

**ELEMENTARY HEALTH SCOPE AND SEQUENCE**

	<b>GRADE K</b>	<b>GRADE 1</b>	<b>GRADE 2</b>	<b>GRADE 3</b>	<b>GRADE 4</b>	<b>GRADE 5</b>
<b>LIFE SKILLS</b>	<ul style="list-style-type: none"> <li>-being unique</li> <li>-communication</li> <li>-making decisions</li> <li>-goal setting</li> </ul> <p>SS QUARTER 1 WK 1</p>	<ul style="list-style-type: none"> <li>-positive self-image</li> <li>-communicating effectively</li> <li>-making healthy decisions</li> <li>-goal setting for good health</li> </ul> <p>SS QUARTER 1 WK 1</p>	<ul style="list-style-type: none"> <li>-unique talents and self-image</li> <li>-TELL model of effective communication</li> <li>-decisions and their consequences</li> <li>-goal-setting model</li> </ul> <p>SS QUARTER 1 WK 1</p>	<ul style="list-style-type: none"> <li>-developing positive self-image</li> <li>-assertive communication</li> <li>STAR decision-making model</li> <li>-MARK goal-setting model</li> </ul> <p>SS QUARTER 1 WK 1</p>	<ul style="list-style-type: none"> <li>-self-image and LIKE model</li> <li>-effective communication</li> <li>-decision making</li> <li>-long and short-term goals</li> </ul> <p>ELA QUARTER 1</p>	<ul style="list-style-type: none"> <li>-techniques to maintain a positive self-image</li> <li>-verbal and nonverbal communication</li> <li>-peer influences on decision making</li> <li>-MARK goal setting model</li> </ul> <p>ELA QUARTER 1</p>
<b>CONFLICT RESOLUTION</b>	<ul style="list-style-type: none"> <li>-recognizing and expressing emotions</li> <li>-working cooperatively</li> <li>-non-violent conflict resolution</li> <li>-families</li> </ul> <p>ELA QUARTER 1</p>	<ul style="list-style-type: none"> <li>-identifying and expressing a range of emotions</li> <li>-being unique</li> <li>-kindness towards others</li> <li>-grandparents</li> </ul> <p>ELA QUARTER 1</p>	<ul style="list-style-type: none"> <li>-respecting others feelings and opinions</li> <li>-“I” messages</li> <li>-stereotyping</li> <li>-families</li> </ul> <p>ELA QUARTER 1</p>	<ul style="list-style-type: none"> <li>-support systems</li> <li>-teamwork and cooperation</li> <li>-friends</li> <li>-bullying</li> </ul> <p>ELA QUARTER 1</p>	<ul style="list-style-type: none"> <li>-support systems</li> <li>-avoiding misunderstandings</li> <li>-negative words</li> <li>-cyber bullying</li> </ul> <p>GUIDANCE</p>	<ul style="list-style-type: none"> <li>-expressing emotions positively</li> <li>-using “I” messages to avoid conflict</li> <li>-handling anger positively</li> <li>-differences</li> </ul> <p>GUIDANCE</p>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>-rules at home and school-(MU)</li> <li>-crossing the street (PE)</li> <li>-avoiding hazards at home (A)</li> <li>-fire safety (M)</li> </ul> <p>ROTATION QUARTER 1</p>	<ul style="list-style-type: none"> <li>-playground safety (PE)</li> <li>-strangers and trusted adults (MU)</li> <li>-communicating during an emergency and 911 (A)</li> <li>-fire safety (M)</li> </ul> <p>ROTATION QUARTER 1</p>	<ul style="list-style-type: none"> <li>-weather safety (PE)</li> <li>-important telling (MU)</li> <li>-traffic signs and safety rules (A)</li> <li>-fire safety (M)</li> </ul> <p>ROTATION QUARTER 1</p>	<ul style="list-style-type: none"> <li>-avoid taking risks (MU)</li> <li>-safe internet use (M)</li> <li>-safety rules at home and 911 (A)</li> <li>-car safety (PE)</li> </ul> <p>ROTATION QUARTER 1</p>	<ul style="list-style-type: none"> <li>-internet safety (M)</li> <li>-water safety (PE)</li> <li>-safety at home (A)</li> <li>-fire escape plans (MU)</li> </ul> <p>ROTATION QUARTER 1</p>	<ul style="list-style-type: none"> <li>-consequences of risky behaviors (MU)</li> <li>-preventing sports injuries (PE)</li> <li>-biking and skating safety (A)</li> <li>-car safety (M)</li> </ul> <p>ROTATION QUARTER 1</p>
<b>FITNESS</b>	<ul style="list-style-type: none"> <li>-body parts and how they work</li> <li>-warming up and cooling down</li> <li>-physical activity and the heart</li> <li>-handling stress</li> </ul> <p>PE QUARTER 2</p>	<ul style="list-style-type: none"> <li>-daily physical activity</li> <li>-warm-ups and cool-downs</li> <li>-goal setting for daily physical activity</li> <li>-relaxation techniques</li> </ul> <p>PE QUARTER 2</p>	<ul style="list-style-type: none"> <li>-pulse and exercising the heart</li> <li>-warming up and cooling down</li> <li>-daily physical activity</li> <li>-managing stress</li> </ul> <p>PE QUARTER 2</p>	<ul style="list-style-type: none"> <li>-heart and lung function</li> <li>-aerobic, muscle, and bone strengthening activities</li> <li>-muscle and joints</li> <li>-daily physical activity</li> </ul> <p>PE QUARTER 2</p>	<ul style="list-style-type: none"> <li>-physical activity</li> <li>-effect of aerobic activity on the body</li> <li>-balancing food and activity</li> <li>-reducing stress</li> </ul> <p>PE QUARTER 2</p>	<ul style="list-style-type: none"> <li>-energy balance</li> <li>-aerobic, muscle, bone-strengthening activities</li> <li>-preventing obesity</li> <li>-fitness fun</li> </ul> <p>PE QUARTER 2</p>
<b>NUTRITION</b>	<ul style="list-style-type: none"> <li>-healthy foods</li> <li>-USDA MyPlate food groups</li> <li>-variety in foods</li> <li>-a healthy breakfast</li> </ul> <p>PE QUARTER 3</p>	<ul style="list-style-type: none"> <li>-USDA MyPlate food groups</li> <li>-choosing healthy foods</li> <li>-oils, solid fats and added sugars</li> <li>-proper portion sizes</li> <li>-benefits of a healthy breakfast</li> </ul> <p>PE QUARTER 3</p>	<ul style="list-style-type: none"> <li>-proper portion sizes</li> <li>-high-fiber/low-fat foods</li> <li>-nutrient-dense foods</li> <li>-benefits of water consumption</li> </ul> <p>PE QUARTER 3</p>	<ul style="list-style-type: none"> <li>-nutrition facts label</li> <li>-high9fiber/low-fat foods</li> <li>-nutrient-dense foods</li> <li>-healthy foods around the world</li> </ul> <p>PE QUARTER 3</p>	<ul style="list-style-type: none"> <li>-influences on eating habits</li> <li>-role of fiber</li> <li>-healthy fast food choices</li> <li>-balancing food and physical activity for health</li> </ul> <p>PE QUARTER 3</p>	<ul style="list-style-type: none"> <li>-six major nutrients</li> <li>-fruits and vegetables</li> <li>-healthy snacks</li> <li>-energy imbalance</li> </ul> <p>PE QUARTER 3</p>
<b>SUBSTANCE ABUSE PREVENTION</b>	<ul style="list-style-type: none"> <li>-major body parts and organs</li> <li>-trusted adults and medicine</li> <li>-harmful substances</li> <li>-healthy lungs</li> </ul> <p>SCIENCE QUARTER 4</p>	<ul style="list-style-type: none"> <li>-unknown substances</li> <li>-healthy habits</li> <li>-harmful effects of smoking</li> <li>-secondhand smoke</li> </ul> <p>SCIENCE QUARTER 4</p>	<ul style="list-style-type: none"> <li>-unknown substances and peer influence</li> <li>-air pollution</li> <li>-effects of cigarette smoking</li> <li>-secondhand smoke</li> </ul> <p>SCIENCE QUARTER 4</p>	<ul style="list-style-type: none"> <li>-prescription and over-the-counter drugs</li> <li>-alcohol</li> <li>-nicotine addiction</li> <li>-media influence</li> </ul> <p>SCIENCE QUARTER 4</p>	<ul style="list-style-type: none"> <li>-legal and illegal drugs</li> <li>-refusal skills</li> <li>-positive and negative influences</li> <li>-media literacy</li> </ul> <p>SCIENCE QUARTER 4</p>	<ul style="list-style-type: none"> <li>-caffeine</li> <li>-alcohol</li> <li>-tobacco</li> <li>-media influence</li> </ul> <p>SCIENCE QUARTER 4</p>



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