

**ELEMENTARY HEALTH CURRICULUM
GRADES 1-6
QUABOAG REGIONAL SCHOOL DISTRICT**

Mental/Emotional Health	K and 1	2	3	4	5	6
Take care of one's health.	X					
I will recognize unacceptable behavior.	X					
Choose actions for a healthy mind.	X					
I will make wise decisions.	X					
I will show good character.	X			X	X	
I will recognize healthy and unhealthy emotions.		X				
I will practice life skills for health.		X		X		X
I will make responsible decisions.	X	X	X	X		X
I will control my physical reactions to emotions.		X				
I will share feelings.		X				
I will practice working cooperatively in groups.		X				
I will take responsibility for my health.			X	X		X
I will know the relationship between behavior and others.			X			
I will use resistance skills when appropriate.			X	X		X
I will communicate in healthy ways.				X	X	
I will have a plan for stress.				X		X
I will choose behaviors to resist peer pressure.					X	X
I will gain health knowledge.						X

Mental/Emotional Health	K and 1	2	3	4	5	6
I will choose behaviors that promote a healthy mind.						X
I will develop good character.						X
I will be resilient in difficult times.						X

Family and Social Health	K and 1	2	3	4	5	6
I will make wise decisions with friends.	X	X				
I will show respect for others.	X				X	
I will help friends when needed.		X				
I will understand emotions when one is ill.		X				
I will show good character.			X			
I will be open to different kinds of friendships.			X			
I will work to have healthful friendships.					X	
I will practice ways to control anger.					X	
I will show respect for all people.			X	X		
I will recognize harmful relationships.						X
I will use conflict resolution skills.			X	X		X
I will develop healthful family relationships.						X
I will make healthful adjustments to family changes.						X
I will work to improve difficult relationships.						X
I will develop skills to prepare for dating.						X

Growth and Development	K and 1	2	3	4	5	6
I will take care of my body.	X					
I will choose habits to use good hygiene.	X					
I will act in ways that show I am special.	X	X				
I will understand the five senses.	X					
I will take care of my body plus eyes and ears.		X				
I will protect myself from germs in food.		X				
I will use good table manners.		X				
I will understand the healthy eye/ear.		X				
I will care for my body systems.			X	X	X	X
I will be glad that I am unique.			X		X	
I will learn about the skeletal system.			X			
I will learn about the muscular system.			X			
I will learn the stages of the digestive system.				X		
I will choose habits for healthy growth.				X		
I will understand energy and its relationship to food.				X		
I will accept how my body changes as I grow.					X	
I will have an understanding of the respiratory system.					X	
I will appreciate exercise as a health benefit.					X	

Growth and Development	K and 1	2	3	4	5	6
I will practice skill related fitness.					X	
I will achieve developmental tasks of adolescence.						X
I will provide responsible care for infants and children.						X
I will develop habits that promote healthful aging.						X
I will promote exercise for a healthy heart.						X
I will have an understanding of the endocrine system.						X
I will have an understanding of the excretory systems.						X

Nutrition	K and 1	2	3	4	5	6
I will follow diet guidelines for a healthy breakfast.	X					
I will choose healthful food for snacks.	X					
I will follow the dietary guidelines.		X		X		
I will understand that food provides energy to move.		X				
I will use food that helps the growth of muscle and bones.			X			
I will eat healthful meals and snacks.			X			
I will use good table manners.			X	X		
I will eat the correct number of servings from the Food Guide Pyramid.				X	X	X
I will understand the six nutrients.				X		
I will read and evaluate food labels.				X	X	
I will choose healthful foods if I eat at fast food restaurants.				X	X	
I will protect others and myself from germs in foods and beverages.				X		
I will learn the general concepts about the digestive system.				X		
I will stay a healthful weight.					X	
I will select foods that contain nutrients.						X
I will plan a diet that reduces the risk of disease.						X
I will protect myself from food borne illnesses.						X

Nutrition	K and 1	2	3	4	5	6
I will maintain a desirable weight and body composition.						X
I will develop skills to prevent eating disorders.						X

Personal Health and Physical Activity	K and 1	2	3	4	5	6
I will get plenty of sleep and rest.	X	X		X	X	
I will be neat and clean.	X	X				
I will get plenty of exercise.	X	X				
I will exercise in safe ways.	X					
I will have regular check ups.		X		X		X
I will learn about protecting the eye and ear.		X				
I will practice good relaxation and sleep habits.			X			
I will get plenty of physical activity.			X	X	X	
I will take pride in good hygiene.			X			
I will prevent injuries during physical activities.				X	X	
I will follow safety rules for sports and games.				X	X	
I will understand how fitness relates to nutrition and health.				X		
I will not smoke or drink alcohol.					X	
I will get adequate rest and sleep.						X
I will be well groomed.						X
I will follow a dental plan.						X
I will participate in regular physical activity.						X

Personal Health and Physical Activity	K and 1	2	3	4	5	6
I will prevent physical activity related injuries and illnesses.						X
I will be a responsible spectator and participant in sports.						X
I will follow a physical fitness plan.						X
I will develop and maintain skill-related fitness.						X
I will practice sports skills.						X

Alcohol, Tobacco and Other Drugs	K and 1	2	3	4	5	6
I will use medicine in safe ways.	X	X				
I will not use tobacco.	X	X	X	X	X	X
I will stay away from secondhand smoke.	X	X	X	X	X	X
I will not use drugs that are against the law.	X	X				
I will understand that alcohol is a drug.		X				
I will understand that tobacco is unhealthy.		X				
I will use over the counter drugs and prescription drugs in safe ways.		X		X		X
I will tell ways to get help for someone who uses drugs in harmful ways.			X	X	X	
I will understand how drugs affect nutritional health.				X		
I will not drink alcohol.				X	X	X
I will not be involved in illegal drug use.				X	X	X
I will say NO if someone offers me a harmful drug.				X	X	
I will practice protective factors that help me stay away from drugs.						X
I will not misuse or abuse drugs.						X

Alcohol, Tobacco and Other Drugs	K and 1	2	3	4	5	6
I will use resistance skills if I am pressured to misuse or abuse drugs.						X
I will choose a drug free lifestyle to reduce the risk of violence and accidents.						X
I will choose a drug free lifestyle to reduce my risk of HIV, STD's and unwanted pregnancy.						X
I will be aware of the treatment of drug misuse and abuse.						X

Communicable and Chronic Diseases	K and 1	2	3	4	5	6
I will protect others and myself from germ.	X	X				
I will choose habits that prevent cancer.	X				X	
I will wash my hands frequently.	X					
I will learn symptoms and treatment for eye/ear diseases.		X				
I will know the relationship between a birth defect and chronic disease.		X				
I will choose habits that prevent the spread of germs.			X	X		
I will tell ways to recognize allergies.			X			
I will learn facts about HIV and AIDS.				X	X	
I will learn facts about digestive diseases.				X		
I will tell ways to care for asthma.					X	
I will tell ways to care for chronic (lasting) health conditions.					X	
I will choose behaviors to prevent the spread of pathogens.						X
I will choose behaviors to reduce my risk of HIV infection.						X

Communicable and Chronic Diseases	K and 1	2	3	4	5	6
I will choose behaviors to reduce my risk of cardiovascular disease.						X
I will understand the concept of cancer.						X
I will recognize ways to manage asthma and allergies.						X
I will recognize ways to manage chronic health conditions.						X

Consumer and Community Health	K and 1	2	3	4	5	6
I will cooperate with healthy helpers.	X	X				
I will choose a healthy environment.	X					
I will choose safe and healthful products.		X	X	X		
I will check out sources of health information for the bones and muscles.			X			
I will learn resources for help with allergies.			X			
I will check out sources of health information.				X		
I will check ways technology, media, and culture influence health choices.				X	X	
I will spend time and money wisely.				X	X	
I will check out sources of health information for respiratory diseases.					X	
I will choose safe and healthful products.					X	
I will cooperate with school and community helpers.					X	
I will evaluate sources of health information.						X
I will recognize my rights as a consumer.						X
I will choose healthful entertainment.						X
I will be a health advocate by being a volunteer.						X

Environmental Health	K and 1	2	3	4	5	6
I will keep noise down.	X	X	X	X	X	X
I will help keep the environment clean.	X	X	X			
I will not waste energy and water.	X					
I will help protect my environment.		X	X	X	X	
I will keep my environment friendly.		X	X	X	X	
I will practice recycling.	X	X	X	X	X	X
I will keep the air, land, and water clean and safe.				X	X	X
I will practice fire prevention.	X	X	X	X	X	X
I will be a health advocate for the environment.						X
I will take actions to improve my social-emotional environment.						X

Injury Prevention and Safety	K and 1	2	3	4	5	6
I will follow safety rules for home and school.	X	X	X	X	X	
I will follow safety rules when I play.	X	X				
I will protect myself from people who might harm me.	X				X	
I will recognize how my senses help protect me from injury.	X					
I will stay safe from guns.		X				
I will follow safety rules when crossing the street.		X				
I will keep my environment clean.	X	X	X	X	X	X
I will practice recycling.	X	X	X	X	X	X
I will follow safety rules to protect myself from violence.				X	X	
I will follow safety rules for fires.				X		
I will learn first aid for burns.				X		
I will follow safety rules for storing and handling food.				X		
I will follow safety rules for internet safety.				X		
I will follow safety rules for swimming.					X	
I will follow safety rules for weather conditions.					X	
I will stay away from gangs.					X	X

Injury Prevention and Safety	K and 1	2	3	4	5	6
I will not carry a weapon.					X	X
I will practice self-protection strategies.						X
I will respect authority and obey laws.						X
I will follow guidelines for motor vehicle safety.						X
I will follow safety guidelines to reduce the risk of unintentional injuries.						X