means students will identify how to take care of our body students will be able to identify different body parts Children will identify that God made our bodies and wants us to keep them healthy! students will identify different movement skills-running, skipping, jumping, hopping students will identify that movement is part of being healthy 	<ul style="list-style-type: none"> A.EL.Demonstrates behaviors to meet 1a-d self-help and physical needs including sleep habits, dressing, toileting, and eating A.EL.3Demonstrates a healthy lifestyle B.EL. 1a Moves with strength, control, balance, coordination, locomotion, and endurance Purpose and Coordination 	<ul style="list-style-type: none"> observation/aneecdotal notes journals role plays projects photographs 	smartboard, videos, music pictures art supplies: paper, glue, crayons, markers, pencils, scissors white board gym/outdoor play
OCTOBER	<ul style="list-style-type: none"> 20 Wellness 2 	<ul style="list-style-type: none"> students will understand the different functions of our body students will identify those who work to help keep us healthy students will identify different movement skills-running, skipping, jumping, hopping students will identify that movement is part of being healthy students will identify movement skills that we perform to complete daily tasks students will learn and play different large motor games to show how an active lifestyle is fun 	<ul style="list-style-type: none"> A.EL.Demonstrates behaviors to meet 1a-d self-help and physical needs including sleep habits, dressing, toileting, and eating A.EL.3Demonstrates a healthy lifestyle B.EL. 1a Moves with strength, control, balance, coordination, locomotion, and endurance Purpose and Coordination 	<ul style="list-style-type: none"> observation/aneecdotal notes journals role plays projects photographs 	smartboard, videos, music pictures art supplies: paper, glue, crayons, markers, pencils, scissors white board gym/outdoor play gym balls, hula hoops

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<p>N O V E M B E R</p>	<ul style="list-style-type: none"> • 19 • Safety 	<ul style="list-style-type: none"> • identify community workers who keep us safe • identify different items at home and school that could be dangerous (matches, lighters, stove, tools) • identify ways to stay safe at home and at school • students will identify movement skills that we perform to complete daily tasks • students will learn and play different large motor games to show how an active lifestyle is fun • students will learn different exercises to build core strength • students will differentiate different types of physical levels (high, medium, low) • children will differentiate between skipping and galloping; jogging and running 	<ul style="list-style-type: none"> • A.EL.Demonstrates behaviors to meet 1a-d self-help and physical needs including sleep habits, dressing, toileting, and eating • A.EL.2Demonstrates behaviors to meet safety needs • A.EL.3Demonstrates a healthy lifestyle • B.EL. 1a Moves with strength, control, balance, coordination, locomotion, and endurance Purpose and Coordination 	<ul style="list-style-type: none"> • observation/anecdotal notes • journals • role plays • projects • photographs 	<p>smartboard, videos, music pictures art supplies: paper, glue, crayons, markers, pencils, scissors white board gym/outdoor play gym balls, hula hoops</p>
<p>D E C E M B E R</p>	<ul style="list-style-type: none"> • 15 • Safety 	<ul style="list-style-type: none"> • students will compare and contrasts the difference between strangers and people we know • describe safe and appropriate behaviors • differentiate between marching, running and tiptoeing • incorporate patterns and different directions while moving (zig-zag, straight, curve) • keep balance on a balance beam • students will learn and play different large motor games to show how an active lifestyle is fun • students will learn different exercises to build core strength 	<ul style="list-style-type: none"> • A.EL.Demonstrates behaviors to meet 1a-d self-help and physical needs including sleep habits, dressing, toileting, and eating • A.EL.2Demonstrates behaviors to meet safety needs • A.EL.3Demonstrates a healthy lifestyle • B.EL. 1a Moves with strength, control, balance, coordination, locomotion, and endurance Purpose and Coordination 	<ul style="list-style-type: none"> • observation/anecdotal notes • journals • role plays • projects • photographs 	<p>smartboard, videos, music pictures art supplies: paper, glue, crayons, markers, pencils, scissors white board gym/outdoor play gym balls, hula hoops</p>

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J A N U A R Y	<ul style="list-style-type: none"> 21 Healthy Decisions 	<ul style="list-style-type: none"> compare and contrast healthy and unhealthy foods learn how to incorporate healthy food in your daily diet identify what a decision is and how we can make decisions on what kinds of food we eat practice movement skills in game play learn the appropriate movements when rolling a ball Incorporate patterns and different directions while moving (zig-zag, straight, curve) keep balance on a balance beam students will learn and play different large motor games to show how an active lifestyle is fun students will learn different exercises to build core strength 	<ul style="list-style-type: none"> A.EL.Demonstrates behaviors to meet 1a-d self-help and physical needs including sleep habits, dressing, toileting, and eating A.EL.3Demonstrates a healthy lifestyle B.EL. 1a Moves with strength, control, balance, coordination, locomotion, and endurance Purpose and Coordination B.EL.1bMoves with strength, control, balance, coordination, locomotion, and endurance Balance and StrengthB.EL.2Exhibits eye-hand coordination, strength, control, and object manipulation 	<ul style="list-style-type: none"> observation/anecdotal notes journals role plays projects photographs 	cones, bowling pins, balls smartboard, videos, music pictures art supplies: paper, glue, crayons, markers, pencils, scissors white board gym/outdoor play gym balls, hula hoops
F E B R U A R Y	<ul style="list-style-type: none"> 18 Healthy Decisions 	<ul style="list-style-type: none"> identify what a decision is and how we can make decisions on what kinds of food we eat relate decisions to a healthy well being learn how to play on teams roll a ball in with purpose of knocking over an item keep balance on a balance beam students will learn and play different large motor games to show how an active lifestyle is fun students will learn different exercises to build core strength Incorporate patterns and different directions while moving (zig-zag, straight, curve) compare and contrast rolling and throwing 	<ul style="list-style-type: none"> A.EL.3Demonstrates a healthy lifestyle B.EL. 1a Moves with strength, control, balance, coordination, locomotion, and endurance Purpose and Coordination B.EL.1bMoves with strength, control, balance, coordination, locomotion, and endurance Balance and Strength B.EL.2Exhibits eye-hand coordination, strength, control, and object manipulation 	<ul style="list-style-type: none"> observation/anecdotal notes journals role plays projects photographs 	cones, bowling pins, balls smartboard, videos, music pictures art supplies: paper, glue, crayons, markers, pencils, scissors white board gym/outdoor play gym balls, hula hoops

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MARCH	<ul style="list-style-type: none"> 17 Healthy Relationships (SEL) 	<ul style="list-style-type: none"> identify social emotional needs of all people identify different ways to help you calm down when you feel angry or sad identify different ways you can help your friends feel better if they are sad keep balance on a balance beam students will learn and play different large motor games to show how an active lifestyle is fun students will learn different exercises to build core strength students will learn correct movements to throw a ball overhand students will practice rolling a ball to knock over a target use jump ropes and scarves in different music activities perform basic movement skills to music 	<ul style="list-style-type: none"> A.EL.3Demonstrates a healthy lifestyle B.EL. 1a Moves with strength, control, balance, coordination, locomotion, and endurance Purpose and Coordination B.EL.1bMoves with strength, control, balance, coordination, locomotion, and endurance Balance and Strength B.EL.2Exhibits eye-hand coordination, strength, control, and object manipulation A.EL.2 Understands and responds to others' emotions 	<ul style="list-style-type: none"> draw pictures of different people showing their different emotions-have students explain why each person may feel that way observation/anecdotal notes journals role plays projects photographs 	cones, bowling pins, balls smartboard, videos, music pictures art supplies: paper, glue, crayons, markers, pencils, scissors white board gym/outdoor play gym balls, hula hoops
APRIL	<ul style="list-style-type: none"> 20 Healthy Relationships (SEL) 	<ul style="list-style-type: none"> demonstrate healthy decision making when communicating to others if you are angry continue to identify and practice different ways to calm down when you are feeling angry or sad role play how to make others feel better students will learn and play different large motor games to show how an active lifestyle is fun students will learn different exercises to build core strength students will learn correct movements to throw a ball overhand students will throw overhand to hit a target students will participate in an obstacle course use jump ropes and scarves in different music activities perform basic movement skills to music 	<ul style="list-style-type: none"> B.EL. 1a Moves with strength, control, balance, coordination, locomotion, and endurance Purpose and Coordination A.EL.3Demonstrates a healthy lifestyle B.EL.1bMoves with strength, control, balance, coordination, locomotion, and endurance Balance and Strength B.EL.2Exhibits eye-hand coordination, strength, control, and object manipulation A.EL.2 Understands and responds to others' emotions 	<ul style="list-style-type: none"> observation/anecdotal notes journals role plays projects photographs 	smartboard, videos, music pictures art supplies: paper, glue, crayons, markers, pencils, scissors white board gym/outdoor play gym balls, hula hoops

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M A Y	<ul style="list-style-type: none"> 24 Being Safe and Healthy in the Summer 	<ul style="list-style-type: none"> students will learn how to stay safe in the sun (wear a hat, sunscreen, drink lots of water, stay in the shade) students will identify water safety (wear a life vest, never go near or in water without an adult) students will learn and play different large motor games to show how an active lifestyle is fun students will learn different exercises to build core strength students will learn correct movements to throw a ball overhand students will throw overhand to hit a target students will participate in an obstacle course use jump ropes and scarves in different music activities perform basic movement skills to music 	<ul style="list-style-type: none"> A.EL.2Demonstrates behaviors to meet safety needs A.EL.3Demonstrates a healthy lifestyle B.EL.1bMoves with strength, control, balance, coordination, locomotion, and endurance Balance and Strength B.EL.2Exhibits eye-hand coordination, strength, control, and object manipulation 	<ul style="list-style-type: none"> observation/anecdotal notes journals role plays projects photographs 	smartboard, videos, music pictures art supplies: paper, glue, crayons, markers, pencils, scissors white board gym/outdoor play gym balls, hula hoops