

# HEALTH SUPPORTING KINDERGARTEN



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# HISTORY OF HEALTH SUPPORTING SCHOOL AND KINDERGARTEN

- 1986 established and started in Scotland
- 1989 taken over by WHO (World Health Organization) for European countries
- 1991 offered to ECE countries
- 1992 adopted and started in Czech Republic
- 1995 Czech programme „Healthy kindergarden“ established
- 2000 „Health Support in Kindergartens Curriculum“ created
- 2001 great influence on Pre-school Education programme Framework – official document issued by Czech Ministry of Education
- 2005 „Curriculum“ improved



# HEALTH PROGRAMME IN KINDERGARTEN PHILOSOPHY

- **Holistic approach:** the health comes from the integrity of a human being (organism, psychics, personality) and his/her environment.
- Health elements have their **dynamics and they interact** with each other. The interaction consists of the following levels:
  - biological
  - psychological
  - interpersonal
  - social – cultural
  - environmental
- Current approach to the health puts emphasis on an integrity and a context
- Current approach to the health recognises influence of a subjective healthy feeling



# HEALTH SUPPORT INTEGRATING PRINCIPLES

1. Respect to the natural human needs of an individual within a society and a world
2. Communication and Cooperation development



# HEALTH SUPPORT IN KINDERGATEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS

## 1. HEALTH SUPPORTING TEACHER





# HEALTH SUPPORT IN KINDERGATEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS

## 2. GROUPS OF CHILDREN OF VARIOUS AGE





# HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES- FORMAL CURRICULUM CONDITIONS

## 3. RHYTHMICAL LIFE AND DAY ORDER





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# HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS

## 4. PHYSICAL WELL-BEING AND FREE MOVEMENT





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# HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS



# HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS

## 6. SPONTANEOUS PLAY





# HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS

## 7. INSPIRING FACTUAL ENVIROMENT





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# HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS 8. SAFE SOCIAL ENVIRONMENT





# HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES

## – FORMAL CURRICULUM CONDITIONS

### 9. PARTNERSHIP AND TEAM CONTROL





# HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS 10. PARTNERSHIP WITH PARENTS



# HEALTH SUPPORT IN KINDERGARTEN PRINCIPLES – FORMAL CURRICULUM CONDITIONS 11.KINDERGARTEN WITH SCHOOL COOPERATION





# FORMAL CURRICULUM CONDITIONS

## 12. INTEGRATION OF A KINDERGARTEN TO THE MUNICIPAL COMMUNITY



# FORMAL HEALTH SUPPORT CURRICULUM

## Competences of a kindergarten leaver

- Here are 50 of them
- They come from the 7 competencies of an adult:
  1. he/she understands the holistic approach to health, terms of health support and disease prevention
  2. he/she is aware that health is a priority
  3. he/she can solve problems and solves them
  4. he/she has developed responsibility for his/her behaviour and lifestyle
  5. he/she strengthens psychological resistance
  6. he/she has skills for communication and cooperation
  7. he/she takes an active part in the creation of conditions and environment for the health of everyone





# GROVERNMENTAL PROGRAMME „HEALH FOR 21 ST CENTURY“

Partial Task: untill 2015

To ensure at least 50 % of childern to attend a Health Supporting Kindergarten and 95 % of them to attend Health Supprting Primary School

