

NFC ACADEMY

KINDERGARTEN DAILY LESSON PLANNER

HEALTH LESSONS

NFC ACADEMY | 3000 N. MERIDIAN ROAD, TALLAHASSEE, FL 32312

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Kindergarten Health Lessons

Homeschool Parent: Health education is an integral part of the curriculum at every level. Physical fitness, nutrition, personal health, emotional health, the functioning of the body systems—all strands of the health curriculum---affect the whole child. Biblical health education plays a role in developing children and equipping them to serve God in the world. The Horizons Health series helps students learn about proper personal and dietary health. The series also teaches students about personal safety. The series includes a science component teaching students about their body systems. There is much more to this Health series than teaching students about healthy choices in many aspects of their lives. Parents may exercise their choices of any lesson material they prefer not to include for their teaching.

Weekly Format: Your Teacher's Book offers you several different weekly formats for the lesson series. We encourage you to do that which best fits your homeschool schedule. The various formats offered are for schools that may have classes 3-4-5 days. You can do what is best for your schedule.

Activities: All students and especially young children learn from "hands-on," and we encourage you to do as much as possible as your time permits. A parent should find much pleasure in seeing their little ones in their own special way arrive at new understandings of the Health. Rejoice with them as they do so.

Grading: At this age, grades are not the most important aspect for kindergarten in Health. We suggest you discuss with your NFC Academy Kindergarten Resource Teacher how you want to treat Health when it comes to grading.

Goals/Vocabulary/Unit Resources: Be familiar with each unit's goals and what you will want to emphasize. This curriculum is family sensitive, and you have options to cover all material or selected material. Additional resources are listed in each unit, and you will want to plan ahead for any of the listed resources you will want to incorporate.

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<u>Week</u>	<u>Date to Complete</u>	<u>Unit</u>	<u>Lesson</u>	<u>Teacher's Guide</u>	<u>Student Book</u>
1	_____	1	1 – Created Unique	p. 25-28	
1	_____	1	2 – Alike and Different	p. 29-30	
2	_____	1	3 – Introducing Four Feelings	p. 31-32	
2	_____	1	4 – Feeling Happy and Angry	p. 33-34	
3	_____	1	5 – Feeling Afraid	p. 35-36	
3	_____	1	6 – Feeling Sad	p. 37-38	
4	_____	1	7 – Relating Situations and Feelings	p. 39-40	Student Activity 1 – p. 3 Student Activity 2 – p. 5
4	_____	1	8 – Relating to Others' Feelings	p. 41-42	
5	_____	2	1 – A Family is...	p. 48-49	
5	_____	2	2 – Like Mother, Like Daughter Like Father, Like Son	p. 50-52	Student Activity – p. 7
6	_____	2	3 – All Together Now	p. 53-54	
6	_____	2	4 – Ups and Downs	p. 55-56	
7	_____	2	5 – Our Families and the Family of God	p. 57-58	
7	_____	2	6 – Living with Death	p. 59-61	
8	_____	1-2	Review Units 1 and 2		
9	_____	3	1 – Mind your Manners	p. 66-67	
9	_____	3	2 – Listening	p. 68-69	

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10	_____	3	3 – Sharing	p. 70-71	Student Activity – p. 9
10	_____	3	4 – Cooperating	p. 72-73	
11	_____	3	Review Unit 3		
12	_____	4	1 – Developing Body Awareness	p. 79-80	
12	_____	4	2 – The Five Senses—Introduction	p. 81-82	
13	_____	4	3 – Sense of Sight	p. 83-84	Student Activity 1 – p. 11 Student Activity 2 – p. 13
13	_____	4	4 – Sense of Smell	p. 85-86	Student Activity 1 – p. 15 Student Activity 2 – p. 17
14	_____	4	5 – Sense of Hearing	p. 87-89	Student Activity 1 – p. 19 Student Activity 2 – p. 21
14	_____	4	6 – Sense of Taste	p. 90	Student Activity 1 – p. 23 Student Activity 2 – p. 25
15	_____	4	7 – Sense of Touch	p. 91-92	Student Activity 1 – p. 27 Student Activity 2 – p. 29
15	_____	4	8 – Celebrating God's Gift	p. 93	Student Activity – p. 31
16	_____	4	Review Unit 4		
17	_____	5	1 – Choosing to be Healthy	p. 99-100	Student Activity – p. 33

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17	_____	5	2 – Dressing to Stay Healthy	p. 101-102	Student Activity 1 – p. 35 Student Activity 2 – p. 37
18	_____	5	3 – Exercising to Stay Healthy/ Turning Summersaults	p. 103-104	Student Activity 1 – p. 39 Student Activity 2 – p. 41
18	_____	5	4 – Resting to Stay Healthy/ Lullaby and Goodnight	p. 105-106	Student Activity – p. 43
19	_____	5	5 – Food for Energy and Growth	p. 107-108	Student Activity – p. 45
19	_____	5	6 – Plant or Animal?	p. 109-110	Student Activity 1 – p. 47 Student Activity 2 – p. 49
20	_____	5	7 – Personal Grooming	p. 111-112	Student Activity 1a – p. 51 Student Activity 1b – p. 53 Student Activity 2 – p. 55
20	_____	5	8 – Two Sets of Teeth	p. 113-114	Student Activity – p. 57
21	_____	5	9 – Taking Care of Teeth	p. 115-116	Student Activity – p. 59
21	_____	5	10 – Getting Dental Checkups	p. 117-118	
22	_____	5	Review Unit 5		
23	_____	6	1 – All About Rules	p. 125-126	Student Activity 1 – p. 61 Student Activity 2 – p. 63

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23	_____	6	2 – Safety on the Street	p. 127-128	Student Activity 1 – p. 65 Student Activity 2 – p. 67 Student Activity 3 – p. 69 Student Activity 4 – p. 71 Student Activity 5 – p. 73
24	_____	6	3 – Stranger Education	p. 129-130	
24	_____	6	4 – Reporting Emergencies	p. 131-132	Student Activity – p. 75
25	_____	6	5 – Fire Safety-Crawling Low	p. 133-134	Student Activity – p. 77
25	_____	6	6 – Stop, Drop, and Roll	p. 135-136	Student Activity 1 – p. 79 Student Activity 2 – p. 81
26	_____	6	7 – Appropriate and Inappropriate Touching	p. 137-139	Student Activity – p. 83
27	_____	6	Review Unit 6		
28	_____	7	1 – Sick Days	p. 145-147	Student Activity – p. 85
28	_____	7	2 – Taking Your Medicine	p. 148-149	Student Activity 1 – p. 87 Student Activity 2 – p. 89 Student Activity 3 – p. 91 Student Activity 4 – p. 93 Student Activity 5 – p. 95

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29	_____	7	3 – Be Smoke Free	p. 150-151	Student Activity 1 – p. 97 Student Activity 2 – p. 99
29	_____	7	4 – That's Poison	p. 152-153	Student Activity 1 – p. 101 Student Activity 2 – p. 103
30	_____	7	5 – Culminating Health Lesson	p. 154-155	Student Activity – p. 105

Congratulations, this section is complete!

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