

Scope and Sequence Checklist for Addressing Health Education Preschool Learning Experience Standards

Preschool Standard	Theme or Activity	Dates or Unit	Assessment	Results of lesson	Follow-up	Integration w/ other standards/PLE
Physical Development						
1. Listen to and use appropriate language describing the names and functions of parts of the human body.						
2. Build body awareness, strength, and coordination through locomotion activities.						
3. Discuss various aids and accommodations used by people for the activities of daily life.						
4. Build awareness of directionally and position in space.						
5. Use both sides of the body to strengthen bilateral coordination.						
6. Alternate the left and right sides of the body and cross the midline of the body.						
7. Build upper body						



strength and stability to gain controlled movement of shoulders.						
8. Strengthen hand grasp and flexibility.						
9. Use thumb/forefinger in pincer grip.						
10. Use a variety of tools and materials to build grasp-and-release skill.						
11. Build finger dexterity.						
12. Use eye-hand coordination, visual perception and tracking, and visual motor skills in play activities.						
13. Discuss nutritious meals and snacks and the difference between junk food and healthy food.						
14. Practice personal hygiene and safety measures.						
15. Discuss gender and growth in age-appropriate ways.						
Social & Emotional Health						
16. Recognize and describe or represent						



emotions such as happiness, surprise, anger, fear, sadness.						
17. Talk about ways to solve or prevent problems and discuss situations that illustrate that actions have consequences.						
18. Talk about how people can be helpful/hurtful to one another.						
19. Practice independence and self-help skills.						
20. Describe members of their family and discuss what parents do for their children to keep them safe and healthy.						
Safety & Health Care						
21. Discuss strategies to prevent injury and illness, control the spread of disease, and promote cleanliness.						
22. Talk about the common symptoms of illness and injury and what they should do when they hurt or don't feel well.						
23. Discuss tooth care						



and dental health including brushing, flossing, and healthy foods.						
24. Discuss rules for safety in a variety of settings including fire safety, weapons safety, bus safety, seat belt use, playground safety, as well as safety at home and in the community.						
25. Talk and listen to stories about safe, unsafe, and inappropriate touch and ways to protect themselves.						
26. Talk about what to do when someone gets hurt and the rules for universal precautions (do not touch body fluids; wash hands after touching body fluids).						
27. Identify and distinguish between substances that are safe to be taken by mouth.						
28. Describe the purpose of medicines and how they can be used or misused, and what to do in an emergency.						



29. Talk about some basic ways they can keep their environment clean or take care of it.						
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Notes:

