

NFC Academy *online*

NFC Academy Lesson Planner Kindergarten Health

Homeschool Parent: Health education is an integral part of the curriculum at every level. Physical fitness, nutrition, personal health, emotional health, the functioning of the body systems—all strands of the health curriculum---affect the whole child. Biblical health education plays a role in developing children and equipping them to serve God in the world. The Horizons Health series helps students learn about proper personal and dietary health. The series also teaches students about personal safety. The series gets in the science component teaching students about their body systems. There is much more to this Health series teaching students about healthy choices in many aspects of their lives.

Weekly Format: Your Teacher's Book offers you several different weekly formats for the lesson series typically spending several days a week on the series. We encourage you to do that which best fits your homeschool schedule.

Activities: All students and especially young children learn from "hands-on" and we encourage you to do as much as possible as your time permits. A parent should find much pleasure in seeing their little ones in their own special way arrive at new understandings in the area of Health.

Grading: At this age grades are not the most important aspect for kindergarten in Health. We suggest you discuss with your NFC Academy Kindergarten Teacher how you want to treat Health when it comes to grading as it will not appear on your report card.

Goals/Vocabulary/Unit Resources: Be familiar with each unit's goals and what you will want to emphasize. This curriculum is family sensitive and you have options to cover all material or selected material. Additional resources are listed in each unit and you will want to plan ahead for any of the listed resources you will want to incorporate.

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NFC Academy Daily Lesson Planner Health

<u>WEEK</u>	<u>DATE/LESSON</u>	<u>UNIT</u>	<u>LESSON</u>	<u>TEACHER'S GUIDE</u>	<u>STUDENT BOOK</u>
1		1	1-Created Unique	p. 25-28	
1		1	2-Alike and Different	p. 29-30	
2		1	3-Introducing Four Feelings	p. 31-32	
2		1	4-Feeling Happy and Angry	p. 33-34	
3		1	5-Feeling Afraid	p. 35-36	
3		1	6-Feeling Sad	p. 37-38	
4		1	7-Relating Situations and Feelings	p. 39-40	Student Activity1 – p.3 Student Activity2 – p.5
4		1	8-Responding to Other's Feelings	p. 41-42	
5		2	1-Like Mother, Like Daughter	p. 50-51	Student Activity – p.7

WEEK

DATE/LESSON

UNIT LESSON

TEACHER'S GUIDE

STUDENT BOOK

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