

COURSE: Health	GRADE(S): Kindergarten
UNIT: Growth and Development	TIMEFRAME: 3 classes (15 – 20 minute lessons)

<p>NATIONAL STANDARDS:</p> <p>STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>STANDARD 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p>

<p>STATE STANDARDS:</p> <p>10.1 Concepts of Health</p> <p>10.1.3.B. Identify and know the location and function of the major body organs and systems</p>
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<p>Lesson 1- Senses</p> <p>OBJECTIVES:</p> <p>Define senses</p> <p>Identify the 5 senses</p> <p>Lesson 2: How your body is growing and changing.</p> <p>OBJECTIVES:</p> <p>Recall what it means to grow.</p> <p>Identify and locate basic body parts.</p>	<p>CONTENT:</p> <p>Your Senses help you find out about the world. They help you to stay safe and they help you enjoy the things around you.</p> <ul style="list-style-type: none"> • The Five Senses are: <ul style="list-style-type: none"> ▪ Sight ▪ Hearing ▪ Smell ▪ Taste ▪ Touch • Your body grows and changes in many ways. You grow when you become taller and heavier. All living things grow and change. People, animals and plants are all living things. • Basic Body Parts <ul style="list-style-type: none"> ▪ Head ▪ Legs ▪ Arms ▪ Chest ▪ Feet ▪ Hands ▪ Eyes ▪ Ears ▪ Nose
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<p>Identify and locate major organs in the body.</p>	<ul style="list-style-type: none"> • Major Body Organs: <ul style="list-style-type: none"> ▪ Heart – is a muscle that pumps blood. Your heart pumps blood each time it beats. Your heart beats faster and works harder when you exercise. The exercise makes your heart strong. ▪ Lungs – helps you to breathe. When you breathe, air goes in and out of your body. Your nose and mouth take in air and then air moves to your lungs. Your mouth, nose and lungs help you breathe. ▪ Brain -your brain is the boss of your body. It runs the show and controls just about everything you do, even when you're asleep. Not bad for something that looks like a big, wrinkly, gray sponge.
<p>ACTIVITIES:</p> <p>Pair Share: Students will tell a partner what the 5 senses are and give an example of how they would use each of the five senses.</p> <p>Students will define what it means to grow and circle examples of how people, animals and plants grow.</p> <p>Student will locate the body parts and body organs on a diagram and draw a line matching the name of the part/organ with a picture.</p> <p><i>Teacher directed differentiated instructional projects and activities are ongoing and based on student need.</i></p> <p>RESOURCES:</p> <p><i>Harcourt Health and Fitness, Harcourt School Publishers Copyright 2007 – Chapter 1: You are growing.</i></p> <p>http://kidshealth.org/misc/movie/bodybasics/bodybasics_brain.html</p>	<p>ASSESSMENTS:</p> <p><u>Lesson 1:</u> Students will identify the 5 sense and tell how they can use each of the senses on a daily basis.</p> <p><u>Lesson 2:</u> Students will state what it means to grow and give examples they have grown or changed.</p> <p><u>Lesson 3:</u> Students will locate body parts and body organs and match them with the appropriate name.</p> <p>REMEDIATION:</p> <p>Teacher will review necessary content with student and provide a reinforcing activity.</p> <p>Peer assistance: students will work with a partner to identify</p> <ul style="list-style-type: none"> ▪ senses ▪ basic body parts ▪ major body organs and their functions. <p>ENRICHMENT:</p> <p>Create a picture of the body and identify basic body parts, major organs and the body parts that allow the senses to work.</p>