

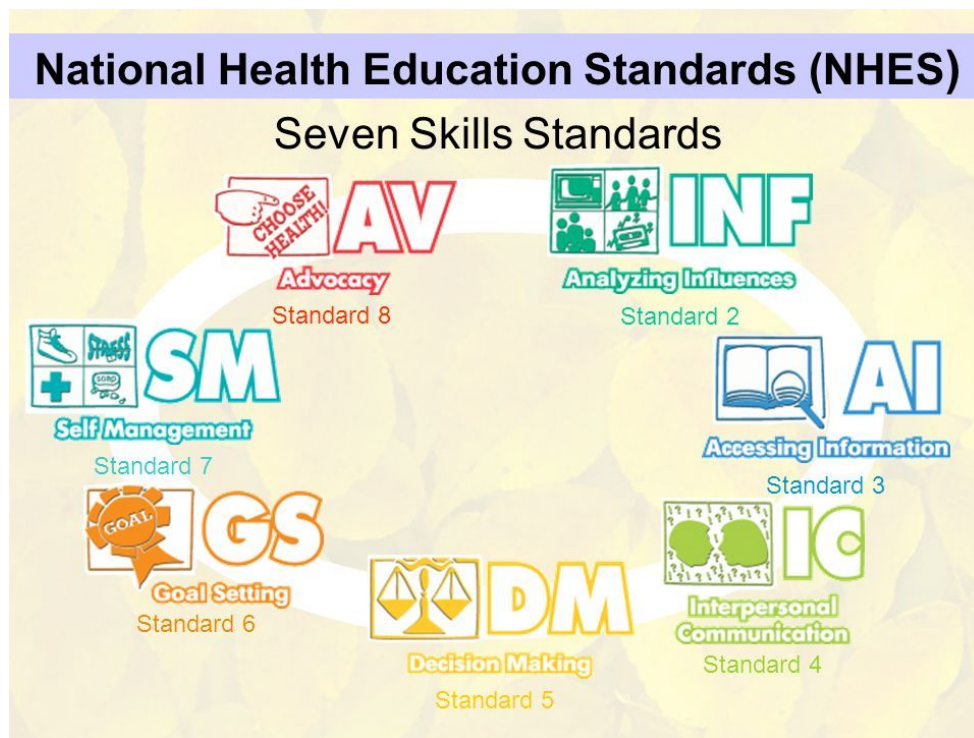
Health Education Skills for K-5

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

FOURTH GRADE HEALTH EDUCATION UNITS

Unit 1 - Curriculum: *My Plate* (choosemyplate.gov)

- Skill: Decision Making
- Topic: Nutrition
- Core Content/Essential Questions:
 - What makes food healthy?
 - What is the digestion process?
 - How can setting nutrition and physical activity goals keep us healthy?
 - How can good nutrition provide a wide range of lifelong benefits?
 - Making healthy choices is a lifelong goal

Unit 2 - Curriculum: *Beyond Our Neighbors* (doinggoodtogether.org)

- Skill: Self-Management
- Topic: Mental, Social, and Emotional Health
- Core Content/Essential Questions:
 - Who is in your circle? (Book: *Each Kindness*, map a bigger circle)
 - How does kindness make a difference?
 - Book: *Lend a Hand*, Spiral Kindness Game
 - How can we make peace and solve conflict? (Book: *The Forgiveness Garden*)
 - How to be an upstander

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

- Skill: Analyzing Influences
- Topic: Human Growth and Development
- Core Content/Essential Questions:
 - Making Sense of Puberty* - Social, emotional, and physical changes during puberty
 - Figuring Out Friendships - Characteristics of healthy and unhealthy friendships
 - Your Body, Your Rights* - Defining sexual abuse and harassment, how to get help
 - Take a Stand Against Bullying
 - Fight Child Abuse Lessons - Protect Yourself Rules, Secrets, Can't Go Home, Smart Choices, Tell

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

- Skill: Advocacy
- Topic: Disease and Prevention
- Core Content/Essential Questions:
 - How does the immune system protect the body from disease?
 - How does the body fight disease? How does HIV affect the immune system?*
 - What are common myths and facts about HIV transmission?*
 - How can we help each other make healthy choices?
 - How can we find information in the community?

*Opt Out Lessons