

# **BILLINGS PUBLIC SCHOOLS**

## **HEALTH ENHANCEMENT**

### **KINDERGARTEN**

#### **PHILOSOPHY**

The health enhancement curriculum seeks to educate children regarding the importance of self-responsibility in achieving and maintaining a healthy lifestyle. Its purpose is to help young people take an active role in protecting, maintaining and improving their health while, at the same time, sensitizing them to critical ethical and moral issues that confront our society. It integrates lifestyle management throughout the curriculum and focuses on the total self. It addresses the intellectual, social, emotional and physical dimensions of self in addition to activity and sport. It emphasizes health as a value in life and enhances critical thinking, decision making and problem solving skills regarding health.

Therefore, as an educational system we believe we can teach all children and all children can learn. We believe accessing knowledge, reasoning, questioning, and problem solving are the foundations for learning in an ever-changing world. We believe education enables students to recognize and strive for higher standards. Consequently, we will commit our efforts to help students acquire knowledge and attitudes considered valuable in order to develop their potential and/or their career and lifetime aspirations.

#### **STATE STANDARDS**

- I. The students have a basic knowledge and understanding of concepts that promote comprehensive health.**
- II. The students demonstrate competency in a variety of movement forms.**
- III. The students apply movement concepts and principles while learning and developing motor skills.**
- IV. The students achieve and maintain a challenging level of health-related physical fitness.**
- V. The students demonstrate the ability to use critical thinking and decision making to enhance health.**
- VI. The students demonstrate interpersonal communication skills to enhance health.**
- VII. The students demonstrate health-enhancing behaviors.**

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**LEARNER OBJECTIVES**

**I. The students have a basic knowledge and understanding of concepts that promote comprehensive health.**

1. identify parts of the body.
2. recognize that exercise increases heartbeat.
3. discuss first aid for cuts, scrapes, and nose bleeds.

**II. The students demonstrate competency in a variety of movement forms.**

1. demonstrate basic form in walk, jog, and run.
2. distinguish between mature form in hop & gallop.
3. combine two or more locomotor movements (e.g. run & gallop).
4. apply movement skills in locomotor games.
5. demonstrate throw, catch, and kick from a stationary position.
6. demonstrate twist, stretch, squat, bend and turn.
7. demonstrate movement competency in shapes, pathways, levels & speed.
8. acquire skills in space awareness, effort, and relationships with people and objects.
9. travel to the beat of even and uneven rhythms.

**III. The students apply movement concepts and principles while learning and developing motor skills.**

1. recognize basic cognitive concepts associated with movement and how to use them to guide their performance in body management and dance.
2. recognize and apply concepts of pathway, level and direction to locomotor patterns.
3. recognize and apply characteristics of fundamental motor patterns (e.g. taking a step with leg opposite throwing arm).
4. recognize that practice and experience makes one better.
5. recognize that people the same age may differ physically and cognitively; regular physical activity is good for all ages.

**IV. The students achieve and maintain a challenging level of health-related physical fitness.**

1. identify signs of physical activity.
2. recognize that exercising muscles makes them stronger.
3. identify physical activity opportunities for recess.
4. understand that exercise contributes to improved health.
5. participate in a variety of developmentally appropriate fitness activities involving components of health-related physical fitness.

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**V. The students demonstrate the ability to use critical thinking and decision making to enhance health.**

1. recognize that all actions require choices.
2. recognize that all choices have positive or negative consequences.
3. recall the importance of accepting responsibility for one's actions.
4. demonstrate resolution to simple conflicts.
5. demonstrate ability to share equipment and space.
6. apply rules and procedures with teacher reinforcement.
7. apply established safe practices with teacher reinforcement.

**VI. The students demonstrate interpersonal communication skills to enhance health.**

1. discuss healthy ways of dealing with feelings.
2. show respect for others rights & feelings.
3. identify and show respect for other gender; and be considerate of others who are different.
4. demonstrate active listening skills.
5. identify non-violent strategies to resolve conflicts.

**VII. The students demonstrate health-enhancing behaviors.**

1. show respect for other's property.
2. interact with peers.
3. shows enjoyment toward physical activity.
4. practices self-expression through movement.
5. attempt movement activities and challenges.