

Early Learning Readiness (Grades PreK-K)

Wellness

Instructional Focus:

Wellness literacy for all students is the fundamental goal of a comprehensive wellness curriculum. The wellness literate student is a critical thinker and problem solver, a self-directed learner, an effective communicator, and a responsible, productive citizen. The PreK-K wellness objectives focus on the development of social skills, a basic understanding of personal health issues, injury prevention, the exploration of nutritious foods and the development of motor skills and movement concepts which are critical to future learning. Learning opportunities should focus on concrete experiences and provide a nurturing environment that promotes positive interaction with adults as well as other children and builds a foundation for practicing good health habits.

The Teacher's Role

In a high-quality early learning readiness classroom environment, the teacher:

Uses the 21st Century Wellness PreK-4 Content Standards and Objectives for West Virginia Schools as the goals for instruction.

Provides instruction in collaboration with the school's physical education teacher to ensure all wellness content standards and objectives are met.

Consistently looks for opportunities to integrate physical activity during instructional time.

Provides opportunities for students to regularly demonstrate responsible personal and social behaviors.

Consistently looks for opportunities for physical activity (Brain Breaks/Energizers) during transition times and as needed to support student engagement.

Establishes community partnerships that will provide additional expertise and resources address 21st Century Wellness PreK-4 Content Standards and Objectives for West Virginia Schools.

Utilizes instructional materials and provides students opportunities to practice wellness-enhancing behaviors that contribute to a positive quality of life.

Student Engagement

In a high-quality early learning readiness classroom, students should have multiple opportunities to:

Engage in meaningful learning experiences where 21st Century Wellness PreK-4 Content Standards and Objectives for West Virginia Schools are the goals for learning.

Recognize harmful and dangerous situations that will prevent personal injury to themselves or others.

Regularly demonstrate responsible personal and social behaviors.

Consistently practice wellness-enhancing behaviors that contribute to a positive quality of life.

Make meaningful connections with community partners that enable them to identify and access appropriate health resources.

The Formative Assessment Process

Regular an on-going formative assessment is conducted in the form of interviews, anecdotal notes, observation, conversation, demonstration, etc. All children are working towards mastery of the 21st Century Wellness PreK-4 Content Standards and Objectives for West Virginia Schools.

Instruction and materials provide opportunities for students to demonstrate understanding of the skills being taught through frequent monitoring of student behaviors.

The Classroom Environment

The room is arranged to maximize opportunities for movement experiences.

The room is free of obstructions that would hinder movement experiences.

Classroom includes evidence of appropriate health and safety signage.

There are opportunities for exploration in a wellness-centered classroom environment.

Suggestions for Integrating Additional Content

Core Subjects: <http://www.activeacademics.org/>

The Arts: The Arts Integration Portal - <http://www.artsintegration.com/>

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Teacher Reflection

Ask yourself the following about wellness in the early learning readiness classroom:

How do I emphasize good health habits daily like hand washing, cough etiquette, tooth brushing, toileting, manners, treating others with respect, acceptance, respect for other, etc.?

Do I integrate physical activity into the early learning classroom and curriculum to enhance brain function?

Do I foster a positive environment free of practices using physical activity as punishment?

Do I foster a positive environment that encourages physical wellness?

Do I provide opportunities for all students to have the required amount of daily physical activity?

Do I regularly collaborate with the Physical Education teacher to ensure all wellness content standards and objectives are addressed?

Do I utilize recommended resources to enhance the delivery of physical activity in my classroom?

Selected Resources

CDC Physical Activity Facts at <http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>.

CDC Safe and Healthy Kids and Families at <http://www.cdc.gov/family/kids/>.

CDC Health and Academic Achievement at http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf

Health in Mind: Improving Education Through Wellness at <http://healthyamericans.org/report/103/>

Institute of Medicine Report. (2013). *Educating the Student Body Taking Physical Activity and Physical Education to School. The National Academy of Sciences.* Retrieved on February 4, 2014 from <http://www.favmata.org/educating-the-student-body-taking-physical-activity-and-physical-education.pdf>.

WVDE-Office of Early Learning Website. (2014). <http://wvde.state.wv.us/oel/>.

WV Teacher Resources for Educational Excellence (TREE). (2016). <https://wvde.state.wv.us/apps/tree/>

WV College- and Career-Readiness Standards. (2016): <http://wvde.state.wv.us/wvccr/>.

Related Policies

[WVBE Policy 2510](#) Assuring the Quality of Education: Regulations for Education Programs

[WVBE Policy 2520.55](#) 21st Century Wellness PreK-4 Content Standards and Objectives for West Virginia Schools