

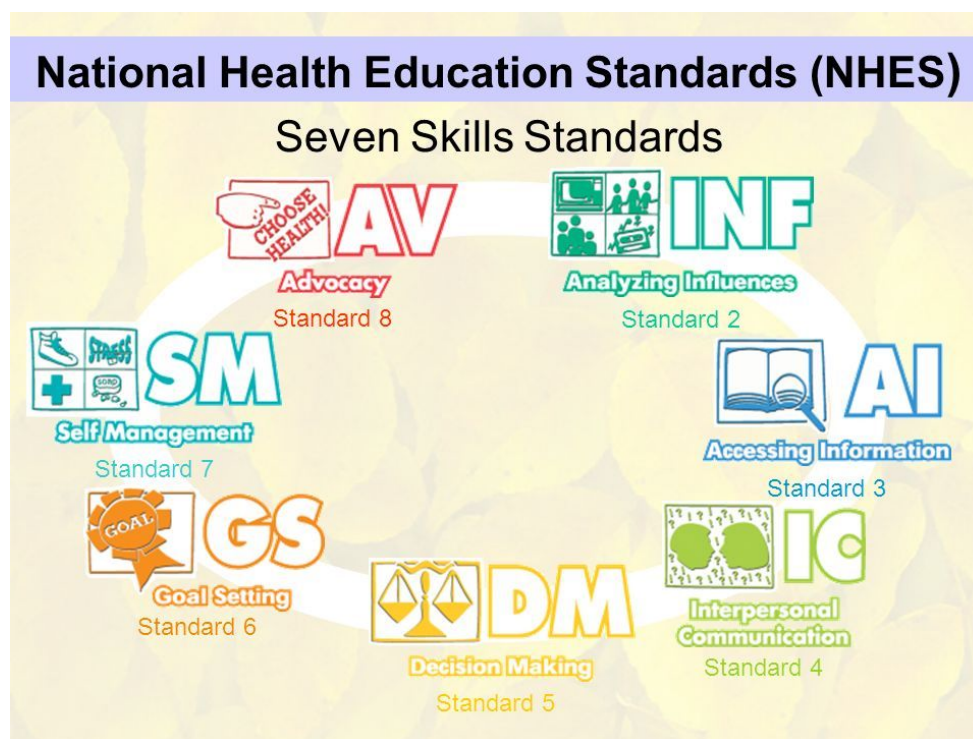
Health Education Skills for K-5

Celebrating Lifelong Wellness

Our Vision

Engage all students in equitable, inclusive skills-based health and physical education so they may thrive in a global community.

National Health Education Skills



Source: Health Education Assessment Project

Health Education Topics

- Nutrition and Fitness
- Alcohol, Tobacco, and Other Drugs
- Mental, Social, and Emotional Health
- Human Growth and Development
- Personal Health and Safety
- Disease and Illness Prevention

FIRST GRADE HEALTH EDUCATION UNITS

Unit 1 - Curriculum: *Beyond Our Neighbors* (doinggoodtogether.org)

- Skill: Communication
- Topic: Mental, Social, and Emotional Health
- Core Content/Essential Questions:
 - What are the different types of feelings that people have and why?
 - How can we express strong emotions in healthy ways?
 - Who can support us when we are feeling angry or frustrated or are being teased or bullied?
 - How does kindness make a difference?

Unit 2 - Curriculum: *Overcoming Obstacles* (overcomingobstacles.org), *Rights, Respect, Responsibility* (3rs.org/3rscurriculum), *Fight Child Abuse* (fightchildabuse.org)

- Skill: Communication
- Topic: Human Growth and Development
- Core Content/Essential Questions:
 - Coping Skills - How to deal with problems
 - Friendships - Characteristics of healthy friendships
 - Gender Roles - Breaking down stereotypes
 - The Circle of Life* - All living things reproduce
 - Fight Child Abuse: Protect Yourself Rules, It Doesn't Matter Who It Is, Stranger Safety, Know When to Tell

Unit 3 - Curriculum: *Brain Power!* (drugabuse.gov/brainpower) OR *Kid's Health* (kidshealth.org/classroom) - Teacher decides which lessons to teach

- Skill: Analyzing Influences
- Topic: Alcohol, Tobacco, and Other Drugs
- Core Content/Essential Questions:
 - *Brain Power*: Brain anatomy and functions, helpful versus harmful medicine, medicine safety rules
 - *Kids Health*: Age-appropriate discussions and information about smoking, alcohol, and drugs (helpful versus harmful)

Unit 4 - Curriculum: *NYC Health Education* (weteachnyc.org)

- Skill: Decision Making
- Topic: Disease and Illness Prevention
- Core Content/Essential Questions:
 - How can we stay healthy?
 - How are diseases passed from one person to another?
 - What are viruses?
 - When we are sick, what can we do to get better?

*Opt Out Lesson