Scope and Sequence
Kindergarten Health

Subject	Grade	9 Weeks	Estimated Time Frame
Health Education	K	All Year	Ongoing

TEKS / Student Expectations:	Examples / Specifications:
K.1A Identify and practice personal health habits that help individuals stay healthy such as a proper amount of sleep and clean hands	K.1A Such as age appropriate bed time hours and how to fight germs
K.1B Identify types of foods that help the body grow such as healthy breakfast foods and snacks	K.1B Such as drinking milk and eating fruit
K.1C Identify types of exercise and active play that are good for the body	K.1C Such as running, skipping, hopping and playing tagging games
K.2A Identify the purpose of protective equipment such as a seat belt and a bicycle helmet	K.2A Classroom discussion about how to prevent serious head and/or body injury
K.2B Identify safe and unsafe places to play such as a back yard and a street	K.2B Discussions such as possible street traffic dangers
K.2C Name the harmful effects of tobacco, alcohol, and other drugs	K.2C Such as lung disease, chronic cough, and possibility of unsafe behavior
K.2E Practice safety rules during physical activity such as water safety and bike safety	K.2E Such as never swimming alone and wearing a safety helmet
K.3B Plan a healthy meal and/or snack	K.3B Classroom discussions on ways to incorporate more fruits and vegetables into your diet
K.4A Name the Five Senses	K.4A Such as taste, touch, smell, sight, and hearing
K.4B Name major body parts and their functions	K.4B Such as the heart pumps blood and the lungs let you breathe
K.4C Name and demonstrate good posture principles	K.4C Such as standing straight with shoulders back

2016

Scope and Sequence
Kindergarten Health

Language of Instruction:	Instructional Resources/Textbook Correlations:
	Coordinated School Health Program: _SPARK_ – Healthy Lifestyle Choices (HLC) .
External Assessment:	**Weblinks / Other Resources:** _Located Under Resources Tab_
Best Instruction:	**Local Assessment:**

2016