

Audubon Public Schools

Engaging Students ~ Fostering Achievement ~ Cultivating 21st Century Global Skills

Written By: Don Bundens

Approved April 2011

Reapproved June 2017

Course Title: Health

Unit Name: Learning About Our Well Being

Grade Level: K-2

<p>Content Statements Students will learn basic first aid and safety skills, personal hygiene skills, proper diet and nutrition concepts, and knowledge of physical growth and development.</p>	<p>NJSLS: 2.1.2.A,B,C,D,E All 2.2.2.A.1, B.1-4, C.1-2, D.1, E.1 2.3.2.A.1-2, B.1-5, C.1-2 2.4.2.A.1-3, B.1, C.1</p>
<p>Overarching Essential Questions Why do I need to know about Health Education? Why must I practice good hygiene? Why do I need food? What is a family? Why am I different from others?</p>	<p>Overarching Enduring Understandings Living a healthy lifestyle will enable me to live a longer life. Good personal hygiene, proper diet and nutrition will make me a healthier person. All families are unique.</p>
<p>Unit Essential Questions How does safety affect my overall wellness? What is the difference between healthy and unhealthy foods? What does taking a bath, brushing my teeth, and clean clothes affect my health? How can I live a long, healthy life? What's the physical difference between boys and girls? What are some different kinds of families? What responsibilities do members in a family have?</p>	<p>Unit Enduring Understandings I need to practice good safety habits. I need to make wise food and nutrition choices. Keeping my body clean will promote wellness and help prevent illness. All people are different. All family members have responsibilities.</p>
<p>Unit Rationale Students need to be informed of a healthy lifestyle and sound decision making to promote a lifetime of wellness. They need to know the importance of practicing good health habits and life skills to succeed in the 21st century.</p>	<p>Unit Overview Students will receive information through class discussions, role playing, videos, projects and worksheets that will enable them to understand the importance of a healthy lifestyle. They will understand that wise health choices will lead to a healthier, more productive future.</p>
<p>Authentic Learning Experiences Role playing, practicing good hygiene, discussions, and class and individual projects.</p>	
<p>21st Century Skills and Themes Technology: Smart board, videos, internet, and powerpoint presentations. Global: Discuss international current events as they apply to health issues. Civic Literacy: Students will promote a healthy lifestyle to their family, peers, and community.</p>	
<p>Unit Learning Targets/Scaffolding to CPIs Students will be building off of health habits from home and expand on them and increase their knowledge and understanding in 1st and 2nd grade.</p>	
<p>Key Terms Brush your teeth</p>	

Eat nutritious foods
Get plenty of sleep
Healthy choices
Keep clean
Play safely
Respect your body and take care of it

Instructional Strategies

Discussions, role playing, demonstrations, guest speakers, assembly programs, worksheets, videos, poster contests.

Customizing Learning/ Differentiation

Allow more time for students with learning disabilities. Partner gifted students with students with disabilities when doing class projects

Formative Assessments

Student participation and interaction; question and answer responses; and teacher observation.

Interdisciplinary Connections

Science
Math
Reading

Resources

Videos/DVD's:

- Magic School Bus "Inside Ralphie"
- Magic School Bus "For Lunch"
- "McGruff on Gun Safety"
- "I'm No Fool, Pedestrian Safety"
- "Yoo Hoo"
- "Fire Safety for Kids"
- "Stop, Drop, and Roll"
- "Sparky's Great Fire Escape"
- "Bicycle Safety Camp"
- "Sooper Puppy Learns About Strangers"
- "The Clean Club"
- "Dental Defenders vs. Cavity Creeps"
- "The Sneeze: How germs are Spread"
- "Stop Bullying Now"
- "McGroark Learns About Prejudice"
- "McGroark Learns About Anger"
- "McGroark Learns About Bullying"
- "The Heart Treasure Chest"
- "A Healthy Body"
- "Blood and Circulation"
- "Kids Nutrition"

Textbooks/Storybooks:

- "Our Skeleton"
- "How Your Body Works"
- "Safe at Home"
- "What Are Drugs?"
- "Fun With Fitness"
- "Gym Day Winner"
- "Health and Fitness"
- Class Textbooks

Health and fitness related worksheets/handouts, and written work from textbook

Suggested Activities for Inclusion in Lesson Planning

Videos, Smart Board activities/games, worksheets/handouts, power point presentations, posters/drawings.

Unit Timeline

Safety and First Aid: 10 lessons
Personal Hygiene: 5 lessons

Nutrition: 5 lessons
 Human Growth and Development: 4 lessons
 Human Relationships: 3 lessons
 Social and Emotional Health: 3 lessons

Differentiation & Real World Connections		
504	<ul style="list-style-type: none"> ● preferential seating ● extended time on tests and assignments ● reduced homework or classwork ● verbal, visual, or technology aids 	<ul style="list-style-type: none"> ● modified textbooks or audio-video materials ● behavior management support ● adjusted class schedules or grading ● verbal testing
Enrichment	<ul style="list-style-type: none"> ● Utilize collaborative media tools ● Provide differentiated feedback ● Opportunities for reflection ● Opportunities for self-evaluation 	<ul style="list-style-type: none"> ● Encourage student voice and input ● Model close reading ● Distinguish long term and short term goals
IEP	<ul style="list-style-type: none"> ● Utilize “skeleton notes” where some required information is already filled in for the student ● Provide access to a variety of tools for responses ● Provide opportunities to build familiarity and to practice with multiple media tools ● Graphic organizers 	<ul style="list-style-type: none"> ● Leveled text and activities that adapt as students build skills ● Provide multiple means of action and expression ● Consider learning styles and interests ● Provide differentiated mentors
ELLs	<ul style="list-style-type: none"> ● Pre-teach new vocabulary and meaning of symbols ● Embed glossaries or definitions ● Provide translations ● Connect new vocabulary to background knowledge 	<ul style="list-style-type: none"> ● Provide flash cards ● Incorporate as many learning senses as possible ● Portray structure, relationships, and associations through concept webs ● Graphic organizers
At-risk	<ul style="list-style-type: none"> ● Purposeful seating ● Counselor involvement ● Parent involvement 	<ul style="list-style-type: none"> ● Contracts ● Alternate assessments ● Hands-on learning
21st Century Skills		
<ul style="list-style-type: none"> ● Creativity ● Innovation ● Critical Thinking 		<ul style="list-style-type: none"> ● Problem Solving ● Communication ● Collaboration

Integrating Technology

- Chromebooks
- Internet research
- Online programs

- Virtual collaboration and projects
- Presentations using presentation hardware and software

Career education

- Weekly Discussions: The value of a healthy workforce.

- Equity Discussions: People who benefit from the practice?