

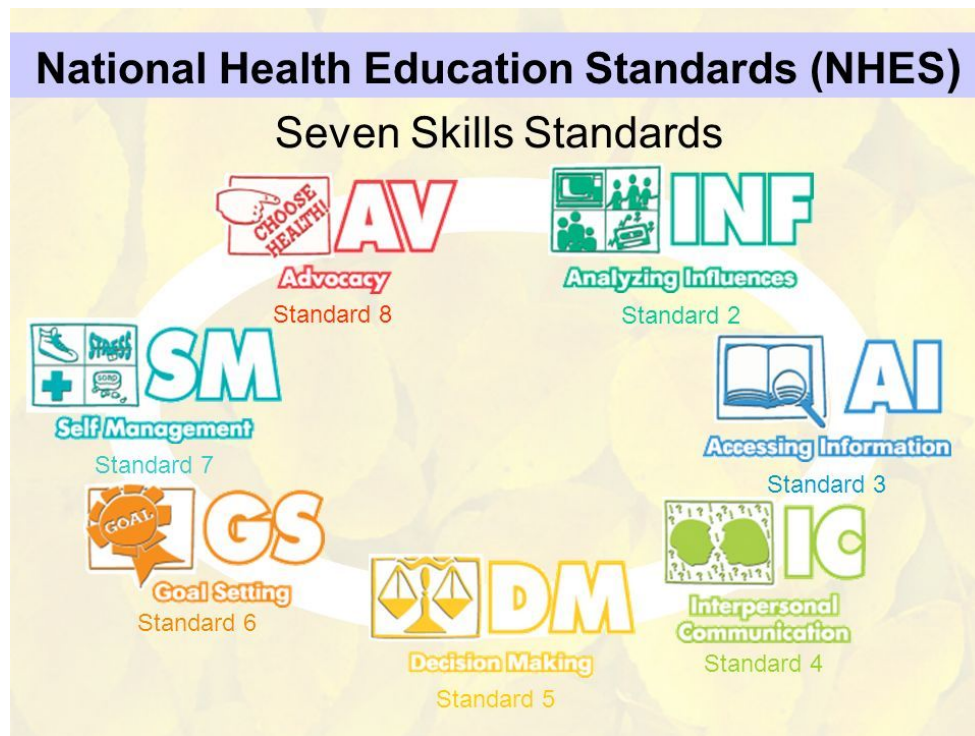
Health Education Skills for K-5

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

THIRD GRADE HEALTH EDUCATION UNITS

Unit 1 - Curriculum: *MyPlate* (choosemyplate.gov)

- Skill: Analyzing Influences
- Topic: Nutrition
- Core Content/Essential Questions:
 - What food choices can help us stay healthy?
 - How can we maintain good health?
 - How will good nutrition help me now and in the future?
 - Recognize the influence of culture, the media, peers, and family on personal health practices and behaviors

Unit 2 - Curriculum: *Brain Power!* (drugabuse.gov/brainpower) OR *KidsHealth* (kidshealth.org/classroom) - Teacher decides which lessons to teach

- Skill: Communication
- Topic: Alcohol, Tobacco, and Other Drugs
- Core Content/Essential Questions:
 - *Brain Power:*
 - Medicines and Drugs: What's Helpful, What's Harmful
 - The Science Behind Smoking
 - How Drugs Affect the Brain
 - *KidsHealth*
 - Age-appropriate discussions and information about smoking, alcohol, and drugs (helpful versus harmful, legal versus illegal)

Unit 3 - Curriculum: *NYC Health Education* (weteachnyc.org)

- Skill: Accessing Information
- Topic: Disease and Illness Prevention
- Core Content/Essential Questions:
 - How do we catch germs that make us sick?
 - What are healthy choices that people can make? (create list of health rules)
 - How can we get help when we have a problem?
 - Identify places/people where children can ask for help, practice asking for help

Unit 4 - Curricula: *Rights, Respect, Responsibility* (3rs.org/3rscurriculum) and *Fight Child Abuse* (fightchildabuse.org), *Overcoming Obstacles* (overcomingobstacles.org)

- Skill: Decision Making
- Topic: Human Growth and Development
- Core Content/Essential Questions:
 - Overcoming Obstacles: Being Responsible, Empathy, Coping Skills, Respect
 - Respect for All - Ways to promote dignity and respect for all people
 - Teasing, Harassment, and Bullying - What are they, why they are wrong, how to get help
 - Feeling SAFE!* - Creating physical boundaries, getting help with uncomfortable or unsafe touching
 - Personal Timeline: Acknowledging common life events (starting school, losing baby teeth, learning to ride a bike, etc.)
 - Fight Child Abuse Lessons: Protect Yourself Rules, It Doesn't Matter Who It Is, Stranger Safety, Know When to Tell