



## CAMP BOOST SCOPE & SEQUENCE

This chart highlights concepts covered by unit and age and aligns with the National Health Education Standards (NHES) and the National Standards for Arts Education (NSAE).

	5 – 8 YEARS	9 – 12 YEARS
<b>LIFE SKILLS</b>	<ul style="list-style-type: none"> <li>-self-image</li> <li>-communication</li> <li>-decision making</li> <li>-goal setting</li> </ul> <p>NHES: 1,4,5,6,7 NSAE: 1,2,3,4,6</p>	<ul style="list-style-type: none"> <li>-self-image</li> <li>-communication</li> <li>-decision making</li> <li>-goal setting</li> </ul> <p>NHES: 1,2,4,5,6,7 NSAE: 1,2,3,4,5,6,8</p>
<b>CONFLICT RESOLUTION</b>	<ul style="list-style-type: none"> <li>-respect</li> <li>-cooperation</li> <li>-anger management</li> <li>-bullying</li> </ul> <p>NHES: 1,4,7 NSAE: 1,2,3,6,8</p>	<ul style="list-style-type: none"> <li>-emotions</li> <li>-teamwork</li> <li>-loaded words</li> <li>-mediation strategies</li> </ul> <p>NHES: 1,4,7 NSAE: 1,2,3,4</p>
<b>NUTRITION</b>	<ul style="list-style-type: none"> <li>-food groups</li> <li>-variety</li> <li>-serving size</li> <li>-eat right, be active</li> </ul> <p>NHES: 1,3 NSAE: 1,2,3,4</p>	<ul style="list-style-type: none"> <li>-nutrition facts label</li> <li>-fat &amp; fiber</li> <li>-food influence</li> <li>-reduce overweight and obesity</li> </ul> <p>NHES: 1,2,3 NSAE: 1,2,3,4</p>
<b>SUBSTANCE ABUSE PREVENTION</b>	<ul style="list-style-type: none"> <li>-healthy habits</li> <li>-peer influence</li> <li>-smoking</li> <li>-alcohol</li> </ul> <p>NHES: 1,2,4,5 NSAE: 1,2,3,4,5,8</p>	<ul style="list-style-type: none"> <li>-medicine</li> <li>-refusal skills</li> <li>-alcohol &amp; tobacco</li> <li>-media influences</li> </ul> <p>NHES: 1,2,4,5,7 NSAE: 1,2,3,4,6,9</p>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>-risks</li> <li>-no! go! tell!</li> <li>-water safety</li> <li>-fire safety</li> </ul> <p>NHES: 1,4,5,7 NSAE: 1,2,3,4,6</p>	<ul style="list-style-type: none"> <li>-medicine</li> <li>-refusal skills</li> <li>-alcohol &amp; tobacco</li> <li>-media influence</li> </ul> <p>NHES: 1,2,4,5,7 NSAE: 1,2,3,4,5,6,8</p>
<b>FITNESS</b>	<ul style="list-style-type: none"> <li>-physical activity</li> <li>-daily exercise</li> <li>-energy balance</li> <li>-stretching</li> </ul> <p>NHES: 1,7 NSAE: 1,2,3,6</p>	<ul style="list-style-type: none"> <li>-physical &amp; social health</li> <li>-activity goal</li> <li>-fitness plans</li> <li>-stress management</li> </ul> <p>NHES: 1,6 NSAE: 1,2,3,4</p>