

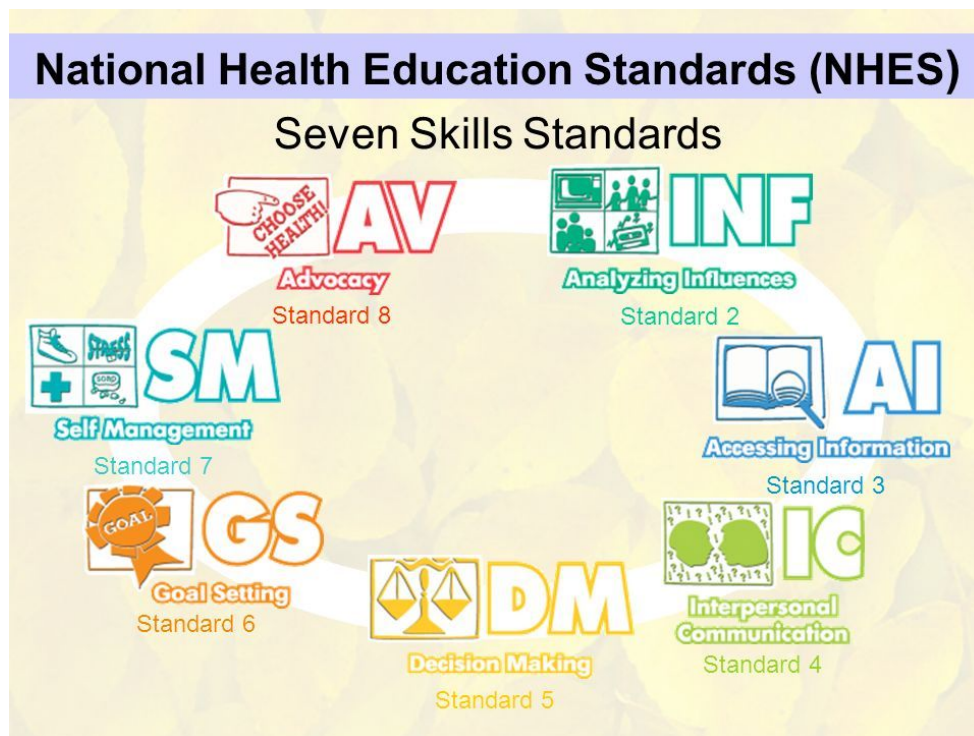
# Health Education Skills for K-5

## *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

## **SECOND GRADE HEALTH EDUCATION UNITS**

### **Unit 1 - Curriculum: *NYC Health Education* ([weteachnyc.org](http://weteachnyc.org))**

- Skill: Goal Setting
- Topic: Disease and Illness Prevention
- Core Content/Essential Questions:
  - How can we prevent disease by making healthy choices?
  - Healthy versus unhealthy choices

### **Unit 2 - Curriculum: *Overcoming Obstacles* ([overcomingobstacles.org](http://overcomingobstacles.org))**

- Skill: Self Management
- Topic: Mental, Social, and Emotional Health
- Core Content/Essential Questions:
  - Self Control
  - Cooperation
  - Resolving Conflicts
  - Respect and Integrity
  - Having a Positive Attitude
  - Being Responsible
  - Becoming a Good Friend

### **Unit 3 - Curriculum: *MyPlate* ([choosemyplate.org](http://choosemyplate.org))**

- Skill: Advocacy
- Topic: Nutrition
- Core Content/Essential Questions:
  - Why is it important to eat a variety of foods?
  - Understand that foods have nutrients that help us grow and stay healthy

### **Unit 4 - *Rights, Respect, Responsibility* ([3rs.org/3rscurriculum](http://3rs.org/3rscurriculum)) and *Fight Child Abuse* ([fightchildabuse.org](http://fightchildabuse.org))**

- Skill: Communication
- Topic: Human Growth and Development
- Core Content/Essential Questions:
  - Understanding Our Bodies\* - Medically accurate names for genitals
  - Bullying Is Never OK
  - Cut It Out! Make Bullying Stop
  - Seeking Help\* - How to get help when someone is touching you unsafely
  - Fight Child Abuse Lessons
    - Protect Yourself Rules
    - It Doesn't Matter Who It Is
    - Stranger Safety
    - Know When to Tell

\*Opt Out Lesson