
Coal City Unit District #1
Kindergarten
Health Curriculum

HE.K:1 Students will be able to identify the basic structure and function of human body. (IL 23A)

- HE.K:1-1 Identify chest.
- HE.K:1-2 Identify back.
- HE.K:1-3 Identify arm.
- HE.K:1-4 Identify hand.
- HE.K:1-5 Identify foot.
- HE.K:1-6 Point to the bendable parts that hold our body parts together. (e.g. shoulder, elbow, wrist, hip, and ankle)
- HE.K:1-7 Point to the elbow.
- HE.K:1-8 Point to the wrist.
- HE.K:1-9 Point to the hip.
- HE.K:1-10 Point to the ankle.
- HE.K:1-11 Position the eyes.
- HE.K:1-12 Position the ears.
- HE.K:1-13 Position mouth.
- HE.K:1-14 Position the nose correctly on a human body.
- HE.K:1-15 Explain the function of our skeletal system as it gives us our shape.

HE.K:2 Students will be able to identify the basic principles and function of the cardiorespiratory system. (IL 20B, IL 23A)

- HE.K:2-1 Identify the heart as the muscle that runs our cardiovascular system.
- HE.K:2-2 Find their heartbeat by placing hand on chest.
- HE.K:2-3 Describe the basic changes of the body when exercising. (e.g. begin to sweat, fatigue skin changes color, increased heart beat)
- HE.K:2-4 Identify the difference between sleep and exercising through pictures.
- HE.K:2-5 Identify exercise and play as things that make our heart stronger.
- HE.K:2-6 Recite causes leading to a heart attack. (e.g. lack of exercise, smoking, poor diet, stress)

HE.K:3 Students will be able to identify the basic principles of nutrition. (IL 23B)

- HE.K:3-1 Identify that food gives us energy.
- HE.K:3-2 Identify healthy versus unhealthy snacks/foods.
- HE.K:3-3 Categorize certain fruits. (e.g. apple, orange, banana, grape)
- HE.K:3-4 Categorize certain vegetables. (e.g. corn, carrot, lettuce, potato)

HE.K:4 Students will be able to identify the difference between good and bad hygiene habits. (IL 22A)

- HE.K:4-1 Identify washing your hair as a way of keeping your body clean.
- HE.K:4-2 Identify washing your body as a daily hygiene habit.
- HE.K:4-3 Identify proper hand washing as an important hygiene habit.
- HE.K:4-4 State the importance of brushing and flossing teeth.
- HE.K:4-5 Demonstrate how to cover mouth with sleeve when coughing or sneezing.
- HE.K:4-6 Explain why food or drink should not be shared.
- HE.K:4-7 State a reason it is important to wear socks with shoes.

HE.K:5 Students will be able to identify good safety procedures. (IL 22A)

- HE.K:5-1 Demonstrate proper tornado drill safety while in school.
- HE.K:5-2 Demonstrate proper fire drill safety while in school.
- HE.K:5-3 Demonstrate safe use of a crosswalk and guard.
- HE.K:5-4 State why it is important to look left and right before crossing.
- HE.K:5-5 Recognize color of a stop sign.
- HE.K:5-6 Recite first and last name.
- HE.K:5-7 Identify who a stranger can be.
- HE.K:5-8 Identify the vehicles of a police officer and firefighter.
- HE.K:5-9 State the role of a school nurse.
- HE.K:5-10 Identify 911 as the emergency number.

HE.K:6 Students will be able to recognize how lifestyle decisions affect overall health and illness. (IL 24B)

- HE.K:6-1 Recite that smoking causes cancer.
- HE.K:6-2 Identify that cavities are caused by not brushing and flossing your teeth.
- HE.K:6-3 Recognize that cancer is an illness that is harmful.

HE.K:7 Identify sources and causes of environmental health risks (IL 22C)

- HE.K:7-1 Understand that sunburns can lead to skin disease.
- HE.K:7-2 Recite that air pollution is harmful to your lungs.
- HE.K:7-3 Explain that germs exist in dirt, soil, or mud.