

Elementary Health

Grade	Title	Description	Link to Resources
1-2	Life Skills	Understanding skills needed by all people to function in society. -self image -decision making - STAR model	Healthy Lifestyle Choices Curriculum.
3-5	Life Skills	Introducing topics of: -decision making - STAR model -diversity -communication- verbal and non verbal. - goal setting	Healthy Lifestyle Choices Curriculum.
1-2	Anger Management Conflict Resolution	Understanding and identifying feelings, especially those of anger/frustration. Using strategies to control anger and solve conflict in a constructive way.	Healthy Lifestyle Choices Curriculum.
3-5	Stress Management /Conflict Resolution	Understanding the concept of conflict and how conflicts escalate. Understanding the causes of stress and the body's reaction. Using a variety of strategies to relieve stress. Having the ability to manage feelings and resolve problems in a peaceful way. Using the I-Message as a means of effective problem solving.	Healthy Lifestyle Choices Curriculum
1-2	Nutrition	Understanding the concept of the USDA MyPLATE - serving sizes - nutrients associated with food groups - identifying food groups that give energy and those that help	

		<ul style="list-style-type: none"> - us grow - identifying nutrient-dense foods and high fiber foods - introduce the term empty-calorie food 	
3	Nutrition	All of the above with lessons on label reading	
4-5	Nutrition	All of the above plus lessons on: <ul style="list-style-type: none"> -The six major nutrients and their sources and benefits -identify factors that contribute to overweight and obesity 	
1-2	Substance Abuse	Identifying substances that can be poisonous such as tobacco and tobacco smoke, alcohol, medicines taken without supervision, and common household products <ul style="list-style-type: none"> -discussion of who a trusted adult may be -learning the effects of pollution on health 	
3-5	Substance Abuse	Students will learn about how substances can change the way your mind and body work <ul style="list-style-type: none"> -Identify strategies to avoid negative peer pressure situations 	
1-2	Human Body	Students will be introduced to the name and function of major organs of the human body. Students will learn the function of the teeth and basic dental hygiene. Understanding the concept of germs and good hygiene.	The Body Book kidshealth.org
3-5	Human Body	Students will be introduced to the function of systems in the human body.	Kidshealth.org Brainpop Mystery Science

		<p>Creating connections between all systems of the body.</p> <p>Connecting the concept of decision making and consequences on the human body.</p>	
1-2	Safety	<p>Students will be introduced to the concept of hazard and risk and emergency as it relates to safety.</p> <p>Topics include:</p> <ul style="list-style-type: none"> Playground safety Bicycle safety Stranger safety When and how to call 911 Outdoor safety - ticks Fire safety 	<p>Healthy Lifestyle Choices Curriculum</p>
3-5	Safety	<p>In addition to the above students will understand concepts of decision making as it relates to safety.</p> <p>Topics include:</p> <ul style="list-style-type: none"> Internet safety Basic first aid Safety when home alone Water safety 	<p>Healthy Lifestyle Choices Curriculum</p>
1-2	Fitness	<p>Students will be able to understand the connection between being active and overall health. The concept of fitness/wellness as a lifestyle choice will be introduced.</p>	<p>Healthy Lifestyle Choices Curriculum</p>
3-5	Fitness	<p>Students will understand aerobic and anaerobic activity as facets of fitness. Students will be able to recognize fitness as a means to control stress and achieve energy balance.</p>	<p>Healthy Lifestyle Choices Curriculum</p>