

Kindergarten Health

Resources: Together Counts, Kids Health, and Discovery Education

Standards: Elementary health curriculum is based on the [2022 National Health Education Standards](#).

- **Standard 1:** Use functional health information to promote health and well-being.
- **Standard 2:** Analyze influences that promote health and well-being.
- **Standard 3:** Access resources to promote health and well-being.
- **Standard 4:** Use interpersonal communication skills to promote health and well-being.
- **Standard 5:** Make decisions to support health and well-being.
- **Standard 6:** Use goal-setting skills to support health and well-being.
- **Standard 7:** Demonstrate practices and behaviors to promote health and well-being.
- **Standard 8:** Advocate to promote health and well-being.

Trimester 1: Every Part Counts	Standards
What is Wellness?	1, 5, 7
Thoughts & Feelings	1, 3, 4, 5, 8
Every Choice Counts	1, 3, 4, 7, 8
Be Your Own Goalie	1, 5, 6, 8
Five Senses	1, 3, 7
Nervous System	1, 3, 7

Trimester 2: Every Bite Counts	Standards
Fill Your Plates	1, 3, 6
Food Fact Fun	1, 7

Eat to the Beat	1, 2, 4
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Trimester 3: Every Move Counts	Standards
Big Goals, Mini Goals	1, 6, 7
Desk Exercises	1, 5, 7
Multicultural Movement	1, 7

Grade 1 Health

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- **Standard 3:** Access resources to promote health and well-being.
- **Standard 4:** Use interpersonal communication skills to promote health and well-being.
- **Standard 5:** Make decisions to support health and well-being.
- **Standard 6:** Use goal-setting skills to support health and well-being.
- **Standard 7:** Demonstrate practices and behaviors to promote health and well-being.
- **Standard 8:** Advocate to promote health and well-being.

Trimester 1: Every Part Counts	Standards
What is Wellness?	1, 5, 7
Thoughts & Feelings	1, 3, 4, 5, 8
Every Choice Counts	1, 3, 4, 7, 8
Be Your Own Goalie	1, 5, 6, 8

Trimester 2: Every Bite Counts	Standards
Fill Your Plates	1, 3, 6
Food Fact Fun	1, 7
Eat to the Beat	1, 2, 4
Digestive System	1, 3, 7

Trimester 3: Every Move Counts	Standards
Big Goals, Mini Goals	1, 6, 7
Desk Exercises	1, 5, 7
Multicultural Movement	1, 7

Grade 2 Health

Resources: Together Counts, Kids Health, and Discovery Education

Standards: Elementary health curriculum is based on the [2022 National Health Education Standards](#).

- **Standard 1:** Use functional health information to promote health and well-being.
- **Standard 2:** Analyze influences that promote health and well-being.
- **Standard 3:** Access resources to promote health and well-being.
- **Standard 4:** Use interpersonal communication skills to promote health and well-being.
- **Standard 5:** Make decisions to support health and well-being.
- **Standard 6:** Use goal-setting skills to support health and well-being.
- **Standard 7:** Demonstrate practices and behaviors to promote health and well-being.
- **Standard 8:** Advocate to promote health and well-being.

Trimester 1: Every Part Counts	Standards
What is Wellness?	1, 5, 7
Thoughts & Feelings	1, 3, 4, 5, 8
Every Choice Counts	1, 3, 4, 7, 8
Be Your Own Goalie	1, 5, 6, 8

Trimester 2: Every Bite Counts	Standards
Fill Your Plates	1, 3, 6
Food Fact Fun	1, 7
Eat to the Beat	1, 2, 4

Trimester 3: Every Move Counts	Standards
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Big Goals, Mini Goals	1, 6, 7
Desk Exercises	1, 5, 7
Multicultural Movement	1, 7
Cardiovascular System	1, 3, 7

Grade 3 Health

Resources: Together Counts, Kids Health, and Discovery Education

Standards: Elementary health curriculum is based on the [2022 National Health Education Standards](#).

- **Standard 1:** Use functional health information to promote health and well-being.
- **Standard 2:** Analyze influences that promote health and well-being.
- **Standard 3:** Access resources to promote health and well-being.
- **Standard 4:** Use interpersonal communication skills to promote health and well-being.
- **Standard 5:** Make decisions to support health and well-being.
- **Standard 6:** Use goal-setting skills to support health and well-being.
- **Standard 7:** Demonstrate practices and behaviors to promote health and well-being.
- **Standard 8:** Advocate to promote health and well-being.

Trimester 1: Every Part Counts	Standards
What is Wellness?	1, 5, 7
Thoughts & Feelings	1, 5, 7
Every Choice Counts	3, 4, 5
Be Your Own Goalie	3, 5, 6

Trimester 2: Every Bite Counts	Standards
Fill Your Plates	1, 3, 6
Food Scientists	1, 3, 5, 7
Eat to the Beat	1, 4, 5, 7, 8

Trimester 3: Every Move Counts	Standards
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Big Goals, Mini Goals	1, 2, 5, 6, 7
Desk Exercises	6, 7
Multicultural Movement	4, 8
Respiratory System	1, 3, 7

Grade 4 Health

Resources: Together Counts, Kids Health, and Discovery Education

Standards: Elementary health curriculum is based on the [2022 National Health Education Standards](#).

- **Standard 1:** Use functional health information to promote health and well-being.
- **Standard 2:** Analyze influences that promote health and well-being.
- **Standard 3:** Access resources to promote health and well-being.
- **Standard 4:** Use interpersonal communication skills to promote health and well-being.
- **Standard 5:** Make decisions to support health and well-being.
- **Standard 6:** Use goal-setting skills to support health and well-being.
- **Standard 7:** Demonstrate practices and behaviors to promote health and well-being.
- **Standard 8:** Advocate to promote health and well-being.

Trimester 1: Every Part Counts	Standards
What is Wellness?	1, 5, 7
Thoughts & Feelings	1, 5, 7
Every Choice Counts	3, 4, 5
Be Your Own Goalie	3, 5, 6
Endocrine System	1, 3, 7

Trimester 2: Every Bite Counts	Standards
Fill Your Plates	1, 3, 6
Food Scientists	1, 3, 5, 7
Eat to the Beat	1, 4, 5, 7, 8

Trimester 3: Every Move Counts	Standards
Big Goals, Mini Goals	1, 2, 5, 6, 7
Desk Exercises	6, 7
Multicultural Movement	4, 8

Grade 5 Health

Resources: Together Counts, Kids Health, and Discovery Education

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- **Standard 1:** Use functional health information to promote health and well-being.
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- **Standard 3:** Access resources to promote health and well-being.
- **Standard 4:** Use interpersonal communication skills to promote health and well-being.
- **Standard 5:** Make decisions to support health and well-being.
- **Standard 6:** Use goal-setting skills to support health and well-being.
- **Standard 7:** Demonstrate practices and behaviors to promote health and well-being.
- **Standard 8:** Advocate to promote health and well-being.

Trimester 1: Every Part Counts	Standards
What is Wellness?	1, 5, 7
Thoughts & Feelings	1, 5, 7
Every Choice Counts	3, 4, 5
Be Your Own Goalie	3, 5, 6
Immune System	1, 3, 7

Trimester 2: Every Bite Counts	Standards
Fill Your Plates	1, 3, 6
Food Scientists	1, 3, 5, 7

Eat to the Beat	1, 4, 5, 7, 8
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Trimester 3: Every Move Counts	Standards
Big Goals, Mini Goals	1, 2, 5, 6, 7
Desk Exercises	6, 7
Multicultural Movement	4, 8