

Teacher: CORE

HEALTHK3

Course: Health K-3

Month: All Months

S Personal Health

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How do developmental changes impact emotions?	Expressing Emotions  Stages of Development	Identify the early stages of development.  Analyze different ways to express emotions in a healthy way.	infancy  childhood  emotions	Story of Changes	Stages of Development		10.1.3.A-Concepts of Health ~ Identify and describe the stages of growth and development.

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O Personal Health

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How do personal choices impact health?	Connection of health choices and body systems  Concept of Circulation  Systems: Series of parts working together	Identify parts of major body systems: circulatory, respiratory, skeletal, and digestive.  Recognize connection between body systems and health.	infancy  heart  skeleton  circulation digestion	Heart Diagram	Circulation and Heart Health		10.1.3.B-Concepts of Health ~ Identify and know the location and function of the major body organs and systems.

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N Nutrition and Physical Activity

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How do nutritional choices impact health?	Food groups in relation to my plate	Identify the components of my plate.  Explain why good nutrition and healthy decisions can impact the way our body functions.	my plate  nutrients  servings	My Plate	My Plate Fun		10.1.3.C-Concepts of Health ~ Explain the role of the food guide pyramid in helping people eat a healthy diet.

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D Drugs, Alcohol and Tobacco

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does the knowledge of appropriate drug information impact health?	Legal vs. Illegal Drugs and their impact on health	Recognize age appropriate drug information.  Identify the difference between legal and illegal drugs.  Demonstrate ways to make healthy choices.	drugs   prescription  illegal legal medicine poison labels	Drugs Role Play  Role Play	Drugs- Lower Elementary		10.1.3.D-Concepts of Health ~ Know age appropriate drug information. 10.2.3.B-Healthful Living ~ Identify health-related information.

J Personal Health

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
What are common adolescent health problems and how can they be prevented?	Infectious vs. Non-Infectious Diseases	Recognize the difference between non infectious and infectious diseases.	germs  pathogens heredity disease	Poster- Wash Hands!	Stop Spreading Gems	"The Sneeze"	10.1.3.E-Concepts of Health ~ Identify types and causes of common health problems of children.

Intentional and Unintentional Injuries

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How do personal hygiene practices impact health?	Personal Hygiene & Prevention of Diseases	Demonstrate ways to prevent the spread of germs and diseases.  Identify community members that provide trusted health information.	germs  prevention  hygiene	Poster Continued	Stop the Spread of Germs!		10.2.3.A-Healthful Living ~ Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.

F Intentional and Unintentional Injuries

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
What factors make for a healthy decision?	Decisions & Healthy Choices	Apply the decision-making process to a variety of health related issues.	decisions choices	Role Play	Role Play- Decision Making		10.2.3.D-Healthful Living ~ Identify the steps in a decision-making process.

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M Personal Health

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How do the media influence health related decisions?	Technologies Influence on Children	Identify ways to make safe choices when using the internet or related technology.	internet cyber safety	Advertisement Worksheet	Advertisements	Tobacco advertisements	10.2.3.C-Healthful Living ~ Identify media sources that influence health and safety.

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A Intentional and Unintentional Injuries

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
What makes your home, school, and community a safe place to live and play?	Individual Safety and Emergency Planning	Demonstrate ways to be safe in a variety of situations.  Develop a plan for an unsafe situation.	fire safety  bicycle safety  strangers first aid 911	House Evacuation Diagram	Fire Safety		10.3.3.A-Safety and Injury Prevention ~ Recognize safe/unsafe practices in the home, school and community. 10.3.3.B-Safety and Injury Prevention ~ Recognize emergency situations and explain appropriate responses.

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Intentional and Unintentional Injuries

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
What strategies can be used to manage your emotions?	Refusal Skills	Identify and demonstrate strategies needed to avoid conflict.	conflict "I" messages  bullying communication	Bullying: What is it? 5/9/2018	What is a Bully?		10.3.3.C-Safety and Injury Prevention ~ Recognize conflict situations and identify strategies to avoid or resolve.

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Personal Health

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How is environmental health connected to individual health?	Connecting Environmental Issues with Personal Health	Recognize ways our environment may affect our personal health.	waste disposal pollution recycling insects/ animals weather	Summer Safety: Water and Sun safety	Be Safe in the Summer		10.2.3.E-Healthful Living ~ Identify environmental factors that affect health.