

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

PRE-K 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.PK1.01	demonstrate proper personal hygiene routines as modeled by teacher (e.g., brushing teeth, hand washing, covering mouth, and disposal of tissues).	
WE.PK1.02	performs self-help tasks (e.g. feeding, bathing, toileting, and dressing oneself).	
Standard:2	Wellness Information and Services (WE.S.2)	
(WE.S.2)	Students will demonstrate the ability to access valid wellness information and health-promoting products and services that apply to daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.PK.2.01	identify school and community helpers(e.g., teacher, policeman, school nurse, dentist, eye doctor).	
WE.PK.2.02	identify unhealthy household products and recognize “unhealthy” symbols.	
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.PK.3.01	name safety procedures (e.g., street crossing, fire drills).	
WE.PK.3.02	name proper clothing to wear for various weather conditions and various activities	
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 that apply to daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.PK.4.01	name unsafe situations. (e.g. touching, running away and unsafe play).	
WE.PK.4.02	name favorite foods (e.g. selected from Food Guide Pyramid for Children or similar resources) and select those that are healthy.	
Standard:5	Movement Forms and Motor Skill Development(WE.S.5)	
(WE.S. 5)	Students will demonstrate movement patterns and motor skills needed to perform a variety of physical activities that apply to daily living experiences.	

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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