



BAYONNE PUBLIC SCHOOLS

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HEALTH PACING GUIDE

K-2

September

- Safety – fire drill, lock down, shelter in place, crossing the street
- Safety – stop drop and roll, seat belts, helmets, padding, crossing the street, calling/yelling for help, strangers
- Behavior and expectations
- Manners – Please, thank you , excuse me

October

- Washing hands, use clean tissues, sneeze/cough in elbow
- Hygiene – shower, brush teeth

November

- Body parts – what they are, how they work
- 5 Senses

December

- Character/Relationships
- Communication
- Gender/Stereotypes

January

- Self-Control
- Family Life – roles of members and how they differ

February

- Responsibility
- Emotions
- Grief
- Bullying

March

- Nutrition – food groups, healthy snacks, food pyramid
- Disease and Health – preventing the spread of germs, doctor visits, dentist visits, grooming
- Oral health

April

- Decision Making
- Peer Pressure
- Refusal Skills
- Resolve Conflict

May

- Smoking/Vaping
- Drugs/Medicine
- Alcohol

June

- Preventing the spread of germs
- Self-care