

NJDOE MODEL CURRICULUM

CONTENT AREA: Health	GRADE: K-2	UNIT #: 1	UNIT NAME: Wellness
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#	STUDENT LEARNING OBJECTIVES	CORRESPONDING NJCCCS
1	Develop and demonstrate an awareness of healthy habits (use clean tissues, wash hands, handle food hygienically)that support personal wellness. K	(2.1.P.A.1, 2.1.P.C.1)
2	Demonstrate independence when applying emerging self-help skills (using utensils, choosing clothes, brushing teeth). K	(2.1.P.A.1, 2.1.P.A.2)
3	Explain how healthy habits and self-help skills support wellness. (i.e. personal hygiene, independence skills) 1	(2.1.P.A.2, 2.1.2.A.1)
4	Explain how participating in regular physical activity promotes overall personal wellness. 1	(2.6.2.A.1)
5	Identify body parts (i.e. heart, lungs, legs etc.) using correct terminology and explain how they are supported through regular physical activity. 2	(2.1.2.A.2, 2.6.2.A.1)
6	Identify how feelings and actions can affect personal wellness. 2	(2.1.2.C.3)
7	Identify healthy food choices. K	(2.1.2.B.1)
8	Investigate different foods and food groups and demonstrate an awareness of nutritional value. 1	(2.1.P.B.1, 2.1.2.B.2)
9	Explain which foods from My Plate are healthier and why they contain more nutritional value through identifying information on nutritional labels. 2	(2.1.2.B.1, 2.1.2.B.2, 2.1.2.B.3)
10	Identify symptoms and demonstrate strategies to prevent the spread of disease and health conditions. 2	(2.1.2.C.1, 2.1.2.C.2)

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Code #	NJCCCS
2.1- Wellness	
A .Personal growth and development	P Developing self-help skills and personal hygiene skills promotes healthy habits.
	2.1.P.A.1 Develop an awareness of healthy habits (e.g., use clean tissues, wash hands, handle food hygienically, brush teeth, and dress appropriately for the weather).
	2.1.P.A.2 Demonstrate emerging self-help skills (e.g., develop independence when pouring, serving, and using utensils and when dressing and brushing teeth).
	2 Health-enhancing behaviors contribute to wellness.
	2.1.2.A.1 Explain what being “well” means and identify self-care practices that support wellness. 2.1.2.A.2 Use correct terminology to identify body parts, and explain how body parts work together to support wellness.
B. Nutrition	P Developing the knowledge and skills necessary to make nutritious food choices promotes healthy habits.
	2.1.P.B.1 Explore foods and food groups (e.g., compare and contrast foods representative of various cultures by taste, color, texture, smell, and shape).
	2.1.P.B.2 Develop awareness of nutritious food choices (e.g., participate in classroom cooking activities, hold conversations with knowledgeable adults about daily nutritious meal and snack offerings).
	2 Choosing a balanced variety of nutritious foods contributes to wellness .
	2.1.2.B.1 Explain why some foods are healthier to eat than others. 2.1.2.B.2 Explain how foods in the food pyramid differ in nutritional content and value. 2.1.2.B.3 Summarize information about food found on product labels.
C. Diseases and Health conditions	P Developing self-help skills and personal hygiene skills promotes healthy habits.
	2.1.P.C.1 Develop an awareness of healthy habits (e.g., use clean tissues, wash hands, handle food hygienically, brush teeth, and dress appropriately for the weather).
	2 Knowledge about diseases and disease prevention promotes health-enhancing behaviors.

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	2.1.2.C.1 Summarize symptoms of common diseases and health conditions. 2.1.2.C.2 Summarize strategies to prevent the spread of common diseases and health conditions. 2.1.2.C.3 Determine how personal feelings can affect one's wellness.
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2.6 Fitness	
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A. Fitness and	2 Appropriate types and amounts of physical activity enhance personal health.
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Physical Activity	2.6.2.A.1 Explain the role of regular physical activity in relation to personal health.
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