

## **Lower School Health Curriculum**

### **September- Personal Hygiene/First Aid and Responsibility**

K5- Handwashing/cover your cough restroom rules/what are germs? First aid-cuts, scrapes, nosebleeds

1- Handwashing/cover your cough/ restroom/ brush your teeth/what are germs? First aid-cuts, scrapes, nosebleeds, providing first aid to another person

2- Handwashing/cover your cough/ restroom/ brush your teeth/what are germs?/ lunchroom cleanliness First Aid-scrapes, cuts, nosebleeds, stings and burns, first aid to others

3- Handwashing/cover your cough/ restroom/brush your teeth/lunchroom/ clean clothes each day/what are germs? First Aid-scrapes, cuts, nosebleeds, stings and burns, first aid to others, dental emergencies

4- Handwashing/ cover your cough/ brush your teeth/ lunchroom/ wear deodorant daily/ body odor /what are germs? First Aid-scrapes, cuts, nosebleeds, stings and burns, first aid to others, dental emergencies

5- Handwashing/ cover your cough/ brush your teeth/ lunchroom/ wear deodorant daily/ body odor/what are germs? First Aid-scrapes, cuts, nosebleeds, stings and burns, first aid to others, dental emergencies

### **October- Manners and Etiquette/ Respect**

**Each class would learn about different disabilities/having empathy/helping those with disabilities as appropriate**

K5-Hearing and vision disabilities/ wheelchair bound/service animals

1-Hearing/vision/wheelchair/service animals/speech disorders

2-dyslexia/vision/hearing/wheelchair/service animals/speech disorders

3-dyslexia/vision/hearing/wheelchair/service animals/speech disorders

4-Autism/ADHD/vision/hearing/wheelchair/service animals/speech disorders

5-Autism/ADHD/vision/hearing/wheelchair/service animals/speech disorders

### **January- Medicine Safety/Poison/ATOD / Trust and Kindness**

**We would have the time to develop trust with parents and establish the health class before introducing the ATOD component.**

K5-Difference between medicine/drug, what is a poison/warning symbols, safety rules for medicine

1-Difference between medicine/drugs, safety rules for medicine, what is a poison/warning symbols, introduce how alcohol/tobacco/other drugs do to your health, who can trust to talk to about drugs?

2-difference between medicine/drugs/otc meds and prescription meds/how are meds helpful or harmful to body/who do you trust to administer meds to you or to talk to you about meds? How can you help others to avoid harmful drugs? How do ATOD affect your health?

3-Difference between medicine/drugs/prescription/over the counter meds, poison and warning symbols, personal plan to avoid ATOD, how do ATOD affect your health? How does the community promote/discourage ATOD?

4-Difference between medicine/drugs/otc meds and prescription meds/poison/warning symbols/how meds are helpful or harmful to our bodies, How do ATOD affect your health, how does the community/media promote/discourage ATOD use, personal plan to avoid ATOD, how to help others avoid ATOD, what factors influence decision to use ATOD,

5-Grade four concepts plus- what are the long term/short term effects of alcohol and tobacco? What is difference between dependence, addiction and drug withdrawal? How does your family influence your attitudes about ATOD use? Where can you find accurate information about ATOD? How does alcohol influence decision making?

### **February-Injury prevention, Internet and Phone Safety / Honesty**

**Would want to also include an outside speaker for the kids during their technology/media center time to talk about phone/internet safety Feel this topic is important enough to warrant the time from one PE class and one technology/media class. We could also use this month to have other guest speakers for the kids about safety topics.**

K5-Calling 911, what is an emergency, who is a stranger? How to keep yourself and others safe? Difference between a safe/dangerous situation, internet use, phone safety-what not to say  
1-K-5 lessons plus who do you trust to help you? Internet-what not to do, why do we need safety rules?  
2-1<sup>st</sup> grade plus-how do friends, family and the media help keep us safe? What should you do in a dangerous situation? How do get help if someone needs it?  
3-2<sup>nd</sup> grade plus-who keeps the community safe and how? Why are emergency plans important?  
4-3<sup>rd</sup> grade plus-decision making is unsafe situations,  
5-4<sup>th</sup> grade plus-how does the media influence our decision making about safety?

### **March- Nutrition / Gratitude**

K5-Healthy/unhealthy foods/snacks, importance of breakfast, food groups  
1-Good food choices, healthy/unhealthy foods/snacks, food groups, food labels, serving sizes  
2-1<sup>st</sup> grade plus-why should you eat healthy foods, how do others influence our food choices, how can we encourage others to make healthy choices  
3-2<sup>nd</sup> grade plus-portion distortion/how does the media influence what we choose to eat  
4-3<sup>rd</sup> grade plus-how eating habits affect your overall health, relationship of nutrition and exercise, planning a healthy meal  
5-4<sup>th</sup> grade plus-how to find accurate information on food choices, how can your diet reduce health risks/problems

### **April- Puberty and Stress / Self Confidence**

K5-Five senses and how they work, major body parts What is stress? What can we do about stress?  
1-Five senses and how they work, What are major body parts and what do they do? Major bones? Major organs and what do they do? What is stress and what can we do about it?  
2-Five senses/how they work, major body parts, body systems and what they do? What is stress and how you can handle it  
3-2<sup>nd</sup> grade plus -grief/loss, how does stress affect your health?  
4-Girl/boy groups to study endocrine system and how it affects growth-learn about your body  
5-Girl/boy groups to study endocrine system-learn about boy/girl body anatomy/function

### **May- Sun and Water Safety / Friendship**

K5-How is the sun important to health and harmful to health? Ways to protect our skin, water safety rules  
1-K5 plus sunburn education  
2-1<sup>st</sup> plus UV index and SPF  
3-2<sup>nd</sup> plus first aid for outdoor injuries ( sunburn, insect bites, snake bites, etc.)

4-Same as 3<sup>rd</sup> but with more focus on harmful sun damage

5-Same as 3rd