

## ELEMENTARY HEALTH CURRICULUM 2017-18

Bethel's elementary health curriculum is built around six skills-based units for each grade level, which align with the National Health Education Standards. Content and self-management standards (NHES 1 and 7) are embedded within each unit and the units are also aligned with Vermont's elementary health proficiencies. This curriculum chart represents the first year of a two year cycle for each grade cluster.

Unit 1			
PreK-K	1/2	3/4	5/6
<i>Helping &amp; being helped</i>	<i>What my body does for me &amp; what I do for my body</i>	<i>My body, my health</i>	<i>Identity and Dimensions of health</i>
<b><u>Decision Making</u></b>  <u>Nutrition</u> Identifying foods MyPlate Trying nutritious foods Healthy snacking  <u>Safety/Inj Prev</u> Fire safety Poisons Household safety	<b><u>Decision Making</u></b>  <u>Nutrition</u> Identifying foods MyPlate Trying nutritious foods Eating breakfast  <u>Safety/Inj Prev</u> Fire safety Poisons Household safety	<b><u>Decision Making/Communication</u></b>  Menu Project  <u>Nutrition</u> MyPlate review Nutritional value of foods Eating out/fast food Menu design  <u>Social Health</u> Conflict management Communicating with peers	<b><u>Accessing Info</u></b> <u>Nutrition</u> Label reading Food marketing Harmful effects of food Breakfast  <u>Illness/Dis Prev</u> Comm/non comm diseases Prevention & treatment  <u>Consumer/Enviro Health</u> Marketing
<b>NHES Performance Indicators:</b> 1.2.1, 1.2.4, 1.2.5, 5.2.1, 5.2.2, 7.2.1, 7.2.2  <b>VT Proficiencies:</b> N/A	<b>NHES Performance Indicators:</b> 1.2.1, 1.2.4, 1.2.5, 5.2.1, 5.2.2, 7.2.1, 7.2.2  <b>VT Proficiencies:</b> N/A	<b>NHES Performance Indicators:</b> 1.5.1, 5.5.1, 5.5.2, 5.5.3, 5.5.4 5.5.5.  <b>VT Proficiencies:</b> 5.a	<b>NHES Performance Indicators:</b> 1.5.1, 1.5.2, 3.5.1, 3.5.2  <b>VT Proficiencies:</b> 3.b

Unit 2			
PreK-K	1/2	3/4	5/6
<i>Helping &amp; being helped</i>	<i>What my body does for me &amp; what I do for my body</i>	<i>My body, my health</i>	<i>Identity and Dimensions of health</i>
<b><u>Accessing Info</u></b>  <u>Safety/Inj Prev</u> Family safety rules Health helpers Getting help/911  <u>Illness/Dis Prev</u> Hand wash review Cold/flu prevention Common illnesses Medication	<b><u>Accessing Info</u></b>  <u>Illness/Dis Prev</u> Hand wash review Cold/flu prevention Common illnesses Medication How/when to get help  <u>ATOD</u> Tobacco-types, effects, second hand smoke What's a drug? Caffeine	<b><u>Decision Making/ Communication</u></b>  <u>Nutrition</u> MyPlate review Nutritional value of foods Eating out/fast food Menu design  <u>Social Health</u> Conflict management Communicating with peers	<b><u>Decision Making</u></b>  <u>Phys. Activity</u> Phys. & mental benefits Components of fitness  <u>Safety/Inj Prev:</u> First aid Safety home alone Sports safety Electronic safety  <u>Personal Health</u> Time management Tech. Management Stress management
<b>NHES Performance Indicators:</b> 1.2.1, 1.2.3, 1.2.4, 1.2.5, 3.2.1, 3.2.2  <b>VT Proficiencies:</b> 3.b	<b>NHES Performance Indicators:</b> 1.2.1, 1.2.2, 1.2.3, 1.2.4, 1.2.5, 3.2.1, 3.2.2  <b>VT Proficiencies:</b> 3.b	<b>NHES Performance Indicators:</b> 1.5.1, 4.5.1, 4.5.2, 4.5.3, 7.5.1  <b>VT Proficiencies:</b> 4.a, 4.b, 4.c, 4.d	<b>NHES Performance Indicators:</b> 1.5.1, 1.5.3, 1.5.4, 1.5.5, 5.5.1, 5.5.3, 5.5.4, 5.5.5, 5.5.6, 7.5.1, 7.5.3 <b>VT Proficiencies:</b> 5.a, 5.b

Unit 3			
PreK-K	1/2	3/4	5/6
<i>Helping &amp; being helped</i>	<i>What my body does for me &amp; what I do for my body</i>	<i>My body, my health</i>	<i>Identity and Dimensions of health</i>
<p><b><u>Analyzing Influences</u></b></p> <p><u>Nutrition</u> Family food rules School food rules Foods that hurt our bodies (salt, sugar, fat)</p> <p><u>Safety/Inj Prev</u> Family safety rules School safety rules</p> <p><u>Personal health</u> Family rules for sleep, teeth brushing Benefits of sleep Dental hygiene</p>	<p><b><u>Communication</u></b></p> <p><u>Anatomy</u> Overview of body systems Brain Vision Hearing</p> <p><u>Social Health</u> Siblings Friends Conflict management</p> <p><u>Personal Health</u> Stress Talking about feelings Calming techniques</p>	<p><b><u>Analyzing Influences</u></b></p> <p><u>Safety/Inj Prev</u> Household safety Safe home alone Bike safety Electronic safety</p> <p><u>Phys Activity</u> Benefits of exercise Anatomy review Screen time</p> <p><u>Personal Health</u> Hygiene Stress Management Sleep</p>	<p><b><u>Goal Setting</u></b></p> <p><u>Nutrition</u> Calories Whole &amp; processed foods Sugar Tracking eating</p> <p><u>Personal Hlth:</u> Sleep goals Time goals</p> <p><u>Phys. Activity</u> Phys. &amp; mental benefits Components of fitness</p>
<p><b>NHES Performance Indicators:</b> 1.2.1, 2.2.1, 2.2.2, 7.2.1, 7.2.2</p> <p><b>VT Proficiencies:</b> 3.2 (family)</p>	<p><b>NHES Performance Indicators:</b> 1.2.1, 1.2.2, 4.2.1, 4.2.2, 4.2.3, 4.2.4, 7.2.1</p> <p><b>VT Proficiencies:</b> 4.a, 4.b, 4.c, 4.d</p>	<p><b>NHES Performance Indicators:</b> 1.5.1, 1.5.4, 2.5.1, 2.5.3, 2.5.4, 7.5.1</p> <p><b>VT Proficiencies:</b> 2.a</p>	<p><b>NHES Performance Indicators:</b> 1.5.1, 1.5.2, 6.5.1, 6.5.2, 7.5.1, 7.5.2</p> <p><b>VT Proficiencies:</b> 5.c, 5.d</p>

Unit 4			
PreK-K	1/2	3/4	5/6
<i>Helping &amp; being helped</i>	<i>What my body does for me &amp; what I do for my body</i>	<i>My body, my health</i>	<i>Identity and Dimensions of health</i>
<p><b><u>Communication</u></b></p> <p><u>Anatomy</u> Overview of body systems Brain Vision Hearing</p> <p><u>Social Health</u> Siblings Friends Conflict management</p> <p><u>Personal Health</u> Stress Talking about feelings Calming techniques</p> <p><u>ATOD</u> Tobacco Caffeine</p>	<p><b><u>Analyzing Influences</u></b></p> <p><u>Phys Activity</u> Options for activity Benefits of activity</p> <p><u>Nutrition</u> Healthy snacking Effects of salt, sugar, fat</p>	<p><b><u>Goal Setting</u></b></p> <p><u>Personal Health</u> Dental hygiene Time management Stress management</p> <p><u>Phys Activity</u> Components of fitness Benefits of exercise</p>	<p><b><u>Analyzing Influences</u></b></p> <p><u>ATOD</u> Brain development Physical effects Caffeine Opiates Addiction Tobacco Ecigarettes Alcohol Marijuana</p> <p><u>Physical Activity</u> Types of activity Assessing personal activ. level Screen time</p> <p><u>Personal Health</u> Recognizing stress Stress management techniques Sleep habits Function of sleep</p>
<p><b>NHES Performance Indicators:</b> 1.2.1, 4.2.1, 4.2.2, 7.2.1</p> <p><b>VT Proficiencies:</b> 4.a, 4.b</p>	<p><b>NHES Performance Indicators:</b> 1.2.1, 1.2.2, 2.2.1, 2.2.2, 7.2.1, 7.2.2</p> <p><b>VT Proficiencies:</b> 3.a (family, peers)</p>	<p><b>NHES Performance Indicators:</b> 1.5.1, 6.5.1, 6.5.2, 7.5.1, 7.5.2</p> <p><b>VT Proficiencies:</b> 5.c, 5.d</p>	<p><b>NHES Performance Indicators:</b> 1.5.1, 1.5.2, 2.5.1, 2.5.2, 2.5.3, 2.5.5, 2.5.6, 7.5.1</p> <p><b>VT Proficiencies:</b> 2.a</p>

Unit 5			
PreK-K	1/2	3/4	5/6
<i>Helping &amp; being helped</i>	<i>What my body does for me &amp; what I do for my body</i>	<i>My body, my health</i>	<i>Identity and Dimensions of health</i>
<u><b>Goal Setting</b></u>  <u>Personal Health</u> Teeth brushing Healthy sleep habits Hygiene  <u>Phys Activity</u> Benefits Favorite activities  <u>Nutrition</u> Trying nutritious foods Choosing healthy foods on my own Eating breakfast	<u><b>Goal Setting</b></u>  <u>Personal Health</u> Teethbrushing Sleep  <u>Phys Activity</u> Effect of activity on body systems Choosing activities  <u>Nutrition</u> Fruits & Veggies Whole grains Lean Protein	<u><b>Accessing Info</b></u>  <u>Illness/Dis Prev</u> Communicable/ Non comm diseases Prevention & Treatment Medicines vs. drugs  <u>ATOD</u> Tobacco Secondhand smoke Caffeine What's a drug?  <u>Consumer/ Enviro Hlth</u> how enviro health affects us (at school and around the earth)	<u><b>Communication</b></u>  <u>ATOD</u> Refusal skills Riding with an impaired driver  <u>Sexual Health</u> Puberty Reproductive anatomy  <u>Mental Health</u> Depression anxiety  <u>Social Health</u> Siblings Parents Conflict with peers
<b>NHES Performance Indicators:</b> 1.2.1, 6.2.1, 7.2.1, 7.2.2  <b>VT Proficiencies:</b> 5.c	<b>NHES Performance Indicators:</b> 1.2.1, 1.2.2, 6.2.1, 6.2.2, 7.2.1, 7.2.2  <b>VT Proficiencies:</b> 5.c	<b>NHES Performance Indicators:</b> 1.5.1, 1.5.3, 1.5.4, 1.5.5, 3.5.1  <b>VT Proficiencies:</b> 3.a	<b>NHES Performance Indicators:</b> 1.5.1, 1.5.2, 1.5.5, 4.5.1, 4.5.2, 4.5.3, 7.5.1, 7.5.2, 7.5.3  <b>VT Proficiencies:</b> 4.a, 4.b, 4.c, 4.d

Unit 6			
PreK-K	1/2	3/4	5/6
<i>Helping &amp; being helped</i>	<i>What my body does for me &amp; what I do for my body</i>	<i>My body, my health</i>	<i>Identity and Dimensions of health</i>
<p><b><u>Advocacy</u></b></p> <p><u>Consumer/ Enviro Health</u> How can we help our school to be healthy? How can we help the earth to be healthy?</p>	<p><b><u>Advocacy</u></b></p> <p><u>ATOD</u> Secondhand smoke</p> <p><u>Nutrition</u> Proud to be a healthy eater</p> <p><u>Consumer/ Enviro Health</u> Healthy, safe school Health of the earth</p>	<p><b><u>Advocacy</u></b></p> <p><u>ATOD</u> Tobacco Second Hand smoke</p> <p><u>Consumer/ Enviro Health</u> Building a healthy school Building a healthy world</p>	<p><b><u>Advocacy</u></b></p> <p><u>ATOD</u> Tobacco advocacy</p> <p><u>Consumer/ Enviro Health</u> Effect of enviro on health (earth and school) Building a healthy school</p>
<p><b>NHES Performance Indicators:</b> 8.2.1, 8.2.2</p> <p><b>VT Proficiencies:</b> 4.e, 4.f</p>	<p><b>NHES Performance Indicators:</b> 8.2.1, 8.2.2</p> <p><b>VT Proficiencies:</b> 4.e, 4.f</p>	<p><b>NHES Performance Indicators:</b> 1.5.1, 1.5.3, 7.5.1, 8.5.1, 8.5.2</p> <p><b>VT Proficiencies:</b> 4.e, 4.f</p>	<p><b>NHES Performance Indicators:</b> 1.5.1, 1.5.3, 7.5.1, 8.5.1, 8.5.2</p> <p><b>VT Proficiencies:</b> 4.e, 4.f</p>