

Bethel Health Curriculum

Skills=	Core Concept	Analyze Influences	Access Info	Interpersonal Communication	Decision Making	Goal Setting	Self-Management	Advocacy
Topics PK--5	Sexual Health- Anatomy/Dev Saf./Injury prv. Mental Hlth Stress Mngmt Illness/Dis prv Personal Hlth Consumer/ Envir. Hlth	Nutrition Saf./Injury prv. Violence Prv. Mental Hlth ATOD Consumer/ Envir. Hlth Personal Hlth Social Hlth	Nutrition Sexual Health Mental Hlth Illness/Dis prv Consumer Health	Sexual Health Saf./Injury prv. Violence Prv. ATOD Social Hlth	Nutrition Sexual Health Saf./Injury prv. Violence Prv. Mental Hlth ATOD Consumer/ Envir. Hlth	Nutrition Sexual Health Mental Hlth Stress Mngmt ATOD Personal Hlth	Stress Mngmt Illness/Dis prv Personal Hlth	Violence Prv. ATOD Consumer/ Envir. Hlth
Themes: What does my body do for me? What do I do for my body? Staying safe Proud to be healthy								
Pre K	NS Indicator: 1.2.1, 1.2.3, 1.2.4, 1.2.5 VT Proficiency: 1.a Content: Anatomy/Dev. Nutrition Personal Hlth Safety/Inj prv Illness/Dis prv ATOD	NS Indicator: 2.2.1, 2.2.2 VT Proficiency: 3.2 (family) Content: Nutrition Safety/Inj prv Personal Hlth	NS Indicator 3.2.1, 3.2.2 VT Proficiency: 3.b Content: Nutrition Safety/Inj prv.	NS Indicator: 4.2.1, 4.2.2 VT Proficiency: 4.a, 4.b Content: Anatomy/Dev Social Hlth Personal Hlth ATOD	NS Indicator: 5.2.1, 5.2.2 VT Proficiency: NA Content: Safety/inj prv Nutrition	NS Indicator: 6.2.1 VT Proficiency: 5.c Content: Personal Hlth Phys Activ Nutrition	NS Indicator: 7.2.1, 7.2.2 VT Proficiency: 6.a Content: Illness/Dis prv Safety/Inj prv Personal Hlth Phys Activ Nutrition Anatomy/Dev	NS Indicator: 8.2.1, 8.2.2 VT Proficiency: 4.e, 4.f Content: Community/ Enviro Hlth
Grade K	NS Indicator: 1.2.1, 1.2.3,	NS Indicator: 2.2.1, 2.2.2	NS Indicator 3.2.1, 3.2.2	NS Indicator: 4.2.1, 4.2.2	NS Indicator: 5.2.1, 5.2.2	NS Indicator: 6.2.1	NS Indicator: 7.2.1, 7.2.2	NS Indicator: 8.2.1, 8.2.2

	1.2.4 VT Proficiency: 1.a, 1.c Content: Anatomy/Dev. Nutrition Personal Hlth Safety/Inj prv Illness/Dis prv ATOD	VT Proficiency: 3.2 (family) Content: Nutrition Safety/Injury Prev.	VT Proficiency: 3.b Content: Illness/Dis prev. Safety/Injury Prev..	VT Proficiency: 4.a, 4.b Content: Anatomy/Dev Illness/Dis prv Safety/Injury prv Violence prv ATOD	VT Proficiency: 5.2.1, 5.2.2 Content: Personal Hlth Safety/injury prv Nutrition ATOD Anatomy/Dev	VT Proficiency: 5.c Content: Personal Hlth Phys Activ Nutrition	VT Proficiency: 6.a Content: Illness/Dis prv Safety/Injury prv Personal Hlth Phys Activ Nutrition	VT Proficiency: 4.e, 4.f Content: Personal Hlth Community/ Enviro Hlth Nutrition Social Hlth
Grade 1	NS Indicator: 1.2.1, 1.2.2, 1.2.3, 1.2.4, 1.2.5 VT Proficiency: 1.a, 1.c Content: Anatomy/Dev. Nutrition Personal Hlth Safety/Inj prv Illness/Dis prv ATOD	NS Indicator: 2.2.1, 2.2.2 VT Proficiency: 3.a (family, peers) Content: Nutrition Phys Activity	NS Indicator: 3.2.1, 3.2.2 VT Proficiency: 3.b Content: Illness/Dis prev. ATOD	NS Indicator: 4.2.1, 4.2.2 4.2.3, 4.2.4 VT Proficiency: 4.a, 4.b, 4.c, 4.d Content: Anatomy/Dev Personal Hlth Social health	NS Indicator: 5.2.1, 5.2.2 VT Proficiency: NA Content: Safety/inj prv Nutrition	NS Indicator: 6.2.1, 6.2.2 VT Proficiency: 5.c Content: Personal Hlth Phys Activ Nutrition	NS Indicator: 7.2.1, 7.2.2 VT Proficiency: 6.a Content: Illness/Dis prv Safety/Inj prv Personal Hlth Phys Activ Nutrition	NS Indicator: 8.2.1, 8.2.2 VT Proficiency: 4.e, 4.f Content: Community/ Enviro Hlth Nutrition ATOD
Grade 2	NS Indicator: 1.2.1, 1.2.2, 1.2.3, 1.2.4, 1.2.5 VT Proficiency: 1.a, 1.c Content: Anatomy/Dev. Nutrition Personal Hlth	NS Indicator: 2.2.1, 2.2.2, 2.2.3 VT Proficiency: 3.a (family, peers) Content: Nutrition	NS Indicator: 3.2.1, 3.2.2 VT Proficiency: 3.b Content: Illness/Dis prev. Safety/Inj prv	NS Indicator: 4.2.1, 4.2.2, 4.2.3, 4.2.4 VT Proficiency: 4.a, 4.b, 4.c, 4.d Content: Anatomy/Dev Illness/Dis prv Safety/Injury	NS Indicator: 5.2.1, 5.2.2 VT Proficiency: NA Content: Personal Hlth Safety/inj prv Nutrition Anatomy/Dev	NS Indicator: 6.2.1, 6.2.2 VT Proficiency: 5.c Content: Personal Hlth Phys Activ Nutrition	NS Indicator: 7.2.1, 7.2.2 VT Proficiency: 6.a Content: Illness/Dis prv Safety/Inj prv Personal Hlth Phys Activ Nutrition	NS Indicator: 8.2.1, 8.2.2 VT Proficiency: 4.e, 4.f Content: Personal Hlth Community/ Enviro Hlth Nutrition Social Hlth

	Safety/Inj prv Illness/Dis prv ATOD	Safety/Injury Prev		prv Social health Violence prv				ATOD
Themes: My body, my health: what does it mean to take ownership of my health? Connecting the dots: what does the rest of the world have to do with my health? My role: how do I help make a healthier world?								
Grade 3	NS Indicator: 1.5.1, 1.5.2, 1.5.3, 1.5.4 VT Proficiency: 1.a, 1.b, 1.c Content: Nutrition ATOD Consumer/ Enviro Hlth Safety/Inj prv Anatomy/Dev Illness/Dis prv	NS Indicator: 2.5.1, 2.5.3, 2.5.4 VT Proficiency: 2.a Content: Phys Activity Personal Hlth Safety/Inj prv	NS Indicator 3.5.1 VT Proficiency: 3.a Content: Consumer/ Enviro Hlth Illness/Dis Prv ATOD	NS Indicator: 4.5.1, 4.5.2, 4.5.3 VT Proficiency: 4.a, 4.b, 4.c, 4.d Content: Social Health Nutrition	NS Indicator: 5.5.1, 5.5.2, 5.5.3, 5.5.4 5.5.5. VT Proficiency: 5.a Content: Social Health Nutrition	NS Indicator: 6.5.1, 6.5.2 VT Proficiency: 5.c, 5.d Content: Personal Hlth Phys Activ	NS Indicator: 7.5.1, 7.5.2, 7.5.3 VT Proficiency: 6.a Content: Illness/Dis prv Safety/Injury prv Personal Hlth Phys Activ Nutrition	NS Indicator: 8.5.1, 8.5.2 VT Proficiency: 4.e, 4.f Content: ATOD Consumer/ Enviro Hlth
Grade 4	NS Indicator: 1.5.1, 1.5.2, 1.5.3, 1.5.4 VT Proficiency: 1.a, 1.b, 1.c Content: Nutrition ATOD Consumer/ Enviro Hlth Safety/Inj prv	NS Indicator: 2.5.1, 2.5.3, 2.5.4 VT Proficiency: 2.a Content: Physical Activity Social Health	NS Indicator 3.5.1 VT Proficiency: 3.a Content: Nutrition Consumer/ Enviro Hlth Illness/Dis Prv	NS Indicator: 4.5.1, 4.5.2, 4.5.3 VT Proficiency: 4.a, 4.b, 4.c, 4.d Content: Social Health Nutrition Safety/Injury prv	NS Indicator: 5.5.1, 5.5.2, 5.5.3, 5.5.4 5.5.5. VT Proficiency: 5.a Content: Personal Hlth Safety/Injury prev Anatomy/Dev	NS Indicator: 6.5.1, 6.5.2 VT Proficiency: 5.c, 5.d Content: Personal Hlth Phys Activ Nutrition	NS Indicator: 7.5.1, 7.5.2, 7.5.3 VT Proficiency: 6.a Content: Illness/Dis prv Safety/Injury prv Personal Hlth Phys Activ	NS Indicator: 8.5.1, 8.5.2 VT Proficiency: 4.e, 4.f Content: ATOD Nutrition Consumer/ Enviro Hlth

What is Health? What does it mean to be healthy?

The Dimensions of Health- Physical, Social, Mental, Emotional, Sexual, Environmental, and Intellectual

What skills do I need in order to make healthy decisions?

Grade 6	NS Indicator: 1.8.1, 1.8.2, 1.8.3, 1.8.4 VT Proficiency: 1a,1d, 1e Content: Sexual Health Illness/Dis prv Personal Hlth	NS Indicator: 2.8.1, 2.8.3, 2.8.4 VT Proficiency: 2.a Content: Personal Hlth Emotional Health Saf/Injury prv Social Hlth	NS Indicator 3.8.1, 3..8.2 VT Proficiency: 3b Content: Social Hlth Mental Hlth Ill/Dis. prv	NS Indicator: 4.8.1, 4.8.2, 4.8.3 VT Proficiency: 4a, 4b, 4c Content: Social Hlth Mental Hlth Emotional Health	NS Indicator: 5.8.1, 5.8.2, 5.8.3, 5.8.4 VT Proficiency: 5b Content: Saf./Injury prv. Violence Prv. Mental Hlth Personal Hlth	NS Indicator: 6.8.1, 6.8.2, 6.8.3, 6.8.4 VT Proficiency: 5f, 5g Content: Mental Hlth Stress Mngmt Personal Hlth	NS Indicator: 7.8.1 VT Proficiency: 6a Content: Stress Mngmt Illness/Dis prv Personal Hlth	NS Indicator: 8.8.1 VT Proficiency: 4g Content: Social Hlth- Technology mngmt
Grade 7	NS Indicator: 1.8.5, 1.8.6, 1.8.8, 1.8.9 VT Proficiency: 1a, 1c Content: Injury/ Violence prv Health care Sexual Health	NS Indicator: 2.8.5, 2.8.6, 2.8.7, 2.8.8, 2.8.9 VT Proficiency: 2.a Content: ATOD Violence Prevention Personal Health Mental Hlth	NS Indicator 3.8.3, 3.8.4, 3.8.5 VT Proficiency: 3b Content: Sexual Health Social Hlth Emotional health -stress relief -peers/ comm. ATOD	NS Indicator: 4.8.3, 4.8.4 VT Proficiency: 4a, 4b, 4c Content: Sexual Health Saf./Injury prv. Violence Prv. ATOD Social Hlth Men/Emot Hlt	NS Indicator: 5.8.1-5.8.7 all VT Proficiency: 5b, 5d Content: Sexual Health Saf./Injury prv. Violence Prv. Mental Hlth Personal Hlth ATOD	NS Indicator: 6.8.1, 6.8.2, 6.8.3, 6.8.4 VT Proficiency: 5f, 5g Content: Sexual Health ATOD	NS Indicator: 7.8.2, 7.8.3 VT Proficiency: 6a Content: Social Hlth Emotional & mental Hlth	NS Indicator: 8.8.1, 8.8.2 VT Proficiency: 4g Content: Violence Prv. ATOD
Grade 8	NS Indicator: 1.8.7, 1.8.9 VT Proficiency:	NS Indicator: 2.8.8, 2.8.9 VT	NS Indicator 3.8.4, 3.8.5 VT Proficiency:	NS Indicator: 4.8.2, 4.8.3, 4.8.4 VT	NS Indicator: 5.8.6, 5.8.7 VT Proficiency:	NS Indicator: 6.8.1, 6.8.2, 6.8.3, 6.8.4 VT	NS Indicator: 7.8.2 VT Proficiency:	NS Indicator: 8.8.1, 8.8.2 VT Proficiency:

	1c Content: Nutrition Family Hlth	Proficiency: 2.a Content: ATOD Consumer/ Enviro Health Nutrition	3b Content: Nutrition Family Hlth	Proficiency: 4d, 4c Content: ATOD Nutrition Family & Social Hlth Con/Env. Hlth	5c Content: ATOD Nutrition Family & Social Hlth Con/Env. Hlth	Proficiency: 5e, 5f, 5g Content: Nutrition Family & Personal Hlth	6a Content: Nutrition Physical Activity	4g Content: Consumer/ Envir. Hlth Nutrition
Grade 9-10	NS Indicator: 1.12.8, .9 VT Proficiency: 1a, 1d Content: Illness/ Injury Prv.--safety ----- NS Indicator: 1.12.5, 11.12.7 VT Proficiency: 1e, 1a Content: Sexual Health Personal Health-Nutritio n Social Hlth	NS Indicator: 2.12.1, .2, .3, .4, .5, .6, .7, .8, .9,.10 (All) VT Proficiency: 2a, 2b Content: Social Hlth ATOD Personal Hlth Mental Hlth Violence Prv	NS Indicator 3.12.1-3.12.5 (all) VT Proficiency: 3a Content: Nutrition Sexual Health Mental Hlth Illness/Dis prv ATOD	NS Indicator: 4.12.1, 4.12.2, 4.12.3, 4.12.4 VT Proficiency: 4a, 4b, 4c Content: Sexual Health Saf./Injury prv. Violence Prv. ATOD Social Hlth Men/Emot Hlt Family Hlth Consumer Hlt	NS Indicator: 5.12.2,5.12.4, 5.12.5, 5.12.6, 5.12.7 VT Proficiency: 5b, 5d Content: Nutrition Sexual Health Saf./Injury prv. Violence Prv. Mental Hlth ATOD Personal Hlth Emot. Hlth	NS Indicator: 6.12.1, 6.12.2., 6.12.3, 6.12.4 VT Proficiency: 5f, 5g Content: Nutrition Sexual Health Mental Hlth Stress Mngmt ATOD Personal Hlth	NS Indicator: 7.12.2, 7.12.3 VT Proficiency: 6a Content: Personal Health Nurtition	NS Indicator: 8.12.1,8.12.3 VT Proficiency: 4e Content: Violence Prv. ATOD Consumer/ Envir. Hlth Technology mngmt
Grade 11-12 OYO	NS Indicator: 1,12.3 VT Proficiency: 1b	NS Indicator: 2.12.2, 2.12.10 VT Proficiency:	NS Indicator 3.12.4, 3.12.5 VT Proficiency: 3a, 3b	NS Indicator: 4.12.1 VT Proficiency: 4d	NS Indicator: 5.12.2,5.12.4, 5.12.5, 5.12.6, 5.12.7 VT	NS Indicator: 6.12.4 VT Proficiency: 5f	NS Indicator: 7.12.3 VT Proficiency: 6a	NS Indicator: 8.12.1,8.12.3 VT Proficiency: 4e

	Content: Env. Hlth Personal Hlth	2c Content: Personal Hlth Con/Env. Hlth	Content: Consumer health Mental hlth Financial hlth	Content: Social Hlth Consumer Health Personal Hlth	Proficiency: 5d, 5b Content: Consumer/ Envir. Hlth Nutrition Personal Hlth	Content: Stress Mngmt Personal Hlth Con/Env. Hlth	Content: Personal Hlth Intellectual Hlth Con/Env. Hlth	Content: Consumer/ Envir. Hlth Technology mngmt