



Kindergarten through Eighth Grade Health Overview

| Grade | Topic Overview |
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| Kindergarten | <p>Hygiene</p> <ul style="list-style-type: none"> • How to cover your cough or sneeze • How to properly wash your hands • How to brush your teeth • Making Healthy Food Choices <p>Safety</p> <ul style="list-style-type: none"> • What colors of a traffic light mean • Color and shape of stop signs • When and how to call 9-1-1 |
| First | <p>Body Parts</p> <ul style="list-style-type: none"> • Identify ankles, knees, hips, hands, fingers, elbows, shoulders, neck, feet, and toes, chest, arms, legs <p>Recycling</p> |
| Second | <p>Body Parts</p> <ul style="list-style-type: none"> • Skin • Bones • Muscles • Heart • Lungs • Stomach <p>The Five Senses</p> |
| Third | <p>Body Systems</p> <ul style="list-style-type: none"> • Skeletal • Muscles • Nutrition • Health Lifestyle <p>Pollution</p> <ul style="list-style-type: none"> • Air Pollution • Water Pollution • Land Pollution |
| Fourth | <p>Nutrition</p> <ul style="list-style-type: none"> • What Healthy Eating looks like <p>Circulatory System</p> <p>First Aid</p> <ul style="list-style-type: none"> • Cuts and Scrapes • How to contact Poison Control |
| Fifth | <p>Food Nutrition Labels</p> <p>Water Pollution</p> <p>Puberty</p> |

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| Sixth | Body Systems <ul style="list-style-type: none"> • Digestive System • Circulatory System • Respiratory System • Nervous System Reproductive Health |
| Seventh | Emotional Well Being Stages of Life (infant through death) Nutrition Alcohol and Tobacco (including vaping) Sexually Transmitted Diseases |
| Eighth | Disease Education Nutrition Drug Education First Aid and CPR Refusal Skills |