

PRESCHOOL

STANDARD ONE: **PRESCHOOL**

National Standard 1: The student will identify and demonstrate health promotion and disease prevention concepts.
(Illinois Standards for Health: Early Elementary Students)

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>Critical for Mastery at Preschool: PK.01.01 Know the names and locations of some body parts.</p>	<ul style="list-style-type: none"> • Identify head, eyes, arms, legs, hair, etc. 	<p>Art: Draw a life-size "me;" label appropriately.</p>
<p>PK.01.02 Know basic ways to protect one's own health.</p>	<ul style="list-style-type: none"> • Demonstrate washing hands and brushing teeth properly. • Reinforce safety rules: <ul style="list-style-type: none"> - street crossing - playground, etc. • Differentiate between safe and harmful items at home and school: poisonous liquids, knives, firearms, matches, etc. • Recognize "Mr. Yuk" poison symbol. • Demonstrate: "If it's wet and not yours, don't touch it." 	<p>"Role play" appropriate behaviors.</p>
<p>PK.01.03 Know that physical activity helps good health.</p>	<ul style="list-style-type: none"> • Point out and begin to notice changes that accompany moderate to vigorous activity (sweating, faster heart rate, faster breathing). • Participate in periods of rest and physical activity. 	<p>P.E.: Perform vigorous activity followed by periods of rest.</p>
<p>PK.01.04 Know the importance of a good diet.</p>	<ul style="list-style-type: none"> • Identify a variety of healthy foods. • Be familiar with USDA Food Pyramid/ current recommendations. 	<p>Art: Draw/color a variety of healthy foods.</p>

STANDARD TWO: PRESCHOOL

National Standard 2: The student will learn to access and utilize valid health information and health promoting products and services.
(Illinois Standards for Health: Early Elementary Students)

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>Significant to Develop at Preschool: PK.02.01 Know several "health helpers."</p>	<ul style="list-style-type: none">• Identify doctor, nurse, dentist in illustrations.• State simple tasks each health professional might do.	<p>Speaker: Invite a health professional.</p> <p>Literature: Listen to stories about health professionals.</p>

STANDARD THREE: PRESCHOOL

National Standard 3: The student will practice behaviors that promote health and reduce health risks.
(Illinois Standards for Health: Early Elementary Students)

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>Critical for Mastery at Preschool: PK.03.01 Know when and how to perform basic health behaviors.</p>	<ul style="list-style-type: none"> • Wash hands before eating and after using toilet. • Dispose of tissues properly after using to blow nose. • With help, choose suitable "weather protection:" <ul style="list-style-type: none"> - coat/sweater - boots, other rainwear - sunscreen - insect repellent • Cooperate with vision and hearing screening. 	<p>Literature: Choose stories that investigate/explore the seasons of the year.</p> <p>Music: Learn and sing songs about the weather.</p>
<p>PK.03.02 Know basic rules for fire safety.</p>	<ul style="list-style-type: none"> • Agree that fire is dangerous and to be treated with caution. • Respond appropriately to fire drill (and/or other emergency drills). 	<p>Speaker: Firemen/women Visit local firehouse. Practice drills regularly.</p>

STANDARD THREE: PRESCHOOL

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>PK.03.03 Know the value of making healthy food choices.</p>	<ul style="list-style-type: none"> • Choose and eat healthy foods for meals and snacks with encouragement. • Identify fruits, vegetables, grains, as healthy food choices. • Agree that eating a healthy breakfast is important. • Relate healthy food to good health and growth. 	<p>Plan a meal; draw/color the meal on a placemat. Keep a height chart and update it regularly.</p>
<p>PK.03.04 Know safe ways medicines are used.</p>	<ul style="list-style-type: none"> • Agree that medication is only to be taken from a parent or other appropriate adult. 	<p>"What Children Want to Know About Medicines" web site</p>

STANDARD FOUR: PRESCHOOL

National Standard 4: The student will analyze the influence of culture, media, technology and other factors on health.
(Illinois Standards for Health: Early Elementary Students)

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>Significant to Develop at Preschool: PK.04.01 Know that people value health and learn about staying healthy in many ways.</p>	<ul style="list-style-type: none">• Make a collage of “health topics:” healthy foods, people exercising/in sports, doctors, nurses, etc.	<p>Religion: Discuss the great gift of life. Make colorful posters and audiovisual materials in the classroom that illustrate a healthy diet, behaviors, etc.</p>

STANDARD FIVE: PRESCHOOL

National Standard 5: The student will utilize social and communication skills to enhance health.
(Illinois Standards for Health: Early Elementary Students)

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>Significant to Develop at Preschool: PK.05.01 Know how to express needs, wants, and feelings verbally.</p>	<ul style="list-style-type: none"> • Use socially acceptable ways to resolve conflicts. 	<p>Religion: Listen to Bible stories about needs, wants and feelings. Literature: Listen to stories/poems about conflict resolution. “Role-play” acceptable social behavior.</p>
<p>PK.05.02 Know how to get adult help when ill or injured.</p>	<ul style="list-style-type: none"> • Able to call “911” in an emergency. • Participate in activities to avoid dangerous situations. 	<p>Officer Friendly Program Practice making calls for help on a toy phone.</p>

STANDARD SIX: PRESCHOOL

National Standard 6: The student will use goal-setting and decision-making skills to enhance health.
(Illinois Standards for Health: Early Elementary Students)

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>Significant to Develop at Preschool: PK.06.01 Know certain behaviors keep a person healthy.</p>	<ul style="list-style-type: none">• Verbalize healthy choices with encouragement.• Understand that the reason to visit doctor, dentist, etc., is to stay healthy.	<p>Speaker/visitors: Doctor, nurse, dentist</p>

STANDARD SEVEN: PRESCHOOL

National Standard 7: The student will use goal-setting and decision-making skills to enhance health.
(Illinois Standards for Health: Early Elementary Students)

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>Critical to Develop at Preschool: PK.07.01 Know she/he is part of a family and also part of a classroom group.</p>	<ul style="list-style-type: none">• Understand the need to follow classroom and family rules.• Tell about my role/responsibilities in my family.• Tell about my role/responsibility in school.• Demonstrate the ability to follow simple safety rules and procedures while participating in group activities.• Demonstrate the ability to cooperate with others while participating in group activities.	<p>Literature: Read stories about many kinds of families. Plan a visit to another nearby preschool.</p> <p>Literature: Read stories that tell about cooperation. Music: Sing songs that tell about cooperation.</p>