

Pre-K – Fourth Grade Wellness - 21st CENTURY CONTENT STANDARDS AND OBJECTIVES FOR WEST VIRGINIA

Objectives	Students will	PLT Activity and Page
WE.PK.5.01	participate in active play (e.g. jumping, running, balancing and climbing).	#25 Birds and Worms p.111
WE.PK.5.02	practice a variety of creative movements (e.g. obstacle course and activity songs).	#63 Tree Factory p.273
WE.PK.5.03	control small muscles in hands.	
WE.PK.5.04	coordinate eye-hand movement.	
Standard:6	Development of Motor Skills (WE.S.6)	
(WE.S. 6)	Students will: apply concepts and principles of human movement to the development of motor skills and learning of new skills that apply to daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.PK.6.01	incorporate a variety of manipulatives and activities in play (e.g., bean bags, hoops, balls).	
WE.PK.6.02	mirror movements (e.g., movement songs, exercises)	#63 Tree Factory p.273

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Kindergarten Wellness		
Standard:1	Wellness Promotion and Disease Prevention (WE.S1)	
(WE.S1)	Students will comprehend and demonstrate concepts related to wellness promotion and disease prevention that apply to daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.K.1.01	identify and discuss the sensory organs.	
WE.K.1.02	identify proper personal hygiene skills. (e.g., brushing teeth, hand washing)	
WE.K.1.03	recognize tobacco as a harmful substance.	
WE.K.1.04	identify healthy foods.(e.g. selected from Food Guide Pyramid for Children)	
WE.K.1.05	recognize body responses to physical activities (e.g., increased heart rate, faster breathing, sweating).	
WE.K.1.06	label/identify feelings.	
Standard:2	Wellness Information and Services (WE.S.2)	
(WE.S.2)	Students will demonstrate the ability to access valid wellness information, products and services that apply to daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.K.2.01	identify healthcare/safety professionals (e.g., teachers, policemen, school nurses, dentists, doctors).	
WE.K.2.02	demonstrate how to call 9-1-1.	
WE.K.2.03	identify healthy and unhealthy household products and recognize “unhealthy” symbols (e.g., Mr. Yuck, skull and crossbones).	
Standard: 3	Wellness Behaviors (WE.S.3)	
(WE.S.3)	Students will demonstrate the ability to practice wellness behaviors and reduce health risks that apply to daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.K.3.01	identify proper clothing to wear for different weather conditions and activities.	
WE.K.3.02	describe safety equipment used during play (e.g., helmets, knee, elbow pads).	
WE.K.3.03	demonstrate safety procedures (e.g., street crossing, fire drills).	
WE.K.3.04	explain why drugs and medicines should be avoided without supervised use.	
WE.K.3.05	identify unsafe actions that might lead to injuries.	

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WE.K.3.06	describe and participate in physical activities outside of school that enhance health.	#54 I'd Like to Visit a Place Where... p.236
WE.K.3.07	explain the need for proper rest and exercise.	
Standard:4	Responsible Personal and Social Behaviors (WE.S.4)	
(WE.S.4)	Students will name ways that cultural, media and other factors influence decisions in daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.K.4.01	display appropriate communication and decision making skills (e.g. follow class rules, safety practices).	
WE.K.4.02	demonstrate appropriate interactions with others (e.g. partners, small groups and large groups).	
Standard:5	Movement Forms (WE.S.5)	
(WE.S.5)	Students will: demonstrate motor skills and movement forms that enhance physical development that apply to daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.K.5.01	create a beginning movement vocabulary for body and spatial awareness (e.g., body parts, general/self-space, directionality, levels and forces).	#63 Tree Factory p.273
WE.K.5.02	perform locomotor movements of running, hopping, jumping, galloping, and sliding.	#25 Birds and Worms p.111 #63 Tree Factory p.273
WE.K.5.03	make wide, narrow, round, and twisted body shapes.	#63 Tree Factory p.273
WE.K.5.04	move the body at high, medium, and low levels.	#63 Tree Factory p.273
WE.K.5.05	transfer weight to the hands.	
WE.K.5.06	balance on different body parts.	#63 Tree Factory p.273
WE.K.5.07	travel in straight, curved, and zigzag pathways.	#25 Birds and Worms p.111 #63 Tree Factory p.273
WE.K.5.08	travel to the beat of even and uneven rhythms (e.g., marching).	#63 Tree Factory p.273
WE.K.5.09	perform movements that promote cross lateral development.	#63 Tree Factory p.273
Standard:6	Development of Motor Skills (WE.S.6)	
(WE.S.6)	Students will: apply concepts and principles of human movement to the development of motor skills and learning of new skills that apply to daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.K.6.01	distinguish between a run, hop, jump, gallop, and slide.	

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WE.K.6.02	apply basic movement concepts of self and shared space.	#63 Tree Factory	p.273
WE.K.6.03	identify one's relationship (e.g., in, out, over, under, and through) with an object or a person.	#63 Tree Factory	p.273