Unit:	**Intro to Health**				
Big Ideas:	What will we cover in Health Lessons? Why is learning about our health important? What are the 3 main components of Health?				
Unit Essential Questions:	What is Health? What are the 3 main components of Health? What happens to your body as you get older?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
2 Class period of 15-20 minutes	10.1.3.A	Infancy (Baby) Childhood (Child) Adolescence (Teen) Adulthood (Adult) Late Adulthood (Senior) Physical Health Social Health	Class Procedures Squad Lines Rules Grading Discipline Expectations Growth and development	Projector Health Triangle Video Word Doc - Classroom Rules	State classroom rules Recognize importance of having and following rules Identify the stages of growth Discuss the Triangle of Health (Physical, Social, Emotional) Questions and Answers
Unit:	**Personal Hygiene**				
Big Ideas:	Identify personal hygiene practices and the importance of promoting health and preventing the spread of germs. Identify methods of protection from illnesses. Understand the concept of grooming and cleanliness (personal hygiene) . Practice basic hygiene routines with adult reminders (e.g. hand washing, tooth brushing, cover nose and mouth when sneezing) Identify specific practices that support body development and function (e.g. exercise, good nutrition, rest) Discuss the role hygiene plays in keeping us healthy Identify people that help keep us healthy (e.g. doctor, nurse or dentist, gym teacher) Identify tools and practices that doctors and dentists use to keep us healthy				
Unit Essential Questions:	What does it mean to be healthy? What must be done to keep our body healthy? When should you wash your hands? How are hand washing and covering a sneeze and cough alike? How do I take care of my teeth?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**

2 class periods of 20 minutes	10.1.3.E 10.2.3.A 10.2.3.B 10.2.3.C 10.2.3.D 10.2.3.E	Hands Warm Soap Germ Wash (Bath) Immunization Check Up Pediatrician Patient Symptom Fever Immune System Contagious	Brain Pop Jr. Video "Hand Washing" Hand Washing at sink in hallway How to drink from the fountain Review Questions and class discussion Going to the Doctor Colds and Flu	Projector Germs Movie for Kids Virus & Bacteria Introduction Brain Pop Jr. Personal Hygiene Brain Pop Jr. How Your Immune System Works Bathroom Sink in hallway, soap and paper towels	Class participation in group discussions and questions and answers Place steps of washing hands in order Class discussions and participation Paired and group activities "tell me.."

Unit:	**Growth and Development**				
Big Ideas:	Identify and know the location and functions of the major body organs and systems.				
Unit Essential Questions:	How do these main body parts help with maintaining a healthy body?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
5 class period of 10-15 minutes	10.1.3A 10.1.3B	Heart (Circulatory) Lungs (Respiratory) Brain Stomach (Digestive) Muscles (Skeletal) Bones (Muscular)	Pictures/Posters of the : Heart Lungs Brain Stomach Muscles Bones Students will hold and show a picture of the Heart, Lungs, Brain, Stomach, Muscles and Bones. 2 Groups in putting Mr. Poly Bones together.	Brain Pop Jr. https://www.youtube.com/watch?v=i5aXwiC3wWc Pictures Mr. Poly Bones Puzzle	Class participation in group discussions and questions and answers. Paired and group activities.
Unit:	**Social and Emotional Health**				

Big Ideas:					
Unit Essential Questions:	What is kindness and how can we show kindness to others? Why is bullying not acceptable?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
3 class periods of 20 minutes		bully kindness stress emotions social compliment	Read A Loud:Kindness is my Superpower Compliment Tag Modeling behavior activity	Sesame Street: The Kindness Kid story Kindness is my Superpower I can be a kind and loving friend	Class discussions and participation Paired and group activities
Unit:	**The Five Senses of the Body**				
Big Ideas:	Identify and know the location and function of the five senses of the body.				
Unit Essential Questions:	What are the main parts of the nervous system? (Spinal Cord, Brain, Nerves) How can you care for your nervous system? Your Heart, Lungs and Brain are all organs: What is an Organ?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
2 class period of 20 minutes	10.1.3 B	Spinal Cord Senses Nerves Taste Buds Nervous System Ears Eyes Nose Mouth Fingers	Word Wall Words Brain Pop Jr. Online video Review Questions Five Senses Worksheet with groups Senses	Projector Posters Worksheets Note Book Questions	Class discussion and participation Paired and group activities Online Quiz Questions
Unit:	**Community Information, Services, Products**				

Big Ideas:	Identify community health services. Identify personal hygiene practices and community practices and community helpers that promote health and prevent the spread of diseases.				
Unit Essential Questions:	Why are teeth important and how do we keep them healthy? Describe way to clean your teeth?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
2 class periods of 20 minutes	10.2.3 A	Doctor Dentist Community Health Department Hygienist Tooth Decay Plaque Cavity	Word Wall Words Brain Pop Jr. video online "The Dentist" Review Questions Worksheet Identifying good health habits of maintaining good hygiene Video online Brain Pop Jr. "caring for teeth"	Projector Posters Worksheets Note Book Questions	Class discussions and participation Paired and group activities Online Quiz Questions Completed healthy habits worksheet

Unit:	**Environment/Community Health**				
Big Ideas:	Identify environmental factors that affect health.				
Unit Essential Questions:	What is a Community? What is Pollution? Why does air pollution cause breathing problems? What is asthma?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
1 class period of 20 minutes	10.2.3 E	Mucus Asthma Trigger Inhaler Lungs Pollution Environment Temperature	Word Wall Words Brain Pop Jr. Video "Asthma" Video online Questions	Projector Brain Pop Jr. Online Worksheet Note Book Questions	Class discussion and paired and group participation Online Quiz Questions

Unit:	**Decision Making/Goal Setting/Interpersonal Relationships/Bullying**				
Big Ideas:	Identify the steps in a decision-making process. Identify positive and negative ways to get attention. Recognize personal and shared space				
Unit Essential Questions:	Why is it important to make good decisions? What are some ways to communicate? How do you make friends? Do you know how to recognize conflict situations and identify strategies to avoid or resolve?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
2 class periods of 20 minutes	10.2.3 D 10.3.3 C	Rumor Bully Avoid Cyberbully Ignore Friend Apology Argue Compliment Solve	Word Wall Words Brain Pop Jr. Video Bully/Friends Note Book Questions Role Play	Projector Brain Pop Jr. Online Worksheets Note Book Questions	Paired and Group participation Class Discussion Online Review Questions and answers

Unit:	**A Healthy Heart is as easy as 1, 2, and 3: 1. Eat healthy 2. Exercise enough & 3. Live Tabaco Alcohol Drug Free**				
Big Ideas:	Explain the role of the My Plate/My Food Pyramid guide in helping eat a healthy diet.				
Unit Essential Questions:	What is the My Plate/My Food Pyramid? Why are fruits and vegetables important in your diet? What are healthy snacks? What are nutrients?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**

2 class periods of 20 minutes	10.1.3 C	Grains Protein Fiber Dairy Calcium Food Groups Nutrients Digestive System Junk Food Nutritious	Word Wall Words Brain Pop Jr. Videos (Eating Right & Food Groups) Note Book Questions and answers Worksheet Activity	Projector Posters Worksheets Brain Pop Jr. Online Videos	Paired and Group Discussions and participation Worksheets Quiz Questions and answers
Unit:	**A Healthy Heart is as easy as 1, 2, and 3: 1. Eat Healthy 2. Exercise enough & 3. Live Tobacco Alcohol Drug Free**				
Big Ideas:	Identify and use safe practices in physical activity setting. Health Benefits of daily exercise, active play, academic integration, body and brain activity, focus, behavior, personal space, and social play.				
Unit Essential Questions:	Why is exercise important for a healthy heart and lungs? Why does the body and brain need exercise? What is Exercise?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
1 class period of 20 minutes	10.3.3 D	Exercise Stretch Stress Physical Activity Flexible	Word Wall Words Brain Pop Jr. Video (Exercise) Note Book Questions Worksheet	Projector Worksheet Brain Pop Jr. Video (Exercise)	Paired and group discussion and participation Worksheet Note Book Questions and answers Online Review Quiz Challenge

Unit:	**A Healthy Heart is as easy as 1, 2, and 3: 1. Eat Healthy 2. Exercise Enough & 3. Live Tobacco Alcohol Drug Free**
Big Ideas:	Know age appropriate drug information. Recognize that Alcohol is a drug. Discuss Refusal skills.

Unit Essential Questions:	What are good drugs and bad drugs? What is Tobacco? What is Alcohol?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
3 class periods of 20 minutes	10.1.3 D	Medicine Vaccine Side Effect Prescription Pharmacist Illegal Drug Addictive Abuse Cilia Tobacco Nicotine Second Hand Smoke	Brain Pop Jr Videos	Projector Brain Pop Jr. Online Videos Work sheets Posters Story Book From Library	Paired or group discussions and participation Worksheets Online Quiz Challenge
Unit:	**Safety/Media & Emergencies**				
Big Ideas:	Recognize traffic safety rules for the following: crossing streets, seat belts, and helmets, riding a bike, signs and signals. Discuss safety rules for the following: Playground, Bus, Classroom, Tornado Drills, Earthquake Drill, Fire Drills, Dangerous objects and weapons (broken glass, needles, spit, blood, etc.), and food consumption. Demonstrate how to get help in an emergency. Demonstrate Stop, Drop & Roll when your clothing is on fire. Practice safety rules pertaining to strangers. (shout, kick or scream) (Tell an adult.) (Avoid stranger's vehicles.) Identify sources to report abuse, harassment, violence, and injury. (teacher, nurses, counselor, ministers, parents, coaches) Understand the importance of Halloween Safety.				
Unit Essential Questions:	Who is a trusted Adult? How do you cross a street safely? How do you get help in an emergency? What is stranger safety?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**

4 class periods of 20 minutes	10.2.3 B 10.2.3 C 10.3.3 A 10.3.3 B	Symbol Cross Walk Caution Harm Yield Fire Pedestrian Emergency Stranger	Word Wall Words Brain Pop Jr. Online Video “Safety Signs and Symbols” Note Book Questions Worksheet Brain Pop Jr. Quiz Challenge	Projector Posters Brain Pop Jr. Video Worksheets	Paired and group class discussions and participation. Worksheets Brain Pop Jr. Quiz Challenge