

## Health Units

### Grades K-5

#### Kindergarten

1. Intro to Health - What is health? What does it mean to be healthy?
2. Emotions - Introduction to various feelings and emotions, facial expressions, emoticons, uniqueness, healthy ways to express feelings.
3. Nutrition - Sources of food, MyPlate and food groups, healthy eating habits and proper eating manners, explore the relationship between food and health.
  - a. [MyPlate Photo](#)
  - b. [MyPlate Worksheet](#)
  - c. [Organize the Food Worksheet](#)
4. Germs - preventing the spread of germs (wash hands, tissues, covering mouth and nose, not sharing food and drink items), personal hygiene, proper procedure for washing hands.
5. Body Systems - Scholastic Human Body Books (The Amazing Human Body), What are body systems?
6. Safety - Car safety, bike safety, fire safety, street safety, bus safety, playground safety, Responding to emergency situations (911, know personal information, adults who can help)

#### 1st Grade

1. Health - What is health? (Review), How to be healthy?, Types of health.
2. Conflict Resolution/Emotional Health - Review, Encouraging development of friendships
3. Stress - Evaluating personal stress levels and discussing coping strategies.
4. Discuss behaviors that impact friendships (positive and negative), Distinguish between tattling and telling, Identify healthy ways of expressing feelings, Introduction to decision making
5. Nutrition - MyPlate (food groups, colorful plate), Digestive System (brief description), Food Rainbow (craft project), identify healthy eating habits
6. Disease Prevention - Ways to fight germs, Identify and describe ways germs can enter body, Explain the role of hygiene in preventing germs, Identify health care professionals
7. Body Systems - Mouth and nose, Eyes and Ears
8. Safety - Review car, bus and bike safety, mini lesson on pedestrian safety, basic safety rules for the home (kitchen safety, harmful products, 911 emergencies, gun safety, safety around pets and other animals), Describe how to respond to emergency situations, Personal Safety (Identify adults that can help in any situation)

## 2nd Grade

1. Health - What is health? (Review), How to be healthy?, Types of health.
2. Conflict Resolution/Emotional Health - Review, emotions and feelings, methods of communication, stress management strategies, how you can help someone feeling bad (compliments, buddy bench), what to do when someone wants you to do something bad, conflicts (refusal skills, say no, walk away, talk to them about it).
3. Nutrition - Food groups (creating a meal/balanced diet, importance of breakfast), digestive system.
  - [Roll Through the Digestive System Game](#)
4. Disease Prevention - Ways to fight germs (immune system, medicine, medicine safety), dental hygiene habits, discuss how to maintain personal health.
5. Body Systems - circulatory, scholastic books (human body - brain, skin and bones), immune system (germ unit)
6. Car and Bike Safety - Review previous units (car, bus, bike, etc.), playground safety, summer safety (sun, pool, etc.)

## 3rd Grade

1. Health - What is health? (Review), How to be healthy?, Types of health.
2. Conflict Resolution/Emotional Health - Review, what to do during a conflict (walk away, talk to a teacher), uniqueness and identifying personal qualities.
3. Nutrition - Review and link to the digestive system
  - [http://www.snap4ct.org/uploads/8/1/7/6/81769276/myplate-piktochart-website\\_1\\_orig.png](http://www.snap4ct.org/uploads/8/1/7/6/81769276/myplate-piktochart-website_1_orig.png)
4. Drugs - Recognizing helpful vs harmful drugs (prescription and nonprescription), medicine cabinet, tobacco (types of smoke, addiction).
5. Disease prevention and control - communicable vs. non-communicable, importance of detection and preventions and treatment of disease, identifying parasites and ways they get into the body.
6. Body Systems - Circulatory (JRFH, heart beating faster), Skeletal System (What is its purpose, joints (areas you are able to bend), locating different joints, how many bones are in the body, piece together skeletal system)
7. Safety - Identify appropriate behaviors for potentially dangerous situation, explain appropriate responses to emergency situations, review of personal safety (Bike, Car, and etc.), stranger safety.

## 4th Grade

1. Health - Health Triangle (Social, Mental, Physical Health), importance of a balanced triangle
2. Nutrition - Review food groups, healthy choices (at home, at school), discuss school meal choices, MyPlate (design a healthy meal(s)).
3. Self-Esteem - What is self-esteem?, Review bullying (crumpled paper activity, bystanders and upstanders, reporting vs. tattling), compliments (use post-its and have them write compliments and post on the board.
4. Communication/social skills - Communication skills (ways people communicate - facial expressions, gestures, point/using hands, writing, drawing, using equipment (text message or computer), touch, eye contact), drawing activity (verbal communication - Students get with a partner and sit back to back. Student 1 draws a picture while student 2 sits quietly. After a couple of minutes student 1 stops drawing and now using only word describe the picture to student 2 who needs to try and recreate the image.
5. Decision Making - What is decision making? Introduce S-T-E-P (and review from 2nd step lessons), S-Say the problem...T-Think of solutions...E-Explore Consequences...P-Pick the best solution, influences on decision making
6. Anti-Tobacco Unit - Intro to tobacco use - Origins, chemicals, Effects of nicotine, tobacco products, and tobacco smoke(First and second hand) - Article/worksheet ([Article](#)), ([Article Worksheet](#)), Long term and short term effects (review), Anti-Tobacco Project ([Assignment/Rubric - Tshirt](#)), ([Assignment/Rubric - Poster](#)), ([Assignment/Rubric - Research](#)), ([Assignment/Rubric - Letter](#))
7. Heart/Circulatory Unit (February and JRFH) (PE Class) - What does the heart do?, Oxygen and Carbon Dioxide, Cycle of the blood flow (oxygenated and deoxygenated blood), moderate/vigorous activities
8. Car/Vehicle Safety - Car seat laws, car safety (how to act in or around cars), airbags, parking lot safety, review of safety from previous years
9. Body Systems - (Teaching Today's Health), New Body Systems (Respiratory, Immune (Immune system tag game)), (<https://kidshealth.org/en/kids/bodyarticles.html> (Articles (Headphones))), Quiz on body systems, *Info on All Body Systems*, ([Human Body Systems](#)), (**My Incredible Body APP?**)
10. Puberty Unit- What is puberty and the changes that occur during puberty. (**Not Assessed**)
11. Stress - Dealing with stress. Worksheets in the LifeSkills % Workbook.

## 5th Grade

1. Health - recap on health triangle, set goals for each type of health (physical, mental, social)
2. Nutrition - Labels, comparing what you're eating to the amount of exercise it takes to burn them off, design a healthy meal(s) - with calorie counts, nutrients (Types of nutrients, what foods they come from), tracking activity and calorie intake (SuperTracker), amount of activity to burn calories.
3. Self-Esteem - How to make others feel good about themselves, how to make yourself feel good, 3 of a kind sheet (5th grade only), complementing (others as well as themselves), future Letter to Themselves (have them write compliments about all peers in their class.)
4. Communication/Social Skills - Conflict resolution (resolving conflicts - verbal harassment, gossip, exclusion and unwanted physical touch), discovery online curriculum.

5. Decision Making - S-T-E-P, direct influences on decision making, indirect influences on decision making, scenarios and solutions, consequences/outcomes
6. Anti-Tobacco Unit - Long term and short term effects (review, straw activity), Article/worksheet, scenarios, addiction and deadly effects, using S-T-E-P and decision making
7. Heart/Circulatory System - Maximum HR, Target HR, FITT (Frequency, Intensity, Time, Type), [Interactive Worksheet](#)
8. Car/Vehicle Safety - Seat belt laws, front seat laws, airbags, age to sit in front seat
9. Body Systems - Review of body systems covered in previous years, New body systems (muscular, nervous, digestive), research the body systems, <https://kidshealth.org/en/kids/bodyarticles.html> (Articles) (Headphones), Kahoot Activity, Endocrine system will be a lesson at the end of the year before we have the puberty lesson.
10. Puberty Unit- What is puberty and the changes that occur during puberty. (**Not Assessed**)
11. Stress - Dealing with stress. Worksheets in the LifeSkills % Workbook.