

21st CENTURY

Pre-K Wellness Content Standards and Objectives

The Pre-K wellness objectives provide young children with profound learning experiences based on discovering and exploring movement.

The West Virginia Standards for 21st Century Learning include the following components: 21st Century Content Standards and Objectives and 21st Century Learning Skills and Technology Tools.

All West Virginia teachers are responsible for classroom instruction that integrates learning skills, technology and objectives.

Note: §18-2-7a (1) required Pre-Kindergarten– “Not less than thirty minutes of physical education, including physical exercise and age-appropriate physical activities, for not less than three days a week.” “(c) Enrollment in physical education classes and activities required by the provisions of this section shall not exceed, and shall be consistent with, state guidelines for enrollment in all other subjects and classes: Provided, That schools which do not currently have the number of certified physical education teachers, do not currently have the required physical setting or would have to significantly alter academic offerings to meet the physical education requirements may develop alternate programs that will enable current staff, physical settings and offerings to be used to meet the physical education requirements established herein.”

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.			
Performance Descriptors WE.S1				
Distinguished	Above Mastery	Mastery	Partial Mastery	Novice
Pre-Kindergarten students performing at the distinguished level will: share with others proper personal hygiene routines and perform self-help tasks	Pre-Kindergarten students performing at the above mastery level will: demonstrate proper personal hygiene routines and perform self-help tasks	Pre-Kindergarten students performing at the mastery level will: demonstrate, as modeled by teacher, proper personal hygiene routines and perform self-help tasks	Pre-Kindergarten students performing at the partial mastery level will with encouragement and teacher modeling: demonstrate proper personal hygiene routines and perform self-help tasks	Pre-Kindergarten students performing at the novice level will with guidance and assistance: demonstrate proper personal hygiene routines and perform self-help tasks

Objectives	Students will
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).

Pre-K	Wellness
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.

Performance Descriptors WE.S.2				
Distinguished	Above Mastery	Mastery	Partial Mastery	Novice
Pre-Kindergarten students performing at the distinguished level will: inform others about helpers in school and community and unhealthy household products and their symbols.	Pre-Kindergarten students performing at the above mastery level will: describe helpers in school and community and unhealthy household products and their symbols.	Pre-Kindergarten students performing at the mastery level will: identify helpers in school and community and unhealthy household products and their symbols.	Pre-Kindergarten students performing at the partial mastery level will with encouragement: identify helpers in school and community and unhealthy household products and their symbols.	Pre-Kindergarten students performing at the novice level will with guidance and assistance: identify helpers in school and community and unhealthy household products and their symbols.

Objectives	Students will
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.

Pre-K	Wellness
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.

Performance Descriptors WE.S.3				
Distinguished	Above Mastery	Mastery	Partial Mastery	Novice
Pre-Kindergarten students performing at the distinguished level will share with others: safety procedures and proper clothing to wear for various weather conditions and activities.	Pre-Kindergarten students performing at the above mastery level will: describe safety procedures and proper clothing to wear for various weather conditions and activities.	Pre-Kindergarten students performing at the mastery level will: name safety procedures and proper clothing to wear for various weather conditions and activities.	Pre-Kindergarten students performing at the partial mastery level will with encouragement: name safety procedures and proper clothing to wear for various weather conditions and activities.	Pre-Kindergarten students performing at the novice level will with guidance and assistance: name safety procedures and proper clothing to wear for various weather conditions and activities.

Objectives	Students will
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

Pre-K	Wellness
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.

Performance Descriptors WE.S.4				
Distinguished	Above Mastery	Mastery	Partial Mastery	Novice
Pre-K students performing at the distinguished level will share with others: unsafe situations and favorite food choices.	Pre-K students performing at the above mastery level will: describe unsafe situations and favorite foods.	Pre-K students performing at the mastery level will: name unsafe situations and favorite foods.	Pre-K students performing at the partial mastery level will with encouragement: name unsafe situations and favorite foods.	Pre-K students performing at the novice level will with guidance and assistance: name unsafe situations and favorite foods.

Objectives	Students will
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.

Pre-K	Wellness
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.

Performance Descriptors WE.S.5				
Distinguished	Above Mastery	Mastery	Partial Mastery	Novice
Pre-Kindergarten students performing at the distinguished level will model for others the proper techniques while participating in active play; practicing a variety of creative movements; controlling small muscles in hands; coordinating eye-hand movement.	Pre-Kindergarten students performing at the above mastery level will apply and implement proper techniques while participating in active play; practicing a variety of creative movements; controlling small muscles in hands; coordinating eye-hand movement.	Pre-Kindergarten students performing at the mastery level will participate in active play; practice a variety of creative movements; control small muscles in hands; coordinate eye-hand movement.	Pre-Kindergarten students performing at the partial mastery level will need guidance to participate in active play; practice a variety of creative movements; control small muscles in hands; coordinate eye-hand movement.	Pre-Kindergarten students performing at the novice level will need teacher or peer assistance and guidance to participate in active play; practice a variety of creative movements; control small muscles in hands; coordinate eye-hand movement.

Objectives	Students will
WE.PK.5.01	participate in active play (e.g. jumping, running, balancing and climbing).
WE.PK.5.02	practice a variety of creative movements (e.g. obstacle course and activity songs).
WE.PK.5.03	control small muscles in hands.
WE.PK.5.04	coordinate eye-hand movement.

Pre-K	Wellness
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.

Performance Descriptors WE.S.5				
Distinguished	Above Mastery	Mastery	Partial Mastery	Novice
Pre-Kindergarten students performing at the distinguished level will model a variety of manipulatives and activities in play; mirror movements.	Pre-Kindergarten students performing at the above mastery level will independently incorporate a variety of manipulatives and activities in play; mirror movements.	Pre-Kindergarten students performing at the mastery level will incorporate a variety of manipulatives and activities in play; mirror movements.	Pre-Kindergarten students performing at the partial mastery level will need guidance to incorporate a variety of manipulatives and activities in play; mirror movements.	Pre-Kindergarten students performing at the novice level will need teacher or peer assistance and guidance to incorporate a variety of manipulatives and activities in play; mirror movements.

Objectives	Students will
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)