

## **Curriculum Overview**

The 2020 Personal Wellness Curriculum contains two major components broken down by Marking Period:

Marking Period 1 and 4: Creative Movement/Personal Fitness:

Units of Study:

1. Personal Fitness (covered throughout the year)
2. Mindfulness (covered throughout the year)
3. Space Awareness (Mini-unit)
4. Balance (Mini-Unit)
5. Improvisation (Mini-Unit)
6. Cultural Dances (Mini-Unit)

Marking Period 2 and 3: Health Education

Units of Study:

1. Mental/Emotional Health
2. Substance Abuse Prevention
3. Family Life
4. Safety and Violence Prevention
5. Healthy Eating
6. Disease Prevention and Control

The curriculum was built using the MSDE Fine Arts Standards (Music, Dance, Drama) which were approved in 2017, PE Standards, and the Health Education Framework, approved in 2020. For each Unit, there is a Scope and Sequence, which is where teachers should begin. Each Scope and Sequence includes a progression, per day, of topics, lesson outline, and resources (some hyperlinked). The curriculum writing team consisted of the following teachers:

Health Team:

Creative Movement Team:

	MP 1	MP 2	MP 3	MP 4
K	<i>Introduce rules and procedures (NOT GRADED)</i>	<i>Not Graded</i>	Students will learn concepts in the areas of Safety and Violence Prevention (making safe decisions), Healthy Eating (Healthy foods, drinking Water), and Disease Prevention and Control (germ prevention, dental care, hand washing).	Students will create and achieve fitness goals and demonstrate a series of repetitive movements from a traditional cultural dance and mindfulness activities. Students will also react and respond to unexpected situations through improvisation.
1	Students will demonstrate spatial awareness through several movement activities as well as perform different ways to show dynamic and static balance. They will use health-related fitness components to develop their personal fitness. Students will also demonstrate knowledge of poses, levels, bases of support, and balance.	Students will learn concepts in the areas of Social/Emotional Learning (exploring feelings/relationships, learning healthy responses to learning), Substance Abuse and Prevention (Using medicine safely), and Family Life (families and healthy relationships).	Students will learn concepts in the areas of Safety and Violence Prevention (safe routes and places, fire safety), Healthy Eating (Benefits of Eating Breakfast and Drinking Water), and Disease Prevention and Control (germ prevention, dental care).	Students will create and achieve fitness goals and demonstrate a series of repetitive movements from a traditional cultural dance and mindfulness activities. Students will also react and respond to unexpected situations through improvisation.
2	Students will demonstrate spatial awareness through several movement activities as well as perform different ways to show dynamic and static balance. They will use health-related fitness components to develop their personal fitness. Students will also demonstrate knowledge of poses, levels, bases of support, and balance.	Students will learn concepts in the areas of Social/Emotional Learning (growth and change, calming strategies, dealing with troublesome feelings), Substance Abuse and Prevention (Using medicine safely), and Family Life (family structure and peer relationships).	Students will learn concepts in the areas of Safety and Violence Prevention (bike and passenger safety, bullying prevention), Healthy Eating (Benefits of Eating Breakfast learning the food groups), and Disease Prevention and Control (hand washing, germ prevention, dental care).	Students will create and achieve fitness goals and demonstrate a series of repetitive movements from a traditional cultural dance and mindfulness activities. Students will also react and respond to unexpected situations through improvisation.

3	<p>Students will demonstrate spatial awareness through several movement activities as well as perform different ways to show dynamic and static balance. They will use health-related fitness components to develop their personal fitness. Students will also demonstrate knowledge of poses, levels and basis of support through mindfulness activities.</p>	<p>Students will learn concepts in the areas of Social/Emotional Learning (basic and complex emotions, coping with emotions, friendships, and family) and Substance Abuse and Prevention (peer pressure).</p>	<p>Students will learn concepts in the areas of Safety and Violence Prevention (peer pressure, conflict resolution, advocacy), Healthy Eating (Healthy eating choices, balanced eating), and Disease Prevention and Control (hand washing, prevention of infectious diseases, helping others with good safety habits).</p>	<p>Students will create and achieve fitness goals and demonstrate a series of repetitive movements from a traditional cultural dance and mindfulness activities. Students will also explore ways to use voice, gestures and character to improvise a creative performance.</p>
4	<p>Students will demonstrate spatial awareness through several movement activities as well as perform different ways to show dynamic and static balance. They will use health-related fitness components to develop their personal fitness. Students will also demonstrate knowledge of poses, levels and basis of support through mindfulness activities.</p>	<p>Students will learn concepts in the areas of Social/Emotional Learning (understanding emotional health, empathy) and Substance Abuse and Prevention (harmful household products, environmental safety), and Family Life (puberty/adolescence, healthy relationships, trusted adults).</p>	<p>Students will learn concepts in the areas of Safety and Violence Prevention (peer pressure, and dares, digital citizenry), Healthy Eating (jobs of food groups, daily eating and activity goals), and Disease Prevention and Controls (habits of good health, communicable, non-communicable diseases).</p>	<p>Students will create and achieve fitness goals and demonstrate a series of repetitive movements from a traditional cultural dance and mindfulness activities. Students will also explore ways to use voice, gestures and character to improvise a creative performance.</p>
5	<p>Students will demonstrate spatial awareness through several movement activities as well as perform different ways to show dynamic and static balance. They will use health-related fitness components to develop their personal fitness. Students will also demonstrate knowledge of poses, levels and basis of support through mindfulness activities.</p>	<p>Students will learn concepts in the areas of Social/Emotional Learning (calm-down strategies, self-regulation, coping with stress) and Substance Abuse and Prevention (medicine use and misuse, alcohol and the media), and Family Life (physical and social changes in puberty).</p>	<p>Students will learn concepts in the areas of Safety and Violence Prevention (bullying and cyberbullying prevention, ), Healthy Eating (goal setting, understanding food amounts), and Disease Prevention and Controls (understanding chronic disease, lifestyle choices to prevent disease).</p>	<p>Students will create and achieve fitness goals and demonstrate a series of repetitive movements from a traditional cultural dance and mindfulness activities. Students will also explore ways to use voice, gestures and character to improvise a creative performance.</p>