

Grade K Curriculum Map for Health  
Integration Plan for Health  
Steve Lehman  
St. Paul's Lutheran School  
Written: July 2020

**Grade Kindergarten Curriculum  
Integration Plan for Health  
Submitted by Cathy S. Tinkey  
July 2019**

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Content Type	Objectives	Standards	Assessment	Area of Curriculum and Specific Unit for Integration
<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• SWBAT               <ul style="list-style-type: none"> <li>o Health</li> <li>o Wellness</li> </ul> </li> <li>• define wellness and its physical and mental aspects</li> <li>• brainstorm self-care practices that support wellness</li> <li>• identify body parts using appropriate terminology</li> <li>o Safety</li> <li>o Relationships</li> </ul>	<ul style="list-style-type: none"> <li>• A. Describe healthy behaviors.</li> <li>• 1:1:A1 Describe ways to prevent common childhood accidents and injuries.</li> <li>• 1:1:A3 List ways to prevent communicable disease. B. Apply knowledge of healthy behaviors.</li> <li>• 1:1:B3 Use multiple dimensions of health (e.g., physical, social, environmental, and emotional) in everyday life.</li> </ul>	<ul style="list-style-type: none"> <li>• Students will wash hands before leaving restroom.</li> <li>• Students will make body puppets. (Organic Puppet Theater)</li> <li>• Students will make full body tracing.</li> <li>• Students will make soap.</li> <li>• Sing body part song (... the ankle bone's connected to the ...)</li> </ul>	<p>Class or Curricular Area: Science</p> <p>Unit: Human Body</p> <p>Lesson: Anatomy</p>
<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• SWBAT               <ul style="list-style-type: none"> <li>o Health</li> <li>o Wellness</li> </ul> </li> <li>• explain the function of body parts in the maintenance of wellness</li> <li>• determine how personal feelings affect wellness               <ul style="list-style-type: none"> <li>o Safety</li> <li>o Relationships</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 1:1:B3 Use multiple dimensions of health (e.g., physical, social, environmental, and emotional) in everyday life.</li> </ul>	<ul style="list-style-type: none"> <li>• Doctor or nurse will visit the classroom to discuss health care.</li> </ul>	<p>Class or Curricular Area: Reading Readiness</p> <p>Unit: Superkids--Doc</p> <p>Lesson: Write in Journals about the visitor to our classroom.</p>

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				<b>Specific Unit for Integration</b>
<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• SWBAT               <ul style="list-style-type: none"> <li>○ Health</li> <li>○ Wellness</li> </ul> </li> <li>• investigate how to access home, school, and community health professionals</li> <li>• discuss the career opportunities in healthcare in the community               <ul style="list-style-type: none"> <li>○ Safety</li> <li>○ Relationships</li> </ul> </li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• 1:1:B1 Describe why it is important to seek health care.</li> <li>• 1:1:B2 Describe why it is important to participate in healthy behaviors.</li> </ul>	<ul style="list-style-type: none"> <li>• Field trip to the toothbrush factory in Eau Claire (Truax Blvd.)</li> <li>• Invite dental assistant into classroom.</li> </ul>	<p>Class or Curricular Area: Language Arts</p> <p>Unit: Letter writing</p> <p>Lesson: Write thank you card to dental assistant and toothbrush factory.</p>
<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• SWBAT               <ul style="list-style-type: none"> <li>○ Health</li> <li>○ Wellness</li> <li>○ Safety</li> </ul> </li> <li>• identify community workers who assist in ensuring safety</li> <li>• discuss potential hazards at home and in school that may cause injury (e.g., accidents, fire, poison, handling tools)               <ul style="list-style-type: none"> <li>○ Relationships</li> </ul> </li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• 1:1:A2 Describe healthy behaviors that impact personal health.</li> <li>• 1:1:B2 Describe why it is important to participate in healthy behaviors.</li> </ul>	<ul style="list-style-type: none"> <li>• Invite fire department personnel to give fire safety talk.</li> <li>•</li> </ul>	<p>Class or Curricular Area: Social Studies</p> <p>Unit: Around the World</p> <p>Lesson: Make map of house showing exits in case of fire.</p>

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<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• SWBAT               <ul style="list-style-type: none"> <li>○ Health</li> <li>○ Wellness</li> <li>○ Safety</li> </ul> </li> <li>• role play situations that threaten safety and ways to deal with strangers               <ul style="list-style-type: none"> <li>○ Relationships</li> </ul> </li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• A. List influences on health behaviors.</li> <li>• 2:1:A1 Identify internal and external factors that may influence health behaviors. B. Analyze various influences on health behaviors.</li> <li>• 2:1:B1 Discuss how family, emotions, peers, and media can influence health behaviors.</li> </ul>	<ul style="list-style-type: none"> <li>• Bring in police officer with special emphasis on child endangerment.</li> </ul>	<p>Class or Curricular Area:            Social Studies</p> <p>Unit: Community and Its Helpers</p> <p>Lesson: In the Family, In the Community</p>

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	<ul style="list-style-type: none"> <li>• SWBAT               <ul style="list-style-type: none"> <li>○ Health</li> <li>○ Wellness</li> <li>○ Safety</li> <li>○ Relationships</li> </ul> </li> <li>• define decisions</li> <li>• describe the reasons why decisions must be examined carefully before enactment</li> <li>• relate decisions to health and well-being</li> <li>• explain influences that affect decision making (e.g., parents, teachers, the media, cultural background)</li> <li>• Physical Education</li> </ul>	<ul style="list-style-type: none"> <li>• 1:1:B3 Use multiple dimensions of health (e.g., physical, social, environmental, and emotional) in everyday life.</li> <li>• 1:1:A2 Describe healthy behaviors that impact personal health.</li> <li>• 1:1:B2 Describe why it is important to participate in healthy behaviors.</li> </ul>	<ul style="list-style-type: none"> <li>• Role play making good choices.</li> <li>• Retell stories about young Abraham Lincoln and making good choices.</li> </ul>	Class or Curricular Area: Social Studies Unit: Great People and Ideas Make America Lesson: Write about young Abraham Lincoln.

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