

		Get Fit						Eat Smart						Stay Healthy							
Grades k-1	<p>Topic: Active Play & Exercise</p> <p>Content Statement: Active play is a form of exercise that is good for the body.</p> <p>Key terms: practice, play, run, jump, exercise</p>							<p>Topic: Healthy Types of Food</p> <p>Content Statement: Some types of food are better for the body than others.</p> <p>Key terms: food groups, healthy, unhealthy, dairy, meat</p>							<p>Topic: Personal Healthy</p> <p>Content Statement: Basic actions like keeping clean and eating right can keep people healthy.</p> <p>Key terms: washing hands, brushing teeth, doctor visit</p>						
	a	gf	2	15	12	k-1	a	es	2	15	12	k-1	a	sh	2	15	12	k-1			
	<ul style="list-style-type: none"> Basic Safety Practices: To stay safe, certain safety rules should be followed when riding bikes, riding in cars, swimming, etc. 						<ul style="list-style-type: none"> Staying Safe in Emergencies: A person can follow simple rules to get help in an emergency. 						<p>Key terms: emergency, trust, safety, helmet, rules, seatbelt</p>						Stay Safe		
							<ul style="list-style-type: none"> Safety at School and Home: Some objects, like scissors, medicine, and appliances, that are around people every day can be dangerous if not used properly. 														
Grade 2	Get Fit						Eat Smart						Stay Healthy								
	<p>Topic: Protective Equipment</p> <p>Content Statement: Using protective equipment is an important part of safe play</p> <p>Key terms: exercise, safety, protection, helmet, knee pads</p>							<p>Topic: Eating Practically</p> <p>Content Statement: Eating healthy portions is the best way to prevent overeating.</p> <p>Key terms: overeating, portions, leftovers</p>							<p>Topic: Germs</p> <p>Content Statement: Germs cause disease which can be prevented by the medical profession.</p> <p>Key terms: germs, doctors, prevent, infect</p>						
	a	gf	2	15	12	2	a	es	2	15	12	2	a	sh	2	15	12	2			
	<ul style="list-style-type: none"> Being Ready: Being prepared for emergencies can help a person to stay safe. 						<ul style="list-style-type: none"> Helpful People: Certain people in the community have a job in which they try keep other people safe. 						<p>Key terms: emergency, 911, trusted adult, police, fire department, doctor, teacher, sunscreen, hazardous waste, clean water, stretching, animal safety, permission, respect</p>						Stay Safe		
<ul style="list-style-type: none"> Safety in the Environment: Certain actions can be taken to protect a person from the environment. 						<ul style="list-style-type: none"> Avoiding Injuries: Making certain choices about safety can help a person or other people avoid accidental injuries. 															

Grade 3	Get Fit						Eat Smart						Stay Healthy					
	<p>Topic: Personal Fitness</p> <p>Content Statement: Health and skill-related exercise are ways to improve personal fitness</p> <p>Key terms: aerobic, fitness, skills, goals</p>						<p>Topic: Food Combinations</p> <p>Content Statement: Adding a variety of food groups to meals can improve nutrition.</p> <p>Key terms: food groups, balanced diet, variety</p>						<p>Topic: Disease Prevention</p> <p>Content Statement: The body can fight certain diseases with the help of special shots called immunizations.</p> <p>Key terms: immunization, prevent, shot, genes</p>					
	a	gf	2	15	12	3	a	es	2	15	12	3	a	sh	2	15	12	3
	<ul style="list-style-type: none"> • Healthy Families: Families can work together to keep its members safe and healthy. 						<ul style="list-style-type: none"> • Prevention and Responsibility: Individuals can make choices to prevent accidents or avoid hazards in the environment. • Following the Rules: Rules are created to help people stay safe in school, at home, at work, and at play. 						<p>Key terms: avoid, help, tempt, illegal, precaution, prevent, hazard, accident, family nutrition plan, exercise, family meals, support system, regulation, rule book, law, code, handbook</p>					
a	ss	2	15	12	3	a	ss	2	15	12	3							
Get Fit						Eat Smart						Stay Healthy						
<p>Topic: Fitness Benefits</p> <p>Content Statement: Fitness has physical, mental, and social benefits</p> <p>Key terms: benefits, self-esteem, physical health, teamwork</p>						<p>Topic: Vitamins and Minerals</p> <p>Content Statement: Analyzing vitamins and minerals can help a person make healthy choices about their nutrition.</p> <p>Key terms: vitamins, minerals, food labels</p>						<p>Topic: Types of Diseases</p> <p>Content Statement: Diseases can either be spread through germs or inherited from genes.</p> <p>Key terms: pathogens, communicable, non-communicable</p>						
a	gf	2	15	12	4	a	es	2	15	12	4	a	sh	2	15	12	4	
<ul style="list-style-type: none"> • Community Health: Certain people and services in the community can help others make healthy choices and have healthy behaviors. 						<ul style="list-style-type: none"> • Home Emergency Plan: Families should create a home emergency plan to help stay safe in the event of an emergency. 						<p>Key terms: public health, society, community outreach, trustworthy, symptoms, avoidance, prescription drugs, misuse, over-the-counter, precaution, fire escape, emergency contact</p>						Stay Safe

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		Grade 5	Topic: Caloric Intake & Energy Output						Topic: Food Labels & Menus						Topic: Dealing with Illness				
Content Statement: The amount of calories a person takes in and the amount of energy they use can affect their weight and overall health.						Content Statement: Food labels and menus can help you predict how many calories you might be ingesting in a meal.						Content Statement: Diseases require different types of treatment depending on what type they are.							
Key terms: calories, exertion, exercise, intake						Key terms: food groups, menus, variety, servings						Key terms: common illnesses, viruses, vaccines, antibiotic							
a	gf		2	15	12	5	a	es	2	15	12	5	a	sh	2	15	12	5	
<ul style="list-style-type: none"> Effects of Media: The media can have both positive and negative effects on people's lives. 						<ul style="list-style-type: none"> Peer Pressure: The people that a person associates with regularly can influence them in positive or negative ways. 						Key terms: peer pressure, mentor, positive choices, coping, self-esteem, bullying, conflict resolution, avoidance, influence, role models, media, EPA, health hazard, public awareness						Stay Safe	
						<ul style="list-style-type: none"> Environmental Protection Programs: Some programs are designed to inform and protect the public from hazards in the environment. 													
a	ss	2	15	12	5	a	ss	2	15	12	5								
Grade 6	Topic: Personal Fitness Plan						Topic: Body Image						Topic: Cost vs. Effectiveness of Care						
	Content Statement: Setting goals and finding realistic ways to achieve them is part of creating a personal fitness plan.						Content Statement: People can struggle with anxiety about body image.						Content Statement: When purchasing health care products a person should take into account the brand, cost, and ingredients before purchasing that item						
	Key terms: fitness plan, long-term goal, short-term goal, build-up						Key terms: body image, self-esteem						Key terms: health care, insurance, brand, quality						
	a	gf	2	15	12	6	a	es	2	15	12	6	a	sh	2	15	12	6	
	<ul style="list-style-type: none"> Healthy Relationships: Keeping a relationship with another person healthy requires both parties to communicate positively and respect one another. 						<ul style="list-style-type: none"> Healthy Choices: The choices a person makes today can have either healthy or harmful long or short -term effects on that person's health. 						Key terms: tolerance, compromise, respect, self-esteem, empathy, compassion, water quality, precaution, social network, privacy						Stay Safe
							<ul style="list-style-type: none"> Internet Safety: Taking measures of precaution can help a person use the internet safely. 												
a	ss	2	15	12	6	a	ss	2	15	12	6								

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Grade 7	Topic: Dealing with Emotions & Stress Content Statement: Finding ways to positively control emotions can help a person deal with stress Key terms: stress-management, coping, outlet						Topic: Food Safety Practices Content Statement: Taking safety measures to prepare and store food can prevent a person from getting sick. Key terms: storage, expiration date, pre-cooked						Topic: Health Assessment Content Statement: The <i>ChooseMyPlate</i> program can help people to choose meals with a healthy variety of food groups. Key terms: storage, expiration date, pre-cooked						
	a	gf	2	15	12	7	a	es	2	15	12	7	a	sh	2	15	12	7	
	<ul style="list-style-type: none"> Healthy Social Dialogue: A peer group can be a positive way to communicate strategies that promote healthy behaviors, coping skills, and problem-solving methods. 						<ul style="list-style-type: none"> CPR and First Aid: Learning the basic procedures of first-aid and CPR can save a person's life in an emergency situation. 						Key terms: iinor, self-esteem, peer circles, dialogue, openness, empathy, coping skills, first-aid, CPR, choking rescue, quick response						
													Stay Safe						
	a	ss	2	15	12	7	a	ss	2	15	12	7							
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Grade 8	Topic: Locomotor and Non-locomotor Content Statement: Healthy exercise routines include both locomotor and non-locomotor skills Key terms: locomotor, non-locomotor, agility, dynamic						Topic: Choose MyPlate Content Statement: The <i>ChooseMyPlate</i> program can help people to choose meals with a healthy variety of food groups. Key terms: ChooseMyPlate initiative, protein, dairy, transfat, oils, diet, MyPyramid, grain						Topic: Preventative Health Measures Content Statement: Immunizations and wellness check-ups are needed to prevent certain diseases that people are more susceptible to during their adolescent years.						
	a	gf	2	15	12	8	a	es	2	15	12	8	a	sh	2	15	12	8	
	<ul style="list-style-type: none"> Prevention for Life: Recognizing depression and anxiety can lead to better lasting health 						<ul style="list-style-type: none"> Healthy Influences: Many factors in a person's environment can affect their social, physical, and emotional well-being. 						Key terms: immune system, anxiety, self-reflection, depression, preventative measures, disorder, disease, peers, counseling, coping, mood change						
													Stay Safe						