

Health

CANTON PUBLIC SCHOOLS K-5 CURRICULUM OVERVIEW

Topics																
Standard	Social/Emotional		Alcohol & Other Drugs		Personal Health/Wellness		Puberty		Nutrition		Body Systems		Safety & Injury Prevention		Total	
	K-2	3-5	K, 1	3-5	K, 2	3	K-2	4, 5	K-2	3-5	1, 2	4, 5	K-2	3	K-2	3-5
1															6	7
2															3	6
3															3	5
4															5	6
5															6	7
6															2	2
7															6	7
8															6	7

- Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 2:** Student will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Standard 3:** Students will demonstrate the ability to access valid information and products and services to enhance health.
- Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.
- Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.

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Kindergarten Health Unit: ATOD

Teacher:

School:

Class Essential Questions: To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness?

How do I achieve overall wellness?

Standards for Success:

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

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Topics in this Unit

- Medicines
- Household Products
- Trusted Adults

What critical life skills will I learn?

1. Recognizing the importance of asking a trusted adult before taking anything.
2. How to make safe choices.
3. How to keep their bodies healthy and safe.

Objectives for each topic:

Medicines:

- Students will learn and be able to identify the difference between medicines vs candy.
- Students will learn why it's important to check with a trusted adult first.

Household Products:

- Students will learn what household products are.
- Students will identify where household products are found and the importance of not touching without permission.

Trusted Adults:

- Students identify trusted adults they can go to.

Kindergarten Health Unit: Nutrition

Teacher:

School:

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Topics in this Unit

- Nutrition
- Food Groups
- MyPlate
- Healthy vs Unhealthy Foods
- Stress Relief

What critical life skills will I learn?

1. Recognizing the importance of daily nutrition.
2. How to make healthy food choices.
3. How to keep their bodies healthy.

Objectives for each topic:

Nutrition :

- Students will learn what nutrition is.

Food Groups:

- Students will learn the five food groups.
- Students will identify foods for each of the five food groups.

MyPlate:

- Students will learn what the Myplate is.
- Students will identify foods in the food groups on the MyPlate.

Healthy vs Unhealthy Foods:

- Students identify foods/drinks that are healthy and un-healthy choices.

Kindergarten Health Unit: Personal Health

Teacher:

School:

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Topics in this Unit

- Germs
- Brushing Teeth
- Handwashing
- Covering Coughs/Sneezes

What critical life skills will I learn?

1. Recognizing what germs are and where they can be found.
2. How prevent the spread of germs.
3. How to keep their bodies healthy.

Objectives for each topic:

Germs:

- Students will describe what germs are.
- Students will identify where germs are found.

Handwashing:

- Students will learn how to wash their hands appropriately.
- Students will learn the importance of when and why to wash their hands.

Covering Coughs/Sneezes:

- Students will demonstrate the proper way to cover their coughs/sneezes.
- Students will learn the importance of covering their coughs/sneezes.

Brushing Teeth:

- Students will learn how to brush their teeth appropriately.
- Students will identify foods/drinks that are healthy for their teeth.

Kindergarten Health Unit: Social/Emotional

Teacher:

School:

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Topics in this Unit

- Feelings
- Friendships
- Bullying
- Respect

What critical life skills will I learn?

1. Recognizing a feeling as it happens and being able to handle their feelings and emotions appropriately.
2. How to meet and interact with others in a friendly and respectful manner.
3. How to treat others appropriately.

Objectives for each topic:

Feelings:

- Students will identify what feelings are.
- Students will learn how to express feelings appropriately.

Friendships:

- Students will learn how to make friends.
- Students will learn how to be friendly to others.

Bullying:

- Students will identify what a bully is.
- Students will be able to identify bullying behaviors.

Respect:

- Students will learn what respect is and be able to identify friendly and respectful behaviors.

Kindergarten Health Unit: Safety & Injury Prevention

Teacher:

School:

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Topics in this Unit

- Safe vs Unsafe Objects
 - Bike Safety
 - Sun Safety
 - Water safety

What critical life skills will I learn?

1. Recognizing the importance of asking a trusted adult.
2. How to make safe choices.
3. How to keep their bodies healthy and safe to prevent injury.

Objectives for each topic:

Safe vs Unsafe Objects:

- Students will identify objects that are safe and unsafe for them to touch.
- Students will identify trusted adults they can go to if they are unsure if safe or unsafe to touch.

Bike Safety:

- Students will learn why it's important for them to wear a helmet.

Sun Safety:

- Students will learn what sunscreen is and the importance of wearing sunscreen.

Water Safety:

- Students identify ways to be safe around water.

1st Grade Health Unit: Social/Emotional

Teacher:

School:

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- Feelings
- Friendships
- Bullying
- Respect
- Stress Relief

What critical life skills will I learn?

1. Recognizing a feeling as it happens and being able to handle their feelings and emotions appropriately.
2. How to meet and interact with others in a friendly and respectful manner.
3. How to treat others appropriately.
4. What to do if someone is being bullied.

Objectives for each topic:

Feelings:

- Students will be able to define what angry, embarrassed, worried, excited, surprised, and sad mean.
- Students will demonstrate how to listen and appreciate the opinions and feelings of others.

Friendships:

- Students will be able to describe what it means to be a good friend.
- Students will demonstrate how to make friends.

Bullying:

- Students will identify bullying behaviors.
- Students will learn what they can do if they are being bullied or they see someone being bullied.

Respect:

- Students will demonstrate what respectful behaviors looks like and sounds like.

1st Grade Health Unit: ATOD

Teacher:

School:

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Topics in this Unit

- Drugs
- Medicines
- Trusted Adults

What critical life skills will I learn?

1. Asking a trusted adult for help if they don't know something.
 2. Not taking medicines without permission & only taking them from a trusted adult.
3. How to keep their bodies healthy and safe.

Objectives for each topic:

Drugs:

- Students will understand that medicines are drugs.

Medicines:

- Students will differentiate between medicines and candy/non-medicines.
- Students will explain why they are not to take medicines without permission.

Trusted Adults:

- Students will be able to identify who is a trusted adult they can go to for help.
- Students will be able to identify when they should go to a trusted adult.

1st Grade Health Unit: Body Systems

Teacher:

School:

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Topics in this Unit

- Five Senses
- Sense of Sight
- Sense of Sound
- Sense of Smell
- Sense of Taste
- Sense of Touch

What critical life skills will I learn?

1. Recognizing how parts of their bodies work.
2. How to keep their bodies healthy and safe.

Objectives for each topic:

Five Senses:

- Students will be able to identify the five senses.

Sense of Sight:

- Students will be able to describe how the sense of sight works.
- Students will learn how to keep their eyes safe.

Sense of Sound:

- Students will be able to describe how the sense of sound works.
- Students will learn how to keep their ears safe.

Sense of Smell:

- Students describe how the sense of smell works.
- Students will learn how the sense of smell helps keep us safe.

Sense of Taste:

- Students will describe how the sense of taste works.
- Students will learn how the sense of taste helps keep us safe.

Sense of Touch:

- Students will describe how the sense of touch works.
- Students will learn how the sense of touch helps keep us safe.

1st Grade Health Unit: Safety and Injury Prevention

Class Essential Questions: To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness?

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Teacher:

School:

Topics in this Unit

- Poisons
- Poison Prevention
 - Unsafe Items
 - Safety Rules

What critical life skills will I learn?

1. Recognizing things that they can't taste, touch, or smell.
2. If unsure...ask first.
3. How to keep their bodies healthy and safe.

Objectives for each topic:

Poisons:

- Students will learn what a poison is.

Poison Prevention:

- Students will be able to identify what poisons look like.
- Students will learn what they can't taste, touch or smell.

Unsafe Items:

- Students will identify what items are unsafe to touch.
- Students will learn why items are unsafe to touch.

Safety Rules:

- Students will learn the safety rule of stopping and asking first.
- Students will learn what to do if they find a poison or an unsafe item.

1st Grade Health Unit: Nutrition

Teacher:

School:

Class Essential Questions: To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness?

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Topics in this Unit

- Nutrition
- Food Groups
- MyPlate
- Healthy/Unhealthy Snacks

What critical life skills will I learn?

1. How to make healthy food choices.
2. How to keep their bodies healthy and safe.

Objectives for each topic:

Nutrition:

- Students will learn what nutrition is.

Food Groups:

- Students will be able to identify the five food groups.
- Students will sort foods for each of the five food groups.

MyPlate:

- Students will be able to identify where foods belong on the Myplate.
- Students will create a healthy MyPlate.

Healthy/Unhealthy Snacks:

- Students will identify healthy and unhealthy food choices.
- Students will identify healthy snack options.

2nd Grade Health Unit: Body Systems

Teacher:

School:

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Topics in this Unit

- Skeletal
- Muscular
- Circulatory
- Respiratory

What critical life skills will I learn?

1. How to take care of bones and muscles.
2. How all of the body systems work together to make the body work.

Objectives for each topic:

Skeletal:

- Students will create a skeleton and label the main bones and what they do.

Muscular:

- Students will list activities they like to do and the muscles they use for them.

Circulatory:

- Students will explain the pathway of circulation to and from the heart.

Respiratory:

- Students will describe how oxygen gets from your lungs to the rest of the body.

2nd Grade Health Unit: Nutrition

Teacher:

School:

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Topics in this Unit

- Eating Right
- Food Guide/MyPlate
 - Hydration
 - Food Groups

What critical life skills will I learn?

1. Identify healthy food choices.
2. Identify healthy drink choices.
3. Which food groups different foods belong to.

Objectives for each topic:

Eating Right:

- Students will distinguish between anytime foods and sometimes foods.

MyPlate:

- Students will explore healthy foods recommended by MyPlate.

Hydration:

- Students will identify anytime drinks and sometimes drinks.

Food Groups:

- Students will properly sort foods into the correct food group.

2nd Grade Health Unit: Personal Health

Teacher:

School:

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Topics in this Unit

- Germs
- Handwashing
- Hygiene
- Dental Health

What critical life skills will I learn?

1. How to stay healthy by avoiding germs.
2. How to keep your hands and body clean.
3. How to clean your teeth and avoid cavities.

Objectives for each topic:

Germs:

- Students will explain what germs are and how they can hurt your body.

Handwashing:

- Students will demonstrate the proper steps to washing your hands.

Hygiene:

- Students will explain what hygiene means and how to keep their skin and hair clean.

Dental Health:

- Students will demonstrate how to properly brush teeth using the oversized teeth model.

2nd Grade Health Unit: Social/Emotional

Teacher:

School:

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Topics in this Unit

- Conflict Resolution
 - Empathy
 - Getting Along
 - Feelings

What critical life skills will I learn?

1. How to respectfully resolve conflicts.
2. How to understand how other people feel and why.
 3. How to be a good friend.
4. How to cope with negative feelings.

Objectives for each topic:

Conflict Resolution:

- Students will identify potential conflicts in everyday events.

Empathy:

- Students will understand what it means to “stand in someone else’s shoes.”

Getting Along:

- Students will explore ways to get along with each other.

Feelings:

- Students will identify positive feelings and list things that make them feel good and bad.

2nd Grade Health Unit: Safety & Injury

Teacher:

School:

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Topics in this Unit

- Medicine/Poison Safety
 - Bike Safety
 - Sun Safety
 - Water Safety

What critical life skills will I learn?

1. How to avoid poisons and safely use medicine.
2. How to ride a bike safely.
3. How to keep your body safe in the sun and water.

Objectives for each topic:

Medicine/Poison Safety:

- Students will recognize chemical symbols and medicine symbols.

Bike Safety:

- Students will demonstrate how to properly wear a helmet and other safety techniques related to bike safety.

Sun Safety:

- Students will explain why it is important to wear sunblock and how often to reapply.

Water Safety:

- Students will discuss safety measures to be taken at pools and beaches.