

Health and Safety, Prekindergarten

Time on Task: 5 hours per week

Course Philosophy

Health education teaches the student the stewardship of his/her own body as the temple of the living God. Developing this knowledge of God, as Creator, is essential in understanding that God holds people responsible for their actions, attitudes, and thoughts.

Course Description

Young children learn health-promoting habits and routines in prekindergarten. In these early years, they develop basic concepts, attitudes, and skills about nutrition, safety, hygiene, and physical activity that contribute to their well being. Children’s experiences with their health and discovery of ways to improve it enhance their desire and ability to make wise decisions for healthy living in the future.

<p>Prekindergarten Guidelines Goals and Objectives</p> <p>Young children learn health-promoting habits and routines in prekindergarten. In these early years, they develop basic concepts, attitudes, and skills about nutrition, safety, hygiene, and physical activity that contribute to their well being. Children’s experiences with their health and discovery of ways to improve it enhance their desire and ability to make wise decisions for healthy living in the future.</p>	<p>Scope and Sequence Health and Safety Health</p> <p>The Child:</p> <ol style="list-style-type: none"> 1. Becomes aware of routine healthy behaviors (e.g., brushing teeth) 2. Begins to follow health-promoting routines (e.g., washing hands) 3. Begins to understand the need for exercise and rest 4. Begins to recognize and select healthy foods 5. Prepares simple healthy snacks 6. Refines use of eating utensils 7. Will identify food groups 	<p>Spiritual Goals</p> <p>God’s intended purpose for health:</p> <ol style="list-style-type: none"> 1. To develop a knowledge of God as Creator. 2. To develop a desire for spiritual health and safety. 3. To recognize that to be truly happy and truly healthy and safe can only be attained through following the laws of God who created them. 4. To encourage the student to look at life right now and to make positive lifestyle changes in order to fulfill his expectations set forth by God. 5. To draw the student into a more intimate relationship with Jesus. 6. To allow students to acknowledge their responsibility for their actions, attitudes, thoughts. <p>Biblical Integration Truth Statements</p> <ol style="list-style-type: none"> 1. <i>What is prime reality, the really real?</i>
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	<p>Safety The Child:</p> <ol style="list-style-type: none"> 1. Knows how to seek help in an emergency 2. Recognizes the danger of fire and learns to treat fire with caution 3. Responds appropriately during a fire drill 4. Knows how to cross a street safely 5. Knows not to talk to, accept rides from, or take treats from strangers 6. Knows never to eat substances that are not food 7. Recognizes the symbol for poison 8. Recognizes the danger of poisonous substances, including drugs 9. Knows never to take medicine unless it is administered by an adult 10. Knows about safe behavior around bodies of water (e.g., pools, lakes) 11. Knows how to get help from a parent and/or trusted adult when made to feel 	<p>God exists and is the ultimate reality. (Psalm 90:2, Revelation 22:13)</p> <ol style="list-style-type: none"> a. God designed, created, and sustains His creation. (Genesis 1:1-31) b. God is good, holy, and loving. (Luke 18:19, 1 John 4:16, 1 Peter 1:16, Psalm 145:12) c. God is omniscient – all knowing. (Romans 11:33-36, Psalm 147:5) d. God is sovereign – nothing is beyond His ultimate interest, control, and authority. (Daniel 4:25) e. God is personal and also triune- He is coequally and coeternally God the Father, God the Son, Jesus, and God the Holy Spirit. (Hebrews 1:3) <p>2. <i>What is the nature of external reality, that is, the world around us?</i></p> <ol style="list-style-type: none"> a. God is the source of everything and created the universe out of nothing. (Genesis 1:1) b. The universe was created by God to be orderly. (Isaiah 45:18, Psalm 147:4) c. God is constantly involved in the unfolding pattern of the ongoing operation of the universe. (Psalm 24:1-2, Psalm 32:13-15) d. The universe reflects His glory. (Psalm 8:1, Psalm 19:1) <p>3. <i>What is a human being?</i></p> <ol style="list-style-type: none"> a. God created humans to know Him intimately and to have a loving relationship with Him.
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<p>(1) Health Health education includes personal hygiene and nutrition education. Children learn that regular hygiene routines and good nutrition are important to their health.</p> <p>The child:</p> <ul style="list-style-type: none"> • becomes aware of routine healthy behaviors (e.g., brushing teeth) • begins to follow health-promoting routines (e.g., washing hands) • begins to understand the need for exercise and rest • refines use of eating utensils • begins to recognize and select healthy foods • prepares simple healthy snacks. <p>(2) Safety Prekindergarten children acquire everyday routines and procedures to remain safe and avoid injury. They learn about fire, traffic,</p>	<p>uncomfortable or unsafe by another person/adult</p> <p>12. Discusses and understands the importance of utilizing appropriate safety procedures for vehicles, bicycles, and so on</p> <p>Correlation with TEKS</p> <p><u>I Wonder</u> Saxon Publishers ISBN 1-56577-349-7</p> <p><u>I Discover</u> Saxon Publishers ISBN 1-56577-344-6</p> <p><u>I Explore</u> Saxon Publishers ISBN 1-56577-345-4</p> <p>Theme (T) T 1-2, 4-5, 9 T 1, 4-5 T 2, 6, 9</p> <p>T 2, 4, 7 T 2, 4, 6</p>	<p>(Psalm 100:3)</p> <p>b. Human beings are created in the image of God with the capacity to choose. (Genesis 1:27, Proverbs 8:10)</p> <p>c. Adam and Eve chose disobedience and brought death to themselves and sin entered the world. (Romans 5:12)</p> <p>d. All human beings have a choice and all have chosen sin that brings separation from God. (Romans 3:23)</p> <p>e. Sin is rebellion against God’s wishes and ways and this destroys our relationship with God. (Romans 8:7-8)</p> <p>f. God provides a way back to Himself through the death of His son Jesus (the second person of the Trinity), on the cross. (John 3:16, Romans 6:23)</p> <p>g. Human beings must respond to God with repentance of our sins, receiving forgiveness, and accepting Jesus as our Savior. (Romans 10:9-10)</p> <p>4. <i>What happens to a person at death?</i></p> <p>a. For each person death is either the gate to life with God and His people or the gate to eternal separation from God. (1 Corinthians 50:52)</p> <p>b. After death, your soul will continue to exist in an eternal way and there is a final judgment by God. (Revelation 20:12)</p> <p>c. Everyone chooses to honor and</p>
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<p>environmental and personal safety, and what to do in emergency situations.</p> <p>The child:</p> <ul style="list-style-type: none"> • recognizes the danger of fire and learns to treat fire with caution • responds appropriately during a fire drill • knows how to seek help in an emergency • knows how to cross a street safely • recognizes the symbol for poison • knows never to eat substances that are not food • recognizes the danger of poisonous substances, including drugs • knows not to talk to, accept rides from, or take treats from strangers • knows how to get help from a parent and/or trusted adult when made to feel uncomfortable or unsafe by another person/adult • knows never to take medicine unless it is administered by an adult • knows about safe behavior around bodies of water (e.g., pools, lakes). 	<p>T 2</p> <p>T 2</p> <p>T 2, 3, 5</p> <p>T 2</p> <p>T 2</p> <p>T 2</p> <p>T 1-2</p> <p>T 1-3</p> <p>T 2</p> <p>T 2, 5</p> <p>T 2</p> <p>Student Activities</p> <p>Games</p> <p>Books</p> <p>Role Play</p> <p>Teaching Strategies</p> <p>Oral Instruction</p> <p>Demonstration</p> <p>Visual Aids</p> <p>Hands-on Activities</p> <p>Games</p> <p>Cooperative Learning</p> <p>Small Groups</p> <p>Guided Inquiry</p> <p>Open-ended Questions</p> <p>Guest Speakers</p>	<p>love Him by accepting Jesus as our Lord and Savior or makes a choice to reject Jesus and grasp for self-fulfillment and personal glory. (Romans 6:23)</p> <p>d. Those who received Jesus as Savior will spend eternity in Heaven with God. (Philippians 4:10-21)</p> <p>e. Those who rejected Jesus as Savior will spend eternity in Hell without God. (Hebrews 10:26-27)</p> <p>5. Why is it possible to know anything at all?</p> <p>a. Human beings can both know the world around them and God Himself because God has built within them the capacity to do so and because He takes an active role in communicating with them. (John 16:13)</p> <p>b. God’s own intelligence is the basis of human intelligence. Knowledge is possible because there is something to be known (God and His creation) and someone to know (God and human beings made in His image). (Genesis 1:27)</p> <p>c. God reveals, Himself to us in two basic ways: by general revelation and by special revelation. (Exodus 3:2, Psalm 19:1-4)</p> <p>d. In general revelation, God speaks through the creation of the universe and through His word,</p>
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	<p>Evaluation Procedures Class Participation Demonstrations</p> <p>Other Resources and Bibliography Yello Dyno – program from the Children's Advocacy Center, 4 different sessions about personal safety</p>	<p>the Bible. (2 Samuel 22:31, Psalm 19:1)</p> <ul style="list-style-type: none"> ➤ The Bible is internally consistent and unified in its principles and claims. ➤ There is tremendous coherence across the many authors and centuries during which the various books were written and in which its stories unfold. ➤ It is relevant to all the cultures of the world <p>e. Special revelation is God revealing Himself through supernatural ways. Jesus Christ is the ultimate special revelation. He showed us what God is like more fully than any other form of revelation can. Because Jesus was also completely human, he spoke more clearly to us than any other form of revelation can. (John 14:7)</p> <p>6. <i>How do we know what is right and wrong?</i></p> <ul style="list-style-type: none"> a. Ethics or the knowledge of right and wrong is based on the character of God as good (holy and loving). (Psalm 33:4) b. There is an absolute standard by which all moral judgments are measured and God Himself – His character of goodness (holiness and love) – is the standard. (1 Samuel 2:3) c. As a result of sin, morally, we
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		<p>have become less able to discern good and evil and less able to know God as He truly is. (Proverbs 1:7)</p> <p>d. God has revealed His standard in the various laws and principles expressed in the Bible. (Psalm 111:10)</p> <ul style="list-style-type: none"> ➤ He has dictated absolute moral truth to us. ➤ Every truth must conform to Biblical principles. ➤ Every choice must reflect God's moral truth. ➤ We must promote, defend, and teach these truths to others. <p>7. <i>What is the meaning of human history?</i></p> <p>a. History is a meaningful sequence of events leading to the fulfillment of God's purposes for humanity. (Psalm 22:27-28, Psalm 47:3)</p> <p>b. History is going somewhere, directed toward a known end. (Matthew 25:34)</p> <p>c. History is a form of revelation, not only does God reveal Himself in history, but the very sequence of events is revelation. (Psalm 33:13-14, Psalm 47:9)</p> <p>d. History has meaning because God is behind all events, not only sustaining all things by His powerful word but also in all things working for the good of those who love Him.</p>
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		<p>(Psalm 40:5, Romans 8:28) <i>What should our response be to God?</i> <i>What were we made for?</i></p> <p>We were made to Love – Matthew 22:37, Worship – Romans 12:1, Obey – 2 John 6, and Give Glory – Psalm 96:3.</p>
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