

Quaver Health·PE™

Health Scope and Sequence **All Grades**





Lessons at a Glance • Health Module View

	K	1	2	3	4	5
Module 1	General Health					
Responsibility For Being Healthy	Exploring My Health	My Health, My Responsibility	My Health at Home	My Health at School	Health in My Community	Planning My Healthy Future
What Influences Healthy Behavior?	What is Healthy Behavior?	What Influences My Health Behaviors?	Influences at Home and School	Cultural Influences on Health	Discover - Managing My Health Influences	Managing My Health Influences
Healthy Help	What is Healthy Help?	Who is a Healthy Helper?	Why Do I Need Healthy Help?	When Should I Ask for Help?	Finding the Right Healthy Helper	Finding Healthy Help Online
What to Do in an Emergency	What is an Emergency?	What is an Emergency? – Going Deeper	Reducing Emergency-Causing Hazards	Fire Safety	Preventing an Emergency	Creating an Emergency Plan
Module 2	Social Behavior					
Communicating Effectively	Learning to Listen	Expressing Your Feelings	Asking for Help	Resolving Conflicts	Reading Body Language	Having Difficult Conversations
Being a Good Friend	Making New Friends	Sharing My Strengths	Qualities of a Good Friend	Healthy and Unhealthy Friendships	Respecting Individual Differences	Appreciating Diversity
Healthy and Unhealthy Relationships	What are Healthy Relationships?	Building Relationships with Trusted Adults	Building Relationships with Trusted Adults – Going Deeper	Healthy and Unhealthy Influences	Healthy and Unhealthy Influences – Going Deeper	Relationship Boundaries*
Bullying and Cyberbullying	Using Kind Words	Standing Up for Myself	Bullies: Bystanders, and Victims	Assertiveness and Bullying	Standing Up for Others	Conflict or Bullying?
Module 3	Responsible Decision Making					
Problem Solving	What is a Problem?	Working Through Problems	Problems Big and Small	Evaluating Solutions and Consequences	Learning from Situations	Problem Solving Strategies
Decision Making	I Can Make It Better	Understanding What Worked	Making Healthy Decisions	Setting My Intentions	Evaluating My Decisions	Using Data to Inform My Decisions
Goal Setting	Discovering Short and Long-Term Goals	Short and Long-Term Goals	Importance of Goal Setting	Time Management and Goal Setting	Steps to Achieving My Goal	Tracking My Progress and Perseverance
Online Safety	Explore – Getting Help with Online Safety	Getting Help with Online Safety	Introduce – Communicating Online	Communicating Online	Sharing Information Online	Identity Protection*
Module 4	Healthy Practices and Hygiene					
Healthy Habits	Hygiene Skills	Skeletal, Muscular, Circulatory, and Respiratory Systems	Consequences of Poor Hygiene	Nervous, Digestive, Immune, and Integumentary Systems	Creating Healthy Habits	Creating Healthy Habits – Going Deeper
Good Teeth, Good Health	My Teeth and Mouth	How to Brush	Brushing and Flossing	Brushing and Flossing – Going Deeper	Exploring Lifetime Benefits of Healthy Teeth	Lifetime Benefits of Healthy Teeth
Exercise	What is Exercise?	What is Exercise? – Going Deeper	Discovering What Exercise is Right for Me?	What Exercise is Right for Me?	Exercise and My Well-Being	Exercise and My Well-Being – Going Deeper
Sleep and Rest	Introducing the Importance of Sleep	Importance of Sleep	What Does Sleep Do for Me?	What Does Sleep Do for Me? – Going Deeper	Setting Sleep Routines	Setting Sleep Routines – Going Deeper
Module 5	Mental Health and Wellness					
Emotional Health	What are Emotions?	Sharing Happiness	What My Feelings Mean	Healthy Coping Strategies	Managing Overwhelming Emotions	When to Ask for Help
Managing Stress and Trauma	When I Feel Worried?	Recognizing Stress	My Personal Stressors	Managing My Stress	When I Feel Anxious	Consequences of Stress
Personal Growth	Controlling Myself	Choosing a Positive Mindset	Choosing a Growth Mindset	Overcoming My Weaknesses	Improving Myself	Using My Strengths to Help Others
Expressing Emotions in a Healthy Way	How Do I Feel?	Showing My Feelings	Identifying Strong Feelings	When I Feel Angry	Expressing Sympathy	Managing Multiple Feelings
Module 6	Healthy Eating and Nutrition					
Understanding Food	Food and My Body	Portion Control	The Role of Vitamins and Minerals	Where Do Nutrients Come From?	Introducing Food Labels	Food Labels
Analyzing My Eating Habits	Can I Eat Anything I Want?	Food Allergies	Reactions From My Food	Making Nutritional Choices	Negative Effects of Food	Eating Disorders
Healthy Eating Habits	Eating Habits	A Balanced Diet	The Role Water Plays	The Role Water Plays – Going Deeper	Nutritional Goals	Nutritional Goals – Going Deeper
Alcohol, Tobacco, and Other Drugs	Harmful Effects – Substances	Avoidance – Substances	Reporting – Substances	Peer Influence – Substances	Refusal Skills – Substances	Effects on My Body and Mind – Substances
Module 7	Disease and Illness Prevention					
Regular Health Physicals and Dental Exams	What is a Checkup?	What is a Checkup? – Going Deeper	What Happens At the Doctor?	What Happens At the Doctor? – Going Deeper	Caring For My Mental Health	Where to Go If I Feel Sad
Common Illnesses and Diseases	Cold and Flu	Cold and Flu – Going Deeper	Introducing Disease Awareness	Disease Awareness	Communicable and Noncommunicable Diseases	Managing Common Illnesses and Diseases
Medications and Vaccines	What is Medicine?	What are Vaccines?	Use and Misuse of Medications	Avoiding Misuse of Medications	Why Do I Need a Prescription?	Importance of Reading Medication Labels
Preventative Health Behaviors	Staying Healthy	Staying Healthy – Going Deeper	Dimensions of Health	Healthy Balance	Personal Health Habits	Home, School, and Community
Module 8	Safety and Accident Prevention					
Accident Prevention	Helmets and Seatbelts	Common Injuries	Playground Safety	Water Safety	Introduce – Advocating for Accident Prevention	Advocating For Accident Prevention
Personal Safety	What is Personal Safety?	Choosing Safe Situations	Saying No in Risky Situations*	Personal Safety Assistance*	Setting Personal Boundaries	Evaluating Personal Safety*
Safe and Unsafe Places	Safe Play	Safe and Unsafe Touch*	Strangers	Safe Spaces in the Community	Situational Awareness	Human Trafficking and Gangs*
General Safety Concerns	Protecting My Five Senses	Head Lice	Safety with Spiders and Insects	Safety with Spiders and Insects – Going Deeper	Sharp Objects*	Dangers of Guns and Other Weapons*

Quaver Health·PE™

Health Scope and Sequence **Kindergarten**





Scope & Sequence • Kindergarten

Module	Lesson Band	Lesson #	Lesson Name	Original Purpose	Objectives
General Health	Responsibility For Being Healthy	0M01-1	Exploring My Health	The purpose of this lesson is to define the four areas of health and identify what factors contribute to holistic health.	<ul style="list-style-type: none"> Define social, emotional, physical, and intellectual health. Identify two indicators of health for each of the four dimensions. Discuss actions or practices that contribute to each dimension of health.
General Health	What Influences Healthy Behavior?	0M01-2	What Is Healthy Behavior?	The purpose of this lesson is to explore behaviors that contribute to healthy living.	<ul style="list-style-type: none"> Classify behaviors into healthy and unhealthy. Identify healthy behaviors that can be incorporated into daily life. Describe how outside influences can lead to unhealthy behaviors.
General Health	Healthy Help	0M01-3	What Is Healthy Help?	The purpose of this lesson is to identify who can give guidance in building a healthy lifestyle.	<ul style="list-style-type: none"> Identify and list parents and other trusted adults related to health and healthy behaviors in the school and community. Discuss situations when healthy help might be needed. List health professionals in all four dimensions of health care.
General Health	What to Do in an Emergency	0M01-4	What Is an Emergency?	The purpose of this lesson is to identify the characteristics of an emergency.	<ul style="list-style-type: none"> Discuss and define what an emergency is. Discuss situations when healthy help might be needed. List parents and other trusted adults to contact in an emergency.
Social Behavior	Communicating Effectively	0M02-1	Learning to Listen	The purpose of this lesson is to promote the students' ability to listen actively and respond appropriately, based on their needs and the needs and concerns of others.	<ul style="list-style-type: none"> Identify the key elements of active listening. Discuss why it is important to communicate respectfully despite individual differences. Describe and demonstrate two ways to show active listening.
Social Behavior	Being a Good Friend	0M02-2	Making New Friends	The purpose of this lesson is to deepen students' ability to form healthy, mutually beneficial friendships with a diverse array of individuals.	<ul style="list-style-type: none"> Describe ways to make new friends, such as complimenting others on their positive health choices. Explain why peers who come from different backgrounds, ethnicities, and learning situations should be treated with dignity and respect. List some traits of a good friend, describing how good friends can influence a person's behavior in a positive way.
Social Behavior	Healthy and Unhealthy Relationships	0M02-3	What are Healthy Relationships?	The purpose of this lesson is to promote the students' ability to understand what a healthy relationship looks like.	<ul style="list-style-type: none"> Describe characteristics of healthy relationships. Ask parents and other trusted adults how to find good information about healthy relationships. Identify emotions that serve as warning signs of a potentially unhealthy relationship.



Scope & Sequence • Kindergarten

Module	Lesson Band	Lesson #	Lesson Name	Original Purpose	Objectives
Social Behavior	Bullying and Cyberbullying	0M02-4	Using Kind Words	The purpose of this lesson is to promote students' ability to identify, prevent, and respond appropriately to bullying behaviors, such as replacing unkind words with kind words.	<ul style="list-style-type: none"> List some typical bullying behaviors, such as saying unkind things to others. Identify positive actions to take instead of bullying. Identify steps to take if someone uses unkind words.
Responsible Decision Making	Problem Solving	0M03-1	What Is a Problem?	The purpose of this lesson is to promote the students' ability to recognize and define problems as well as learn ways to effectively solve them.	<ul style="list-style-type: none"> Define the word problem. Discuss the difference between a big problem, a small problem, and a situation that really is not a problem, giving examples of each. Describe ways to solve common problems, especially those that involve friction between people.
Responsible Decision Making	Decision Making	0M03-2	I Can Make It Better	The purpose of this lesson is to reinforce the students' ability to make decisions, evaluate completed tasks, and improve on almost any situation.	<ul style="list-style-type: none"> Explain ways to determine if an outcome is good, bad, or somewhere in between. Evaluate a class procedure and suggest ways to make it better. Identify ways to improve on a variety of everyday situations, including health-related conditions.
Responsible Decision Making	Goal Setting	0M03-3	Discovering Short and Long-Term Goals	The purpose of this lesson is to introduce students to short-term and long-term goals.	<ul style="list-style-type: none"> Define the words goal and goal setting. Set one realistic health-related short-term and long-term goal for the year. Identify parents and two other trusted adults who can help achieve a personal health goal.
Responsible Decision Making	Online Safety	0M03-4	Explore – Getting Help with Online Safety	The purpose of this lesson is to promote students' ability to distinguish between safe and unsafe online situations.	<ul style="list-style-type: none"> Recognize that unfamiliar websites can be unsafe and should be avoided. Identify a parent or other trusted adult at home and at school who can help distinguish between safe and unsafe online situations. Choose to visit only safe websites identified with a trusted adult.
Healthy Practices and Hygiene	Healthy Habits	0M04-1	Hygiene Skills	The purpose of this lesson is to strengthen students' understanding of and ability to perform hygiene habits for personal health.	<ul style="list-style-type: none"> Define personal hygiene. Identify different personal hygiene items. Explain how personal hygiene items and practices are associated with the different parts of the body.
Healthy Practices and Hygiene	Good Teeth, Good Health	0M04-2	My Teeth and Mouth	The purpose of this lesson is to strengthen the students' understanding of and ability to perform hygiene habits for personal health.	<ul style="list-style-type: none"> List reasons why dental hygiene is important. Identify different ways to improve dental hygiene. Describe different dental hygiene practices and how they are used on the mouth.



Scope & Sequence • Kindergarten

Module	Lesson Band	Lesson #	Lesson Name	Original Purpose	Objectives
Healthy Practices and Hygiene	Exercise	0M04-3	What Is Exercise?	The purpose of this lesson is to introduce the definition of exercise.	<ul style="list-style-type: none"> Define exercise. Describe the difference between what an exercise is and what an exercise is not. List and demonstrate different exercises.
Healthy Practices and Hygiene	Sleep and Rest	0M04-4	Introducing the Importance of Sleep	The purpose of this lesson is to introduce the benefits of sleep.	<ul style="list-style-type: none"> Introduce the importance of sleep for personal health. Describe what a bedtime routine looks like. Create a bedtime routine.
Mental Health and Wellness	Emotional Health	0M05-1	What Are Emotions?	The purpose of this lesson is to help students define emotion and learn how to communicate their feelings using words for different emotions.	<ul style="list-style-type: none"> Explain the word emotion. Describe feelings by giving each feeling a name. Identify triggers that lead to certain feelings, such as stressful situations that lead to anxiety and other negative emotions.
Mental Health and Wellness	Managing Stress and Trauma	0M05-2	When I Feel Worried	The purpose of this lesson is to help students learn effective ways to prevent and cope with stress when they are feeling worried or overwhelmed.	<ul style="list-style-type: none"> Identify anxious feelings and emotions and the situations that trigger them, discussing ways to avoid or cope more effectively with those situations. Describe and practice calming and coping strategies, especially when facing new or stressful situations. Locate parents and other trusted adults at school, home, or in the community who can help with emotional health issues.
Mental Health and Wellness	Personal Growth	0M05-3	Controlling Myself	The purpose of this lesson is to understand they can control their voice and bodies, and that there are acceptable and unacceptable actions for different situations.	<ul style="list-style-type: none"> Describe appropriate and inappropriate uses of the voice and body in various situations. Give reasons why certain actions are appropriate or inappropriate depending on the situation. Demonstrate how to control the voice and body in different situations.
Mental Health and Wellness	Expressing Emotions in a Healthy Way	0M05-4	How Do I Feel?	The purpose of this lesson is to help students identify and implement positive attitudes and experiences that make them happy.	<ul style="list-style-type: none"> Describe the connection between thoughts, actions, and emotions, giving a concrete example. Identify healthy experiences and things that can make people feel happy. Name something that could be done that might help another person feel happy.
Healthy Eating and Nutrition	Understanding Food	0M06-1	Food and My Body	The purpose of this lesson is to understand how food correlates to personal health and body function.	<ul style="list-style-type: none"> List two functions of food as it relates to the body. Identify various foods that support the body's health. Choose a food to eat that will improve the body's function.



Scope & Sequence • Kindergarten

Module	Lesson Band	Lesson #	Lesson Name	Original Purpose	Objectives
Healthy Eating and Nutrition	Analyzing My Eating Habits	0M06-2	Can I Eat Anything I Want?	The purpose of this lesson is to understand the difference between foods that support their health versus foods that damage their health.	<ul style="list-style-type: none"> Name three negative effects from eating unhealthy foods. Give one example of a common food allergy and the associated symptoms. Describe the difference between a whole food and a processed food.
Healthy Eating and Nutrition	Healthy Eating Habits	0M06-3	Eating Habits	The purpose of this lesson is to understand how eating habits impact personal health.	<ul style="list-style-type: none"> Identify at least two eating habits that support health. Discuss how the body feels when hungry and satisfied. List at least three healthy after-school snack options.
Healthy Eating and Nutrition	Alcohol, Tobacco, and Other Drugs	0M06-4	Harmful Effects	The purpose of this lesson is to teach students about the short – and long-term harmful impact that drugs, tobacco, and alcohol can have on health.	<ul style="list-style-type: none"> List harmful effects of alcohol, tobacco, and drugs. Identify at least three signs of an intoxicated person. Give one example of when to seek a parent or other trusted adult in a dangerous situation.
Disease and Illness Prevention	Regular Health Physicals and Dental Exams	0M07-1	What Is a Checkup?	The purpose of this lesson is to understand what happens at a check up so students feel comfortable during the experience.	<ul style="list-style-type: none"> Define health check up. Describe the importance of getting yearly check ups and biannual dental check ups. Identify people who can provide health care guidance.
Disease and Illness Prevention	Common Illnesses and Diseases	0M07-2	Cold and Flu	The purpose of this lesson is to practice behaviors that prevent communicable diseases.	<ul style="list-style-type: none"> Define communicable diseases such as the cold or flu. Explain how germs spread. Demonstrate behaviors that prevent communicable diseases.
Disease and Illness Prevention	Medications and Vaccines	0M07-3	What Is Medicine?	The purpose of this lesson is to understand how medicine can make students feel better when taken correctly under the guidance of a parent or other trusted adult.	<ul style="list-style-type: none"> Define medicine. Explain why medicines can be helpful or harmful. Create safety rules for taking medicine.
Disease and Illness Prevention	Preventative Health Behaviors	0M07-4	Staying Healthy	The purpose of this lesson is to learn about prevention methods to stay healthy.	<ul style="list-style-type: none"> Explain why preventative habits are important for good health. Identify personal health habits (e.g. personal hygiene, oral hygiene, sleep) that help prevent illness. Demonstrate health behaviors to maintain or improve personal health and wellness.



Scope & Sequence • Kindergarten

Module	Lesson Band	Lesson #	Lesson Name	Original Purpose	Objectives
Safety and Accident Prevention	Accident Prevention	0M08-1	Helmets and Seat belts	The purpose of this lesson is to understand the importance of wearing protective equipment such as helmets and seat belts.	<ul style="list-style-type: none"> • Discuss how helmets and seat belts keep people safe. • Practice wearing helmets and using seat belts. • Identify three situations in which a helmet or seatbelt should be worn.
Safety and Accident Prevention	Personal Safety	0M08-2	What Is Personal Safety?	The purpose of this lesson is to learn what personal safety looks and feels like.	<ul style="list-style-type: none"> • Describe what personal safety looks and feels like. • Give an example of the difference between safe and unsafe. • Identify parents or two other trusted adults who can help with personal safety.
Safety and Accident Prevention	Safe and Unsafe Places	0M08-3	Safe Play	The purpose of this lesson is to understand and practice playing safely.	<ul style="list-style-type: none"> • Discuss why it is important to play safely. • Identify safety rules during play. • Demonstrate safe play.
Safety and Accident Prevention	General Safety Concerns	0M08-4	Protecting My Five Senses	The purpose of this lesson is to use and protect their five senses to promote health.	<ul style="list-style-type: none"> • Describe the five senses and body parts associated with the senses. • Identify situations that require the use of the five senses. • Demonstrate proper use and protection of all five senses.

Quaver Health·PE™

Health Scope and Sequence 1st Grade





Scope & Sequence • First Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
General Health	Responsibility For Being Healthy	1M01-1	My Health, My Responsibility	The purpose of this lesson is to understand the importance of responsibility for one's personal health.	<ul style="list-style-type: none"> Define personal responsibility. Review four areas of health and connect elements to personal habits. Discuss two ways to promote health for self and others.
General Health	What Influences Healthy Behavior?	1M01-2	What Influences My Health Behaviors?	The purpose of this lesson is to identify positive and negative influences on health choices.	<ul style="list-style-type: none"> Identify examples of health advice from various media. Compare health trends and societal influences with advice from health professionals. Relate how advertising on television influences food choices and overall health.
General Health	Healthy Help	1M01-3	Who Is a Healthy Helper?	The purpose of this lesson is to learn who can help students build a healthy lifestyle.	<ul style="list-style-type: none"> Describe situations where a healthy helper would be needed. Identify what type of health professionals help with each dimension of health care. Discuss ways to locate school and community health helpers.
General Health	What to Do in an Emergency	1M01-4	What is an Emergency? – Going Deeper	The purpose of this lesson is to discuss and practice how to respond to an emergency.	<ul style="list-style-type: none"> Review the difference between emergencies and non-emergencies. Identify potential emergencies at home and school. Identify different emergency responders and describe how they help in emergencies.
Social Behavior	Communicating Effectively	1M02-1	Expressing Your Feelings	The purpose of this lesson is to strengthen students' ability to respectfully communicate their needs, wants, and feelings.	<ul style="list-style-type: none"> Identify ways to respectfully communicate verbally and nonverbally. Describe a personal feeling and practice communicating it in a respectful manner. Demonstrate how to ask parents and other trusted adults where to find credible resources to improve personal health.
Social Behavior	Being a Good Friend	1M02-2	Sharing My Strengths	The purpose of this lesson is to promote students' ability to share their strengths and knowledge to help other people.	<ul style="list-style-type: none"> Describe two personal strengths that could help to build and maintain friendships. Discuss how sharing strengths with peers who have learning needs could be a way to treat them with dignity and respect. Encourage classmates to make positive health choices by teaching them how to do something that will boost their health and fitness.
Social Behavior	Healthy and Unhealthy Relationships	1M02-3	Building Relationships with Trusted Adults	The purpose of this lesson is to strengthen students' ability to build and nurture healthy relationships with parents, teachers, counselors, medical professionals, and other trusted adults.	<ul style="list-style-type: none"> Define and list the primary characteristics of healthy relationships. Demonstrate how to respectfully communicate verbally and nonverbally with authority figures at school. Explain ways families and peers can work together to build healthy relationships.



Scope & Sequence • First Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Social Behavior	Bullying and Cyberbullying	1M02-4	Standing Up for Myself	The purpose of this lesson is to learn assertive behaviors and phrases to address bullying situations or any situation in which students need to stand up for themselves or others.	<ul style="list-style-type: none"> Describe some consequences of bullying for both bully and victim, listing steps to take when someone bullies them or hurts their body or feelings. List ways to actively discourage bullying. Explain the difference between playful teasing and bullying, identifying situations where the help of a parent or other trusted adult might be needed.
Responsible Decision Making	Problem Solving	1M03-1	Working Through Problems	The purpose of this lesson is to strengthen students' ability to identify and solve both internal and external problems.	<ul style="list-style-type: none"> Review the definition of problem, explaining each step leading to a problem. Describe the difference between internal and external problems, giving an example of each. Identify ways to solve different kinds of problems, including health-related problems.
Responsible Decision Making	Decision Making	1M03-2	Understanding What Worked	The purpose of this lesson is to promote students' ability to understand the concept and process of evaluation in order to learn and improve through asking questions.	<ul style="list-style-type: none"> Ask and answer three questions to evaluate the outcome of a task. Using reasons and evidence, evaluate examples of health information supplied by various media to determine their efficacy on nutritional habits and physical activity. Make an evaluation craft to help apply evaluation questions, such as deciding when it is best to seek help in making a health-related decision.
Responsible Decision Making	Goal Setting	1M03-3	Short- and Long-Term Goals	The purpose of this lesson is to strengthen students' ability to set both short-term and long-term goals.	<ul style="list-style-type: none"> Explain the difference between short- and long-term goals, as well as the connection between dreams and goals. Set one short- or long-term health goal, identifying a parent or other trusted adult to assist if needed. Give reasons why goal setting and task completion are important.
Responsible Decision Making	Online Safety	1M03-4	Getting Help with Online Safety	The purpose of this lesson is to strengthen students' ability to respond effectively to unsafe online or in-person situations.	<ul style="list-style-type: none"> Explain two ways to get help from a teacher, parent, school counselor, or other trusted adult when made to feel bullied, uncomfortable, or unsafe online. Describe two things to do if someone tries to hurt their body or feelings, whether online or in person. Identify the most effective ways to avoid online dangers.
Healthy Practices and Hygiene	Healthy Habits	1M04-1	Skeletal, Muscular, Circulatory, and Respiratory Systems	The purpose of this lesson is to introduce four body systems: skeletal, muscular, circulatory, and respiratory.	<ul style="list-style-type: none"> Name and locate skeletal, muscular, circulatory, and respiratory systems and their major components. Describe the primary functions of skeletal, muscular, circulatory, and respiratory systems and how they work with other systems. List healthy habits that support skeletal, muscular, circulatory, and respiratory systems.

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Healthy Practices and Hygiene	Good Teeth, Good Health	1M04-2	How to Brush	The purpose of this lesson is for students to demonstrate how to properly brush their teeth.	<ul style="list-style-type: none"> Identify which teeth and what part of the tooth requires a circular motion or a back and forth motion. Determine how long it should take to properly brush teeth. Practice brushing their teeth.
Healthy Practices and Hygiene	Exercise	1M04-3	What is Exercise? - Going Deeper	The purpose of this lesson is to explain how exercise affects the body.	<ul style="list-style-type: none"> Discuss ways exercise can improve physical health. Identify how exercise affects multiple dimensions of health. Give an example of an exercise that can boost their mood.
Healthy Practices and Hygiene	Sleep and Rest	1M04-4	Importance of Sleep	The purpose of this lesson is to introduce the importance of sleep and its effects on the body.	<ul style="list-style-type: none"> Discuss the importance of sleep. Identify the effects of sleep on the body. Create a bedtime routine.
Mental Health and Wellness	Emotional Health	1M05-1	Sharing Happiness	The purpose of this lesson is to promote students' ability to understand happiness and share it with others.	<ul style="list-style-type: none"> Use facial expressions and body language to identify and express happiness. Describe three things that cause them to feel happy. List ways they can help others feel happy.
Mental Health and Wellness	Managing Stress and Trauma	1M05-2	Recognizing Stress	The purpose of this lesson is to promote students' ability to understand and deal with different levels of stress, especially levels that cause them to feel overwhelmed.	<ul style="list-style-type: none"> Describe and demonstrate calming and coping strategies to alleviate stress. List the signs and symptoms associated with stress, especially those that might cause them to feel overwhelmed. Identify situations when they likely need to seek help from a parent or other trusted adult to deal with excessively high levels of stress and anxiety.
Mental Health and Wellness	Personal Growth	1M05-3	Choosing a Positive Mindset	The purpose of this lesson is to promote students' ability to understand and implement a positive mindset which can help them achieve their goals.	<ul style="list-style-type: none"> Define a positive mindset, describing ways it can help them and their friends make healthier choices. Compare and contrast unhealthy, negative thoughts and feelings with healthy, positive thoughts and feelings. Explain how a positive mindset can help them meet or maintain their health goals.
Mental Health and Wellness	Expressing Emotions in a Healthy Way	1M05-4	Showing My Feelings	The purpose of this lesson is to understand how others might be feeling as well as how to appropriately communicate students' own feelings to parents or other trusted individuals.	<ul style="list-style-type: none"> Describe how others might be feeling based on their body language. In addition to parents, identify trusted individuals with whom they can share important feelings. Describe their feelings in different situations and what they think caused them to feel that way.
Healthy Eating and Nutrition	Understanding Food	1M06-1	Portion Control	The purpose of this lesson is to identify healthy portions regarding different kinds of food.	<ul style="list-style-type: none"> Compare food groups using objects to demonstrate portion sizes. Discuss how to avoid overeating. Set one goal related to eating correct portions.



Scope & Sequence • First Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Healthy Eating and Nutrition	Analyzing My Eating Habits	1M06-2	Food Allergies	The purpose of this lesson is to understand common food allergies, symptoms of allergic reactions, and how to properly respond if someone has an allergic reaction.	<ul style="list-style-type: none"> Describe common symptoms associated with food allergies. Demonstrate how they could help a friend who has food allergies. Explain when and how to notify a parent or other trusted adult if someone is having an allergic reaction.
Healthy Eating and Nutrition	Healthy Eating Habits	1M06-3	A Balanced Diet	The purpose of this lesson is to identify healthy foods in each food group and create a balanced diet.	<ul style="list-style-type: none"> Discuss the importance of variety in one's diet. Name three ingredients to limit in foods and beverages. Compose a balanced meal using all food groups.
Healthy Eating and Nutrition	Alcohol, Tobacco, and Other Drugs	1M06-4	Avoidance	The purpose of this lesson is to understand the dangers of alcohol, tobacco, and other drugs so students can make healthy, educated choices in their own lives.	<ul style="list-style-type: none"> Describe one harmful effect that alcohol, tobacco, or drugs can have on both physical and social health. Explain the importance of being drug free. In addition to parents, list at least two trusted adults they could turn to if they felt unsafe.
Disease and Illness Prevention	Regular Health Physicals and Dental Exams	1M07-1	What Is a Checkup? - Going Deeper	The purpose of this lesson is to deepen students' understanding of what happens during physical and dental exams to ease anxious feelings during the experience.	<ul style="list-style-type: none"> Describe the importance of physical and dental exams. Identify the tools found in dentists' and doctors' offices. Distinguish services provided by different healthy helpers in the community.
Disease and Illness Prevention	Common Illnesses and Diseases	1M07-2	Cold and Flu - Going Deeper	The purpose of this lesson is to demonstrate how to prevent the spread of communicable diseases and learn what to do when feeling ill.	<ul style="list-style-type: none"> Practice communicating symptoms of cold or the flu to parents or other trusted adults. Identify where germs are commonly found. Demonstrate techniques to fight germs and prevent their spread.
Disease and Illness Prevention	Medications and Vaccines	1M07-3	What are Vaccines?	The purpose of this lesson is to understand vaccines and the importance of vaccinations.	<ul style="list-style-type: none"> Define transmission and immunity. Explain how germs spread. Discuss the importance of vaccinations as a method to develop immunity to fight infection and prevent disease.
Disease and Illness Prevention	Preventative Health Behaviors	1M07-4	Staying Healthy - Going Deeper	The purpose of this lesson is to analyze the benefits of health and hygiene habits and their effects on overall health.	<ul style="list-style-type: none"> Identify the role that healthy habits play in improving overall health. Demonstrate healthy habits that help to prevent illness. Explain how healthy habits can prevent or remedy minor health issues.
Safety and Accident Prevention	Accident Prevention	1M08-1	Common Injuries	The purpose of this lesson is to identify common injuries and ways to prevent them.	<ul style="list-style-type: none"> List common injuries. Identify safety practices to prevent common injuries. Demonstrate injury prevention practices.
Safety and Accident Prevention	Personal Safety	1M08-2	Choosing Safe Situations	The purpose of this lesson is to learn how to recognize and avoid unsafe situations.	<ul style="list-style-type: none"> Identify unsafe situations. Discuss strategies for avoiding unsafe situations. Practice telling a parent or other trusted adult about unsafe situations.



Scope & Sequence • First Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Safety and Accident Prevention	Safe and Unsafe Places	1M08-3	Safe and Unsafe Touch*	The purpose of this lesson is to differentiate between safe and unsafe touches.	<ul style="list-style-type: none">• Define safe touch.• Define unsafe touch.• Practice using assertive language in an unwanted situation and reporting the incident to a parent or other trusted adult.
Safety and Accident Prevention	General Safety Concerns	1M08-4	Head Lice	The purpose of this lesson is to be aware that everyone is susceptible to head lice and that there are ways to keep from getting it.	<ul style="list-style-type: none">• Describe ways people can get head lice.• Explain that head lice can affect everyone, not just some children.• Demonstrate practices to prevent head lice.

Quaver Health·PE™

Health Scope and Sequence 2nd Grade





Scope & Sequence • Second Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
General Health	Responsibility For Being Healthy	2M01-1	My Health at Home	The purpose of this lesson is to understand how personal behaviors and habits are influenced by family.	<ul style="list-style-type: none"> Identify at least three personal behaviors that impact health. Describe how family influences healthy habits and choices. Choose two ways to improve health and safety at home with family.
General Health	What Influences Healthy Behavior?	2M01-2	Influences at Home and School	The purpose of this lesson is to identify positive and negative influences on health choices.	<ul style="list-style-type: none"> Discuss what effect media, peers, and family can have on personal health choices. Role play how to discuss and resist negative health advice from a friend. List personal health practices that derive from untrustworthy sources.
General Health	Healthy Help	2M01-3	Why Do I Need Healthy Help?	The purpose of this lesson is to identify the importance of getting healthy help.	<ul style="list-style-type: none"> Discuss the benefits of receiving help with personal health. List services, parents, and other trusted adults that are trained to help individuals with healthy lifestyles. Discuss common health related questions and procedures and what to expect when visiting a health professional.
General Health	What to Do in an Emergency	2M01-4	Reducing Emergency – Causing Hazards	The purpose of this lesson is to identify local hazards and learn how to report them to parents and other trusted adults.	<ul style="list-style-type: none"> Identify hazardous or potentially hazardous situations in the home or school. List common injuries and how to prevent them, if possible. Discuss strategies to improve hazardous conditions and prepare for common injuries.
Social Behavior	Communicating Effectively	2M02-1	Asking for Help	The purpose of this lesson is to develop students' ability to respectfully and appropriately communicate their need for help.	<ul style="list-style-type: none"> Describe situations in which they will need to ask for help. Identify parents and other trusted adults who can help in various health situations. List ways to respectfully ask parents and other trusted adults for help regarding a difficult situation.
Social Behavior	Being a Good Friend	2M02-2	Qualities of a Good Friend	The purpose of this lesson is to identify and embrace specific qualities that good friends possess.	<ul style="list-style-type: none"> Identify qualities and behaviors of a good friend, explaining why they should display these qualities, too. Explain how encouraging peers to make good health choices is one way to express kindness and deepen friendships. Describe how listening respectfully enhances the health of relationships.
Social Behavior	Healthy and Unhealthy Relationships	2M02-3	Building Relationships with Trusted Adults – Going Deeper	The purpose of this lesson is to strengthen students' ability to create and manage healthy relationships with parents, teachers, counselors, medical professionals, and other trusted adults.	<ul style="list-style-type: none"> Review the primary characteristics of healthy relationships. Practice how to respectfully communicate verbally and nonverbally with authority figures at school. Explain ways families and peers can work together to create healthy relationships.



Scope & Sequence • Second Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Social Behavior	Bullying and Cyberbullying	2M02-4	Bullies, Bystanders, and Victims	The purpose of this lesson is to strengthen the ability to identify the consequences of bullying as well as effective ways to respond.	<ul style="list-style-type: none"> List the possible consequences that could result from bullying or cyberbullying. Describe ways to effectively respond to or prevent bullying of self or others. Explain the main difference between the responsible reporting of bullying and simply tattling on someone.
Responsible Decision Making	Problem Solving	2M03-1	Problems Big and Small	The purpose of this lesson is to differentiate between big and small problems and learn how to solve either kind.	<ul style="list-style-type: none"> Differentiate between small and big problems, giving examples of each. Identify problems that can be solved on their own versus problems that may require assistance. Role play how to solve a problem, big or small.
Responsible Decision Making	Decision Making	2M03-2	Making Healthy Decisions	The purpose of this lesson is to reinforce the ability to make wise, health-related decisions, whether alone or with adult assistance.	<ul style="list-style-type: none"> Identify situations in which a health-related decision needs to be made. Differentiate between situations when students can make a health decision alone versus those in which assistance is needed. List healthy practices and behaviors students engage in to maintain or improve their personal health.
Responsible Decision Making	Goal Setting	2M03-3	Importance of Goal Setting	The purpose of this lesson is to help students set and work toward short-term goals, learning how to measure their progress along the way.	<ul style="list-style-type: none"> Explain the primary difference between short-term and long-term goals. Set and begin working towards one short-term health goal, identifying a parent or other trusted adult to assist if and when needed. Explain the importance of measuring and evaluating progress and making adjustments along the way.
Responsible Decision Making	Online Safety	2M03-4	Introduce – Communicating Online	The purpose of this lesson is to learn how to make wise decisions regarding communication, website safety, and general online usage.	<ul style="list-style-type: none"> Name ways to recognize and avoid unsafe social media communication and peer pressure. Give two reasons why obtaining help from parents, teachers, school counselors, or other trusted adults can be helpful when making decisions regarding digital use. List possible consequences that can result from inappropriate online usage.
Healthy Practices and Hygiene	Healthy Habits	2M04-1	Consequences of Poor Hygiene	The purpose of this lesson is to strengthen the ability to identify the consequences and effects of poor hygiene.	<ul style="list-style-type: none"> Distinguish between healthy and unhealthy hygiene habits. Identify some consequences of poor hygiene. Create a personal hygiene plan.
Healthy Practices and Hygiene	Good Teeth, Good Health	2M04-2	Brushing and Flossing	The purpose of this lesson is to introduce different ways to improve dental hygiene.	<ul style="list-style-type: none"> Explain how flossing can improve dental hygiene. Compare and contrast brushing and flossing. Practice brushing and flossing teeth.



Scope & Sequence • Second Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Healthy Practices and Hygiene	Exercise	2M04-3	Discovering What Exercise is Right for Me	The purpose of this lesson is to compare different exercises and determine personal exercise preferences.	<ul style="list-style-type: none"> Identify trusted adults who can help determine appropriate exercises. Demonstrate health-related fitness components. Identify everyday activities or hobbies and interests that are a form of exercise.
Healthy Practices and Hygiene	Sleep and Rest	2M04-4	What Does Sleep Do for Me?	The purpose of this lesson is to understand how sleep affects the body.	<ul style="list-style-type: none"> Identify the benefits of getting the right amount of sleep. Compare how the body reacts to plenty of sleep vs. not enough sleep. Describe how sleep affects mood, performance at school, and athletic performance.
Mental Health and Wellness	Emotional Health	2M05-1	What My Feelings Mean	The purpose of this lesson is to respond to feelings appropriately and understand what they mean.	<ul style="list-style-type: none"> Give examples of feelings and what they mean. Identify clues the body gives when feeling different emotions. Explain how to respond appropriately to feelings.
Mental Health and Wellness	Managing Stress and Trauma	2M05-2	My Personal Stressors	The purpose of this lesson is to reinforce students' ability to understand and cope with situations that cause stress.	<ul style="list-style-type: none"> Identify situations that are stressful for them. Describe personal stressors, their impact on learning, and feelings associated with stress. Explain and practice some calming and coping strategies.
Mental Health and Wellness	Personal Growth	2M05-3	Choosing a Growth Mindset	The purpose of this lesson is to reinforce students' understanding of a growth mindset and their ability to apply it in challenging situations.	<ul style="list-style-type: none"> Define a growth mindset and give an example of how it helps reach goals. Define a fixed mindset and give an example of how it stunts growth. Name ways to apply a growth mindset to a challenging situation, such as different learning needs for themselves and others.
Mental Health and Wellness	Expressing Emotions in a Healthy Way	2M05-4	Identifying Strong Feelings	The purpose of this lesson is to strengthen students' ability to identify, communicate, and manage strong feelings or emotions.	<ul style="list-style-type: none"> Identify and differentiate between intense or strong emotions and emotions that are less intense. Name feelings they experience as strong or very intense as well as events that tend to trigger those feelings. Describe healthy ways to calm down or process strong negative emotions, such as focused breathing or talking with a trusted adult.
Healthy Eating and Nutrition	Understanding Food	2M06-1	The Role of Vitamins and Minerals	The purpose of this lesson is to identify vitamins and minerals and why they are important.	<ul style="list-style-type: none"> List three ways vitamins and minerals impact personal health. Name five major vitamins and minerals. Explain what happens when the body experiences vitamin and/or mineral deficiency.



Scope & Sequence • Second Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Healthy Eating and Nutrition	Analyzing My Eating Habits	2M06-2	Reactions From My Food	The purpose of this lesson is to understand the unhealthy impact certain foods or combinations of foods have on personal health.	<ul style="list-style-type: none"> Compare foods and the effects they can have on the body and personal health. Describe common food allergies and their symptoms. Describe the consequences of eating too much sugar or fat.
Healthy Eating and Nutrition	Healthy Eating Habits	2M06-3	The Role Water Plays	The purpose of this lesson is to understand the impact of water on personal health and to drink water every day.	<ul style="list-style-type: none"> Explain the impact of proper hydration on the body. Monitor water consumption. Encourage friends to drink water daily.
Healthy Eating and Nutrition	Alcohol, Tobacco, and Other Drugs	2M06-4	Reporting	The purpose of this lesson is to know when and how to should report an incident involving alcohol, tobacco, or drugs to a trusted adult.	<ul style="list-style-type: none"> Identify a trusted adult in their lives. List at least three signs that indicate it is time to contact a trusted adult. Explain why it is important to report unsafe behavior.
Disease and Illness Prevention	Regular Health Physicals and Dental Exams	2M07-1	What Happens at the Doctor?	The purpose of this lesson is to understand what happens at a doctor's office and feel comfortable during the experience.	<ul style="list-style-type: none"> Describe the processes that occur at the doctor during an annual check up. Identify the tools used during a physical exam. Discuss the importance of regular visits to the doctor.
Disease and Illness Prevention	Common Illnesses and Diseases	2M07-2	Introducing Disease Awareness	The purpose of this lesson is to identify common illnesses or diseases and their symptoms (asthma, heart disease, stroke, diabetes, and epilepsy).	<ul style="list-style-type: none"> Define asthma, heart disease, stroke, diabetes, and epilepsy. Describe common symptoms for asthma, heart disease, stroke, diabetes, and epilepsy. Create a list of personal health practices that can prevent disease.
Disease and Illness Prevention	Medications and Vaccines	2M07-3	Use and Misuse of Medications	The purpose of this lesson is to understand the appropriate ways to use medication and ways to avoid misuse.	<ul style="list-style-type: none"> Differentiate between use and misuse of over-the-counter and prescription drugs. Identify trusted adults to administer medications. Identify harmful effects of misuse of over-the-counter and prescription drugs.
Disease and Illness Prevention	Preventative Health Behaviors	2M07-4	Dimensions of Health	The purpose of this lesson is to understand the value of multi-dimensional healthy behaviors that impact personal health.	<ul style="list-style-type: none"> Identify the dimensions of health. Describe how behaviors impact personal health in all dimensions. Categorize personal behaviors based on the dimensions of health.
Safety and Accident Prevention	Accident Prevention	2M08-1	Playground Safety	The purpose of this lesson is to understand the importance of playing safely at the playground.	<ul style="list-style-type: none"> Differentiate between safe and unsafe behaviors at the playground. List common injuries that may occur at the playground. Demonstrate behaviors to reduce the risk of injury at the playground.
Safety and Accident Prevention	Personal Safety	2M08-2	Saying No in Risky Situations*	The purpose of this lesson is to practice refusal skills in unsafe situations.	<ul style="list-style-type: none"> Discuss common unsafe or risky situations. Explain why assistance from trusted adults is important when making decisions about personal safety. Demonstrate refusal skills during risky situations.



Scope & Sequence • Second Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Safety and Accident Prevention	Safe and Unsafe Places	2M08-3	Strangers	The purpose of this lesson is to recognize safe and unsafe strangers.	<ul style="list-style-type: none">• Define stranger.• Differentiate between safe and unsafe strangers.• Practice applying safety rules when engaging with strangers.
Safety and Accident Prevention	General Safety Concerns	2M08-4	Safety with Spiders and Insects	The purpose of this lesson is to identify common spiders and insects found in the environment and to learn how to safely interact with them.	<ul style="list-style-type: none">• Identify common spiders and insects.• Discuss signs and symptoms of illness that may result from spiders or insects.• Discuss ways to stay safe around spiders and insects.

Quaver Health·PE™

Health Scope and Sequence 3rd Grade





Scope & Sequence • Third Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
General Health	Responsibility For Being Healthy	3M01-1	My Health at School	The purpose of this lesson is to become aware of health practices at school.	<ul style="list-style-type: none"> • Discuss healthy practices common in the school building. • Review the four areas of health and identify aspects of school environment that help or hinder total health. • Identify two ways individuals can improve their health while at school.
General Health	What Influences Healthy Behavior?	3M01-2	Cultural Influences on Health	The purpose of this lesson is to explore the difference between healthy and unhealthy influences or traditions.	<ul style="list-style-type: none"> • Identify healthy and unhealthy traditions of family, home, and peers. • Connect the influence of culture to health choices. • Explain how media influences thoughts, feelings, and health behaviors.
General Health	Healthy Help	3M01-3	When Should I Ask for Help?	The purpose of this lesson is to recognize unhealthy situations and whom to ask for help.	<ul style="list-style-type: none"> • Identify possible situations when healthy help might be needed. • Discuss trusted adults at school or home who are available to help in unsafe situations. • Identify how to know when it is appropriate to ask for healthy help.
General Health	What to Do in an Emergency	3M01-4	Fire Safety	The purpose of the lesson is to recognize emergency situations involving fire and burns and know how to respond appropriately.	<ul style="list-style-type: none"> • Identify and demonstrate safety and first aid knowledge to prevent and treat burn injuries. • Develop a home-safety and emergency response plan for an emergency involving fire. • Create a contact list of trusted adults to help in emergency situations in or around the home.
Social Behavior	Communicating Effectively	3M02-1	Resolving Conflicts	The purpose of this lesson is to manage or resolve conflict in an appropriate and peaceful manner.	<ul style="list-style-type: none"> • Identify the possible sources of different kinds of conflict. • Describe how to politely but firmly refuse offers to engage in dangerous or harmful activities. • Illustrate nonviolent ways to de-escalate situations or resolve conflicts with friends.
Social Behavior	Being a Good Friend	3M02-2	Healthy and Unhealthy Friendships	The purpose of this lesson is to distinguish between healthy and unhealthy friendships.	<ul style="list-style-type: none"> • Describe the characteristics of healthy and unhealthy friendships. • Demonstrate healthy friendship qualities through role play. • Explain how strong friendships allow for healthy expressions of needs, wants, and emotions.
Social Behavior	Healthy and Unhealthy Relationships	3M02-3	Healthy and Unhealthy Influences	The purpose of this lesson is to distinguish between healthy and unhealthy influences.	<ul style="list-style-type: none"> • Distinguish between healthy and harmful influences on health, explaining why it is important to seek trustworthy assistance when making health decisions. • Describe ways to assertively respond when others try to influence them to participate in dangerous activities. • Explain how to encourage others to make positive health choices, such as using calming strategies for troubling thoughts and behaviors.



Scope & Sequence • Third Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Social Behavior	Bullying and Cyberbullying	3M02-4	Assertiveness and Bullying	The purpose of this lesson is to equip students with assertiveness skills to help in the face of bullying or other confrontational situations.	<ul style="list-style-type: none"> Distinguish between healthy and harmful peer influences and behaviors, describing them as either passive, assertive, or aggressive. Demonstrate an assertive response to bullying, explaining why it is important to resist any negative peer pressure to bully others. Practice assertive techniques, especially those designed to avoid the consequences of cyberbullying and inappropriate online usage.
Responsible Decision Making	Problem Solving	3M03-1	Evaluating Solutions and Consequences	The purpose of this lesson is to recognize that there are a variety of solutions and consequences that can occur in any situation.	<ul style="list-style-type: none"> Discuss how decisions can affect the outcome of a situation or problem. Explain how to analyze a situation or problem to determine possible outcomes or consequences. Role play situations, each time making different choices along the way. Discuss the outcomes and consequences.
Responsible Decision Making	Decision Making	3M03-2	Setting My Intentions	The purpose of this lesson is to set a health-related goal and consider the possible outcomes if the goal is achieved.	<ul style="list-style-type: none"> Predict the potential outcomes of each option when choosing a health goal. Develop a means to measure progress toward their health goal. Evaluate health goals and describe the possible outcomes using simple criteria.
Responsible Decision Making	Goal Setting	3M03-3	Time Management and Goal Setting	The purpose of this lesson is to understand the role of motivation in setting and achieving short – and long-term goals.	<ul style="list-style-type: none"> Set and work toward a health goal based on personal motivation and inspiration. Implement an efficient method of tracking progress toward achieving that goal, discussing level of motivation along the way. Identify one resource and one trusted adult who can help should setbacks threaten to derail motivation.
Responsible Decision Making	Online Safety	3M03-4	Communicating Online	The purpose of this lesson is to understand personal responsibility for online usage as well as identify appropriate people to communicate with and information to share.	<ul style="list-style-type: none"> Explain reasons to take personal responsibility when using digital technology, describing some consequences of inappropriate online usage. Give two examples of individuals who would be appropriate to communicate with online. Describe the primary difference between appropriate and inappropriate information to share online.
Healthy Practices and Hygiene	Healthy Habits	3M04-1	Nervous, Digestive, Immune, and Integumentary Systems	The purpose of this lesson is to introduce four body systems: nervous, digestive, immune, and integumentary.	<ul style="list-style-type: none"> Name and locate nervous, digestive, immune, and integumentary systems and their major components. Describe the primary functions of nervous, digestive, immune, and integumentary systems and how they work with other systems. List healthy habits that support nervous, digestive, immune, and integumentary systems.



Scope & Sequence • Third Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Healthy Practices and Hygiene	Good Teeth, Good Health	3M04-2	Brushing and Flossing – Going Deeper	The purpose of this lesson is to reinforce and practice different ways to improve dental hygiene.	<ul style="list-style-type: none"> Explain how flossing can improve dental hygiene and demonstrate correct flossing techniques. Describe why it is essential to combine brushing with flossing daily. Practice brushing and flossing teeth.
Healthy Practices and Hygiene	Exercise	3M04-3	What Exercise Is Right for Me?	The purpose of this lesson is to introduce a variety of exercise styles to determine a good fit for each individual.	<ul style="list-style-type: none"> Identify various types of exercise. Describe what they like most about each type of exercise. Explain the benefits of each different type of exercise.
Healthy Practices and Hygiene	Sleep and Rest	3M04-4	What Does Sleep Do for Me? – Going Deeper	The purpose of this lesson is to analyze how sleep affects the body.	<ul style="list-style-type: none"> Describe two ways that sleep affects the brain. Explain the benefits of good sleep as it relates to learning, mood, illness resistance, and athletic performance. Devise a strategy to get more sleep.
Mental Health and Wellness	Emotional Health	3M05-1	Healthy Coping Strategies	The purpose of this lesson is to identify and implement healthy strategies for coping with physical, mental, and emotional concerns.	<ul style="list-style-type: none"> Demonstrate how to ask a trusted adult for help coping with physical, mental, and emotional health issues, especially those that could lead to self-harm. Identify methods for coping with pervasive physical and emotional health conditions. Describe two strategies to help others cope with different learning needs.
Mental Health and Wellness	Managing Stress and Trauma	3M05-2	Managing My Stress	The purpose of this lesson is to recognize stressors and apply proven strategies to avoid or relieve symptoms of stress.	<ul style="list-style-type: none"> Recognize stressors, such as stressful situations, that trigger unpleasant physical feelings or emotions. Describe strategies and healthy behaviors for calming and coping, explaining how they affect thoughts and behaviors in positive ways. Identify and discuss methods for coping with persistent feelings of stress as well as the importance of talking with a trusted adult.
Mental Health and Wellness	Personal Growth	3M05-3	Overcoming My Weaknesses	The purpose of this lesson is to recognize individual strengths as well as weaknesses and explore strategies to manage them.	<ul style="list-style-type: none"> Describe physical, emotional, intellectual, and social health challenges from things that are difficult. Change personal mindset to see weaknesses as challenges yet to be overcome. Identify people who will be happy to help and support when tackling difficult challenges.
Mental Health and Wellness	Expressing Emotions in a Healthy Way	3M05-4	When I Feel Angry	The purpose of this lesson is to recognize the signs of escalating anger within self and others and defuse the situations fueling the anger.	<ul style="list-style-type: none"> Recognize different levels of anger, from annoyance to rage, and factors that tend to fuel the escalation of each level. Identify signs the body gives when feeling anger. Describe typical thoughts and actions when feeling anger, demonstrating healthy ways to calm down and communicate feelings appropriately.



Scope & Sequence • Third Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Healthy Eating and Nutrition	Understanding Food	3M06-1	Where Do Nutrients Come From?	The purpose of this lesson is to create healthy nutritional habits by selecting nutrient-dense foods.	<ul style="list-style-type: none"> Explain how to create a balanced meal using the six major nutrients. Categorize foods by the nutrients they provide. Choose two nutrient-dense foods to add into personal diet.
Healthy Eating and Nutrition	Analyzing My Eating Habits	3M06-2	Making Nutritional Choices	The purpose of this lesson is to make healthy food choices using valid and reliable resources.	<ul style="list-style-type: none"> Describe three valid and reliable resources available for making healthy nutritional choices. Analyze the consequences of healthy and unhealthy food choices. Use the decision-making steps to choose healthy food options.
Healthy Eating and Nutrition	Healthy Eating Habits	3M06-3	The Role Water Plays – Going Deeper	The purpose of this lesson is to understand the impact of water on the body and devise ways to stay hydrated.	<ul style="list-style-type: none"> Compare and contrast the impact of proper hydration and dehydration on the body. Develop reminders to boost personal water consumption. Create and monitor progress toward achieving a daily hydration goal.
Healthy Eating and Nutrition	Alcohol, Tobacco, and Other Drugs	3M06-4	Peer Influence	The purpose of this lesson is to understand how peers can influence each other positively or negatively when it comes to alcohol, tobacco, and drugs.	<ul style="list-style-type: none"> Analyze the influence peers have in personal behaviors. Discuss how to identify both verbal and non-verbal peer pressure. Compare reporting and tattling when reporting the use of alcohol, tobacco, or other drugs.
Disease and Illness Prevention	Regular Health Physicals and Dental Exams	3M07-1	What Happens at the Doctor? – Going Deeper	The purpose of this lesson is to understand what happens during ear and eye screenings and feel comfortable during the experience.	<ul style="list-style-type: none"> Describe the processes that occur during ear and eye checks. Identify the tools used for ear and eye checks. Discuss the importance of telling a trusted adult if ear or eye problems are noticed.
Disease and Illness Prevention	Common Illnesses and Diseases	3M07-2	Disease Awareness	The purpose of this lesson is to become aware of diseases not caused by germs.	<ul style="list-style-type: none"> Explain that not all illness or disease comes from germs. Identify causes of diseases such as allergies, asthma, heart disease, stroke, diabetes, and epilepsy. Create a list of personal health practices that can prevent disease.
Disease and Illness Prevention	Medications and Vaccines	3M07-3	Avoiding Misuse of Medications	The purpose of this lesson is to practice refusal skills in the context of medication misuse.	<ul style="list-style-type: none"> Identify reasons to avoid misuse of medications. Reflect upon healthy decisions regarding medication misuse. Practice refusal skills to resist misuse of medications.



Scope & Sequence • Third Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Disease and Illness Prevention	Preventative Health Behaviors	3M07-4	Healthy Balance	The purpose of this lesson is to analyze behaviors based on the dimensions of health and work toward balance in all dimensions.	<ul style="list-style-type: none"> Identify examples of personal health behaviors in each dimension of health – emotional, intellectual, physical, social, and spiritual. Discuss the importance of taking personal responsibility for developing and maintaining personal health habits. Use decision making to improve health behaviors in one or more dimensions of health.
Safety and Accident Prevention	Accident Prevention	3M08-1	Water Safety	The purpose of this lesson is to understand how to enjoy the water safely and how to prevent injury or drowning.	<ul style="list-style-type: none"> Identify characteristics of a safe swimming area. Explain how following safety rules can help prevent accidents. Explain water safety rules to others.
Safety and Accident Prevention	Personal Safety	3M08-2	Personal Safety Assistance*	The purpose of this lesson is to understand how to ask for and get help in an unsafe situation.	<ul style="list-style-type: none"> Explain the importance of seeking assistance in unsafe situations. Discuss sources of assistance to promote personal safety. Demonstrate when and how to get help in unsafe situations.
Safety and Accident Prevention	Safe and Unsafe Places	3M08-3	Safe Spaces in the Community	The purpose of this lesson is to identify safe places in the community.	<ul style="list-style-type: none"> Describe how school and community promote health. Discuss the purpose of safe places. Identify three safe spaces in the community using valid and reliable resources.
Safety and Accident Prevention	General Safety Concerns	3M08-4	Safety with Spiders and Insects – Going Deeper	The purpose of this lesson is to analyze and categorize a wide variety of spiders and insects.	<ul style="list-style-type: none"> Analyze the characteristics and threats to humans of spiders and insects. Determine which spiders and insects bite, which sting, and which inject toxic venom. Evaluate vector-borne illnesses, discussing the signs and symptoms of illness that may occur after a bite or sting.

Quaver Health·PE™

Health Scope and Sequence 4th Grade





Scope & Sequence • Fourth Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
General Health	Responsibility For Being Healthy	4M01-1	Health in My Community	The purpose of this lesson is to look at the community with a critical eye for health practices.	<ul style="list-style-type: none"> • Discuss personal health practices that contribute to community health. • Identify common community health issues. • Discuss health factors that could be improved in their city or community.
General Health	What Influences Healthy Behavior?	4M01-2	Discover – Managing My Health Influences	The purpose of this lesson is to identify how individuals and technology influences health.	<ul style="list-style-type: none"> • Identify examples of health advice from family, home, and peers. • Compare health trends and societal influences with advice from health professionals. • Relate how advertising on the internet and television influences food choices and overall health.
General Health	Healthy Help	4M01-3	Finding The Right Healthy Helper	The purpose of this lesson is to be able to distinguish between trusted adults for seeking appropriate health care.	<ul style="list-style-type: none"> • Evaluate scenarios to determine when adult help is needed and describe methods to report unsafe situations. • Discuss which trusted adults at home and at school are available to help. • Demonstrate how to effectively ask for help and describe how assistance will lead to better health outcomes.
General Health	What to Do in an Emergency	4M01-4	Preventing an Emergency	The purpose of this lesson is to know how to recognize and prevent common safety hazards and how to respond to more dangerous injuries.	<ul style="list-style-type: none"> • Demonstrate first aid strategies to respond to more serious injuries (broken bone, choking, cardiac arrest, etc.). • List common phone numbers or contact information for common emergencies (poison control, 911, crisis assistance, suicide hotline, etc.). • Practice Hands-Only CPR and choking response strategies.
Social Behavior	Communicating Effectively	4M02-1	Reading Body Language	The purpose of this lesson is to read and respond to nonverbal forms of communication such as facial expressions and body language, especially in the context of defusing or resolving potential conflicts.	<ul style="list-style-type: none"> • Demonstrate nonviolent strategies to de-escalate tense situations or resolve conflict. • Identify and label five facial expressions and five body postures, especially those signaling anger or agitation. • Explain the difference between passive, assertive, and aggressive body language.
Social Behavior	Being a Good Friend	4M02-2	Respecting Individual Differences	The purpose of this lesson is to respect individual differences among friends without allowing negative emotions to trigger unhealthy behaviors.	<ul style="list-style-type: none"> • Share personal cultural traditions respecting the differences of others. • Demonstrate patience and acceptance when trying to understand messages from individuals who use diverse, even unorthodox, methods of communication. • Make connections between personal culture and other cultures by describing ways to build esteem for all.

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Social Behavior	Healthy and Unhealthy Relationships	4M02-3	Healthy and Unhealthy Influences – Going Deeper	The purpose of this lesson is to analyze what is a healthy or unhealthy influences and to learn ways to assert personal values.	<ul style="list-style-type: none"> Learn three positive phrases that help to counteract an unhealthy influence. Analyze ways individuals can be a healthy or unhealthy influence on others. Identify and describe three healthy and three unhealthy influences.
Social Behavior	Bullying and Cyberbullying	4M02-4	Standing Up for Others	The purpose of this lesson is to identify ways in which bystanders can stand up for victims in bullying situations.	<ul style="list-style-type: none"> Define bullying, cyberbullying, and inappropriate online communication, identifying some primary characteristics and consequences of each. Describe the negative impact bullying and cyberbullying has on both the bully and the victim. Define bystander, discussing ways bystanders can choose to stand up for others, build their self-esteem, and prevent or stop bullying by acting as positive role models.
Responsible Decision Making	Problem Solving	4M03-1	Learning from Situations	The purpose of this lesson is to recognize when to make different choices based on past experiences.	<ul style="list-style-type: none"> Analyze a variety of situations and outcomes, focusing on the choices made along the way. Describe important lessons learned from the choices and decisions made in each situation. Role play a past experience and discuss how making different choices can change the outcome.
Responsible Decision Making	Decision Making	4M03-2	Evaluating My Decisions	The purpose of this lesson is to develop evaluation criteria necessary for good decision-making.	<ul style="list-style-type: none"> Identify types of criteria needed for evaluating health-related decisions, such as determining if health information came from credible sources. Evaluate and describe the outcomes of past health-related decisions. Establish and apply evaluation criteria to new health-related decisions, choosing the healthiest options.
Responsible Decision Making	Goal Setting	4M03-3	Steps to Achieving My Goal	The purpose of this lesson is to set and work toward long-term goals and manage time constraints and obstacles that may arise along the way.	<ul style="list-style-type: none"> Set a long-term goal, identifying two obstacles that might need to be addressed on the way toward that goal. Explain how short-term goals can help track progress toward the long-term goal. Give two reasons why time management is important to achieving goals on time.
Responsible Decision Making	Online Safety	4M03-4	Sharing Information Online	The purpose of this lesson is to distinguish between appropriate and inappropriate information and people (including online predators) and to practice ways to communicate safely online.	<ul style="list-style-type: none"> Give two examples each of appropriate and inappropriate types of information that people share online. Describe the characteristics and warning signs of online predators. Discuss the consequences of inappropriate online communication.



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Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Healthy Practices and Hygiene	Healthy Habits	4M04-1	Creating Healthy Habits	The purpose of this lesson is to develop effective ways to improve personal hygiene.	<ul style="list-style-type: none"> • Create routines of practicing strong personal hygiene habits at home. • Describe healthy habits at school that can improve personal health. • Compare and contrast healthy habits at school and at home.
Healthy Practices and Hygiene	Good Teeth, Good Health	4M04-2	Exploring Lifetime Benefits of Healthy Teeth	The purpose of this lesson is to understand the consequences of poor oral hygiene and the importance of creating a daily dental health routine.	<ul style="list-style-type: none"> • Identify the long-term consequences of poor oral hygiene. • Review some of the serious conditions that can result from poor oral hygiene. • Explain the role that self-discipline plays in maintaining oral hygiene.
Healthy Practices and Hygiene	Exercise	4M04-3	Exercise and My Well-Being	The purpose of this lesson is to understand the impact of exercise on multiple dimensions of health.	<ul style="list-style-type: none"> • Discuss the benefits of exercise on multiple dimensions of short – and long-term health. • Describe the connections between exercise and self-care. • Give examples of the impact exercise can have on long-term physical health.
Healthy Practices and Hygiene	Sleep and Rest	4M04-4	Setting Sleep Routines	The purpose of this lesson is to create a sleep routine to follow for good health.	<ul style="list-style-type: none"> • Determine how much sleep is right for them. • Explain the importance of creating healthy sleep routines. • Create a plan for a bedtime routine.
Mental Health and Wellness	Emotional Health	4M05-1	Managing Overwhelming Emotions	The purpose of this lesson is to understand the warning signs and protective factors of self-harm as well as the importance of seeking assistance from a trusted adult.	<ul style="list-style-type: none"> • Describe how to ask a trusted adult for help in finding credible resources for improving personal health. • Identify the key warning signs of self-harm as well as prevention factors, including informing a trusted adult should they or someone else exhibit any of those signs. • List three healthy ways to avoid self-harm.
Mental Health and Wellness	Managing Stress and Trauma	4M05-2	When I Feel Anxious	The purpose of this lesson is to identify and deal with situations or activities that result in anxious feelings.	<ul style="list-style-type: none"> • Identify sources of anxiety and stress such as trauma, loss, grief, and fear that regularly result in anxious feelings. • Discuss ways to prepare for anxious feelings, such as calming and coping strategies to reduce or eliminate unpleasant thoughts and emotions. • Explain how actions can help prevent or reduce the impact of anxious thoughts and feelings.
Mental Health and Wellness	Personal Growth	4M05-3	Improving Myself	The purpose of this lesson is to understand and implement the skills needed for ongoing self-improvement.	<ul style="list-style-type: none"> • Explain the importance of diligent practice and how it relates to getting better at a skill. • Define the concept of feedback, explaining how and why it fosters personal improvement. • Describe how a positive mindset can help sustain motivation to improve, especially when peers provide temptation to engage in unhealthy behaviors.



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Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Mental Health and Wellness	Expressing Emotions in a Healthy Way	4M05-4	Expressing Empathy	The purpose of this lesson is to understand and express empathy in appropriate ways.	<ul style="list-style-type: none"> Define empathy, identifying verbal, physical, and situational cues that may indicate how others are feeling. Explain how empathy can benefit relationships. Demonstrate ways to appropriately express empathy in different situations.
Healthy Eating and Nutrition	Understanding Food	4M06-1	Introducing Food Labels	The purpose of this lesson is to identify and compare key information provided on food labels.	<ul style="list-style-type: none"> Identify the three major components of a food label. Demonstrate how to read a food label. Compare the serving size, nutrient content, and ingredients in different foods.
Healthy Eating and Nutrition	Analyzing My Eating Habits	4M06-2	Negative Effects of Food	The purpose of this lesson is to identify the possible negative reactions that can occur when eating certain foods.	<ul style="list-style-type: none"> Describe a common food allergy and its effect on the body. Assess foods based on sodium, sugar, and fat. Choose to replace foods with healthier options.
Healthy Eating and Nutrition	Healthy Eating Habits	4M06-3	Nutritional Goals	The purpose of this lesson is to set and achieve nutritional goals.	<ul style="list-style-type: none"> Discuss the importance of setting short-term nutritional goals. Examine personal diet habits to determine areas for improvement. Create one long-term nutritional goal based on a self-assessment.
Healthy Eating and Nutrition	Alcohol, Tobacco, and Other Drugs	4M06-4	Refusal Skills	The purpose of this lesson is to understand refusal skills and how to say no when offered tobacco, alcohol, or drugs.	<ul style="list-style-type: none"> Justify saying “no” if offered alcohol, tobacco, or drugs with at least three reasons. Explain the impact of positive and negative peer pressure on a person’s decision to use or not use alcohol, tobacco, or drugs. Practice refusal skills in common alcohol, tobacco, or drug-related scenarios.
Disease and Illness Prevention	Regular Health Physicals and Dental Exams	4M07-1	Caring for My Mental Health	The purpose of this lesson is to define mental health as an important part of overall wellness and to identify mental health providers in school and community settings.	<ul style="list-style-type: none"> Identify people who can provide mental health care. Discuss the importance of mental health care. Analyze how emotions might impact personal behavior and health.
Disease and Illness Prevention	Common Illnesses and Diseases	4M07-2	Communicable and Noncommunicable Diseases	The purpose of this lesson is to understand major disease types, communicable and noncommunicable, and their impact on the population.	<ul style="list-style-type: none"> Differentiate between communicable and noncommunicable diseases. Describe the leading causes of death in the United States. Explain actions to take when illness occurs.
Disease and Illness Prevention	Medications and Vaccines	4M07-3	Why Do I Need a Prescription?	The purpose of this lesson is to understand the importance of prescription medications.	<ul style="list-style-type: none"> Explain why people need prescriptions for some medications. Describe health benefits of prescription drugs. Identify the components of a prescription drug label.



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Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Disease and Illness Prevention	Preventative Health Behaviors	4M07-4	Personal Health Habits	The purpose of this lesson is to develop personal health habits.	<ul style="list-style-type: none"> List personal health habits. Create strategies for maintaining personal health habits. Evaluate personal health habits and add two healthy habits to the plan.
Safety and Accident Prevention	Accident Prevention	4M08-1	Introduce – Advocating for Accident Prevention	The purpose of this lesson is to learn how to assess and reduce risk to prevent injuries.	<ul style="list-style-type: none"> Explain the importance of accident prevention and safety awareness. Discuss ways to reduce risk among personal behaviors. Identify strategies for preventing common accidental injuries.
Safety and Accident Prevention	Personal Safety	4M08-2	Setting Personal Boundaries*	The purpose for this lesson is to analyze potential outcomes to set personal limits and boundaries.	<ul style="list-style-type: none"> Discuss the importance of personal limits and boundaries. Analyze potential outcomes of personal decisions. Use decision-making steps to set personal limits and boundaries that promote health and safety.
Safety and Accident Prevention	Safe and Unsafe Places	4M08-3	Situational Awareness	The purpose of this lesson is to evaluate situations to identify risk and safety.	<ul style="list-style-type: none"> Explain what situational awareness is. Give three examples of common situations at home where situational awareness is needed. Demonstrate effective situational awareness in potentially dangerous situations.
Safety and Accident Prevention	General Safety Concerns	4M08-4	Sharp Objects*	The purpose of this lesson is to demonstrate how to avoid unintentional injuries with sharp objects.	<ul style="list-style-type: none"> Identify common sharp objects. Explain how sharp objects can be dangerous if not used properly. Analyze scenarios where sharp objects were not used properly.

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Scope & Sequence • Fifth Grade

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
General Health	Responsibility For Being Healthy	5M01-1	Planning My Healthy Future	The purpose of this lesson is to understand how individual behaviors impact personal health in various ways and over time.	<ul style="list-style-type: none"> • Categorize personal health-related behaviors into the following dimensions: emotional, intellectual, physical, and social. • Choose one behavior to change in an effort to improve personal health. • Describe how changing this behavior will positively impact personal future.
General Health	What Influences Healthy Behavior?	5M01-2	Managing My Health Influences	The purpose of this lesson is to make informed health decisions.	<ul style="list-style-type: none"> • Relate how peers and media can influence healthy or unhealthy behaviors. • Design appropriate strategies to challenge unhealthy influences in-person and on social media. • Explain the difference between myth and fact as it relates to various influences on personal health.
General Health	Healthy Help	5M01-3	Finding Healthy Help Online	The purpose of this lesson is to source valid health information online.	<ul style="list-style-type: none"> • Discuss valid health care services, products, and outcomes. • Research and discuss online sources of health advice and practices. • Discuss how social media influences personal health choices (nutrition, exercise, relationships, etc.).
General Health	What to Do in an Emergency	5M01-4	Creating an Emergency Plan	The purpose of this lesson is to create an emergency response plan.	<ul style="list-style-type: none"> • Discuss potential emergencies that can occur in the home and school. • Carry out home and school survey to identify emergency preparedness. • Plan and create emergency response procedures for identified emergency situations including a list of trusted adults and contact information.
Social Behavior	Communicating Effectively	5M02-1	Having Difficult Conversations	The purpose of this lesson is to have conversations with others when conflict or disagreement exists or when feelings might have been hurt.	<ul style="list-style-type: none"> • Describe how to maintain healthy friendships while firmly and politely refusing offers to engage in unhealthy, dangerous, or harmful activities. • Identify how emotions affect their ability to express disagreement with friends, family, teachers, and others. • Demonstrate ways to engage in difficult, but respectful conversations as well as nonviolent strategies to reduce or resolve conflict.
Social Behavior	Being a Good Friend	5M02-2	Appreciating Diversity	The purpose of this lesson is to recognize various forms of diversity and how they enrich people's lives.	<ul style="list-style-type: none"> • Explain the meaning of diversity. • Identify different forms of diversity and ways to appreciate them. • Describe unique personal characteristics.

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Social Behavior	Healthy and Unhealthy Relationships	5M02-3	Relationship Boundaries*	The purpose of this lesson is to set healthy boundaries and expectations regarding appropriate dating and romantic relationships at different stages in life.	<ul style="list-style-type: none"> Define and distinguish between friendships, infatuations, dating, and marriage, explaining when each might be appropriate based on timing and maturity level. Explain ways of maintaining healthy relationships, such as setting boundaries for physical touch and resisting peer pressure. List characteristics of healthy dating/romantic relationships versus marriage, describing the similarities and differences between the two situations.
Social Behavior	Bullying and Cyberbullying	5M02-4	Conflict or Bullying?	The purpose of this lesson is to recognize and discern between a conflict and a bullying/cyberbullying situation respond effectively to those situations.	<ul style="list-style-type: none"> Compare and contrast peer conflicts versus bullying. Identify effective methods available for reporting bullying or cyberbullying. Analyze the consequences of bullying/cyberbullying and inappropriate online communication, describing appropriate ways to respond to bullying of themselves or others.
Responsible Decision Making	Problem Solving	5M03-1	Problem Solving Strategies	The purpose of this lesson is to create long-term and short-term problem-solving strategies.	<ul style="list-style-type: none"> Discuss solutions to a given problem and identify them as short-term or long-term solutions. Decide when a short-term or long-term solution is appropriate for a situation. Discuss/Describe examples of short-term and long-term problem-solving strategies.
Responsible Decision Making	Decision Making	5M03-2	Using Data to Inform My Decisions	The purpose of this lesson is to evaluate the accuracy and truthfulness of information derived from a variety of sources.	<ul style="list-style-type: none"> Define accuracy and truthfulness. Name ways of accessing health-related information and use critical thinking skills to evaluate the truthfulness and accuracy of that information. Identify four ways of evaluating whether something is true and accurate, then apply those four ways to evaluate the outcomes of a health-related decision.
Responsible Decision Making	Goal Setting	5M03-3	Tracking My Progress and Perseverance	The purpose of this lesson is to set and work toward short – and long-term goals and persevere in the journey along the way.	<ul style="list-style-type: none"> Set a short-term health goal and a long-term life goal, implementing a way to track progress toward each goal. Explain one benefit from persevering through challenges while pursuing a life goal. Identify one or more resource that can assist while striving to achieve goals.



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Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Responsible Decision Making	Online Safety	5M03-4	Identity Protection*	The purpose of this lesson is to set boundaries and secure safeguards to protect online identity.	<ul style="list-style-type: none"> • Explain the importance of identity protection. • Set boundaries for when it is and is not appropriate to provide personal information online. • Demonstrate ways to protect personal identity from online dangers.
Healthy Practices and Hygiene	Healthy Habits	5M04-1	Creating Healthy Habits – Going Deeper	The purpose of this lesson is to analyze the impact of healthy habits.	<ul style="list-style-type: none"> • Describe how healthy practices at home, at school, and in the community can affect personal health. • Devise a plan to improve personal healthy habits. • Analyze how choices affect personal health and others.
Healthy Practices and Hygiene	Good Teeth, Good Health	5M04-2	Lifetime Benefits of Healthy Teeth	The purpose of this lesson is to identify the lifetime benefits of dental hygiene.	<ul style="list-style-type: none"> • Discuss the lifetime benefits of having healthy teeth. • Create a plan for keeping teeth healthy. • Practice brushing and flossing teeth.
Healthy Practices and Hygiene	Exercise	5M04-3	Exercise and My Well-Being – Going Deeper	The purpose of this lesson is to analyze the short- and long-term impact of exercise on multiple dimensions of health.	<ul style="list-style-type: none"> • Compare and contrast how exercise impacts the different dimensions of health. • Evaluate how exercise can affect life goals. • Give examples of the impact lack of exercise can have on long-term physical health.
Healthy Practices and Hygiene	Sleep and Rest	5M04-4	Setting Sleep Routines – Going Deeper	The purpose of this lesson is to understand how sleep affects multiple dimensions of health and evaluate personal sleep routine.	<ul style="list-style-type: none"> • Differentiate between rest and sleep. • Explain the importance of creating a healthy sleep routine. • Evaluate personal bedtime routine and identify ways to improve it to get more sleep.
Mental Health and Wellness	Emotional Health	5M05-1	When to Ask for Help	The purpose of this lesson is to recognize the warning signs of suicide and learn ways to address them.	<ul style="list-style-type: none"> • Describe how to ask a trusted person for help in finding credible resources for improving personal health. • Identify the key warning signs of suicide as well as protective factors, including informing a trusted adult should they or someone else exhibit any of those signs. • Compare and contrast healthy coping strategies to learn the most effective ways to avoid harming themselves.

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Mental Health and Wellness	Managing Stress and Trauma	5M05-2	Consequences of Stress	The purpose of this lesson is to understand and prevent the consequences of stress by maintaining healthy behaviors and using stress relief strategies when needed.	<ul style="list-style-type: none"> Describe personal tendencies to think, do, and feel when experiencing stress. List some physical, mental, and emotional consequences of stressful situations. Discuss ways to prevent, cope with, or effectively manage stress if experiencing one or more consequences of stress.
Mental Health and Wellness	Personal Growth	5M05-3	Using My Strengths to Help Others	The purpose of this lesson is to identify personal strengths and explore ways to offer them for others benefit.	<ul style="list-style-type: none"> Discuss being big-hearted and the joy that comes from demonstrating empathy and selflessness. Brainstorm ways to be helpful to others. Describe ways to help individuals and groups grow as people and how helping them might build their self-esteem.
Mental Health and Wellness	Expressing Emotions in a Healthy Way	5M05-4	Managing Multiple Feelings	The purpose of this lesson is to identify how to manage multiple emotions at the same time.	<ul style="list-style-type: none"> Describe experiencing different feelings at the same time, such as feeling happy to be moving to a new home but also sad to be leaving an old, familiar neighborhood. Practice talking with a trusted person to help process multiple feelings. Acknowledge that it is normal to experience different, even conflicting, feelings at the same time and that those feelings should resolve over time.
Healthy Eating and Nutrition	Understanding Food	5M06-1	Food Labels	The purpose of this lesson is to read food labels and use them as a resource to make healthy nutritional choices.	<ul style="list-style-type: none"> Categorize foods by the primary major nutrient they provide. List the three most important things to look for when reading a food label and menu. Justify a healthy food choice using information from food labels.
Healthy Eating and Nutrition	Analyzing My Eating Habits	5M06-2	Eating Disorders	The purpose of this lesson is to identify common eating disorders and their negative impact on multiple dimensions of health.	<ul style="list-style-type: none"> Describe common eating disorders and their associated signs/symptoms. Explain the negative impact eating disorders have on body, mind, and life. Evaluate media images for positive and negative effects on body image and self-esteem.
Healthy Eating and Nutrition	Healthy Eating Habits	5M06-3	Nutritional Goals – Going Deeper	The purpose of this lesson is to create and analyze progress toward personal nutrition goals.	<ul style="list-style-type: none"> Examine the importance of setting short-term nutritional goals. Analyze daily nutritional habits and determine how they might be improved. Develop a plan to determine progress toward achieving long-term nutritional goals.
Healthy Eating and Nutrition	Alcohol, Tobacco, and Other Drugs	5M06-4	Effects on My Body and Mind	The purpose of this lesson is to understand the harmful impact of alcohol, tobacco, and drugs on multiple dimensions of health.	<ul style="list-style-type: none"> List at least three physical, emotional, and social impacts of alcohol, tobacco, and drugs (short – and long-term). Identify personal values, goals, and dreams. Discuss how alcohol, tobacco, or drug use can impact future goals and dreams.

Module	Lesson Band	Lesson #	Lesson Name	Purpose	Objectives
Disease and Illness Prevention	Regular Health Physicals and Dental Exams	5M07-1	Where to Go if I Feel Sad	The purpose of this lesson is to identify and explore sadness and know when to seek support.	<ul style="list-style-type: none"> Discuss reasons people feel sad. Reflect upon personal situations of sadness. Research mental health support in the community.
Disease and Illness Prevention	Common Illnesses and Diseases	5M07-2	Managing Common Illnesses and Diseases	The purpose of this lesson is to identify proper management of common illnesses and diseases.	<ul style="list-style-type: none"> Explain how to manage common minor illnesses such as colds and skin infections. Discuss how to provide social support for peers with chronic diseases. Describe at least three personal health behaviors that can impact illness and disease.
Disease and Illness Prevention	Medications and Vaccines	5M07-3	Importance of Reading Medication Labels	The purpose of this lesson is to read and interpret prescription and over-the-counter drug labels.	<ul style="list-style-type: none"> Describe the purpose of prescription and over-the-counter drugs. Identify the components of prescription drug labels. Comprehend dosage instructions using prescription drug labels.
Disease and Illness Prevention	Preventative Health Behaviors	5M07-4	Home, School and Community	The purpose of this lesson is to identify home, school, and community resources that support personal health.	<ul style="list-style-type: none"> Locate resources from home, school, and community that provide valid health information, products, or services. Describe how safe environments can promote personal health practices. Role play decision making skills to promote individual, family, and community health.
Safety and Accident Prevention	Accident Prevention	5M08-1	Advocating for Accident Prevention	The purpose of this lesson is to promote safety and identify personal responsibility.	<ul style="list-style-type: none"> Discuss risks that are present in the community. Encourage friends and family to make positive health choices. Give examples of common situations that require advocating for safety.
Safety and Accident Prevention	Personal Safety	5M08-2	Evaluating Personal Safety*	The purpose of this lesson is to evaluate situations in order to remain safe.	<ul style="list-style-type: none"> Evaluate safety procedures in potentially unsafe situations. Predict potential outcomes of safe and unsafe behaviors. Demonstrate behaviors that promote health and safety in potentially unsafe situations.
Safety and Accident Prevention	Safe and Unsafe Places	5M08-3	Human Trafficking and Gangs*	The purpose of this lesson is to become aware of human trafficking and gangs in order to stay safe.	<ul style="list-style-type: none"> Define human trafficking and gangs. Discuss strategies for avoiding human trafficking and gangs. Identify safe haven locations in the community.
Safety and Accident Prevention	General Safety Concerns	5M08-4	Dangers of Guns and Other Weapons*	The purpose of this lesson is to understand the dangers of guns and other weapons and steps to stay safe.	<ul style="list-style-type: none"> Analyze the importance of gun and other weapon safety in preventing accidents, injury, and death. Explain steps to take if a gun or other weapon is found. Make recommendations for promoting gun and other weapon safety in the community.



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