

SCOPE & SEQUENCE (3rd edition)

This chart highlights concepts covered by unit and grade and aligns with the Revised National Health Education Standards (NHES).

	GRADE K	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
LIFE SKILLS	<ul style="list-style-type: none"> -self-image -communication -making decisions -setting goals <p>NHES: 1,4,5,6,7</p>	<ul style="list-style-type: none"> -self-image -communication -making good decisions -goal setting <p>NHES: 1,4,5,6,7</p>	<ul style="list-style-type: none"> -self-image -communicating well -decision making -goal-setting <p>NHES: 1,2,4,5,6,7</p>	<ul style="list-style-type: none"> -self-image -assertive communication -decision-making -goal-setting <p>NHES: 1,4,5,6,7</p>	<ul style="list-style-type: none"> -self-image -effective communication -making good decisions -goal setting <p>NHES: 1,2,4,5,6,7</p>	<ul style="list-style-type: none"> -self-image -verbal and nonverbal communication -decision making -goal setting <p>NHES: 1,2,4,5,6,7,8</p>
CONFLICT RESOLUTION	<ul style="list-style-type: none"> -recognizing my feelings -cooperation -working out conflict with words -family <p>NHES: 1,2,4,7</p>	<ul style="list-style-type: none"> -feeling different is OK -our names are special -be nice to others -grandparents are special <p>NHES: 1,2,4,5,7</p>	<ul style="list-style-type: none"> -being respectful of others -“I” messages -stereotyping -families <p>NHES: 1,2,4,5,7</p>	<ul style="list-style-type: none"> -my support system -cooperation -friendship -bullying <p>NHES: 1,2,4,5,7,8</p>	<ul style="list-style-type: none"> -my support system -avoiding misunderstandings -escalating conflict -cyber bullying <p>NHES: 1,2,4,5,7,8</p>	<ul style="list-style-type: none"> -expressing emotions -“I” messages -handling anger -similarities and differences <p>NHES: 1,2,4,5,7</p>
NUTRITION	<ul style="list-style-type: none"> -healthy foods -MyPlate Food Groups -variety -breakfast is the Key to School Success <p>NHES: 1,7</p>	<ul style="list-style-type: none"> -variety -oils and empty-calorie foods -healthy foods in healthy amounts -a healthy breakfast <p>NHES: 1,2,4,5,7,8</p>	<ul style="list-style-type: none"> -recommended daily amounts -high-fiber/low-fat foods -nutrient-dense -drink more water <p>NHES: 1,5,7</p>	<ul style="list-style-type: none"> -nutrition facts label -eat more fiber -am I eating healthy? -food from around the world <p>NHES: 1,2,3,6,7</p>	<ul style="list-style-type: none"> -influence on eating habits -all about fiber -fast food -eating and physical activity <p>NHES: 1,2,3,5,7</p>	<ul style="list-style-type: none"> -the “big six” -fruits and veggies -healthy snacks -energy imbalance <p>NHES: 1,3,4,7,8</p>
SUBSTANCE ABUSE PREVENTION	<ul style="list-style-type: none"> -major body parts and organs -trusted adults and medicine -harmful substances -healthy lungs <p>NHES: 1,2,4,5,7</p>	<ul style="list-style-type: none"> -do not touch -habits -smoking is harmful -secondhand smoke <p>NHES: 1,2,3,4,5,7,8</p>	<ul style="list-style-type: none"> -never take unknown substances -pollution -smoking -smoke all around us <p>NHES: 1,2,4,5,7,8</p>	<ul style="list-style-type: none"> -drugs -alcohol -nicotine -media influence <p>NHES: 1,2,3,4,5,7</p>	<ul style="list-style-type: none"> -recognizing drugs -refusal skills -influences on decisions -understanding media messages <p>NHES: 1,2,3,4,5,7</p>	<ul style="list-style-type: none"> -caffeine -alcohol -cigarettes aren’t cool -media influence on tobacco use <p>NHES: 1,2,3,4,6,7,8</p>
SAFETY	<ul style="list-style-type: none"> -keeping safe -street safety -home safety -fire safety <p>NHES: 1,3,4,5,7</p>	<ul style="list-style-type: none"> -playing safe -knowing who to trust -calling for help -fire risks <p>NHES: 1,3,4,5,7</p>	<ul style="list-style-type: none"> -weather safety -tattling vs. important telling -street safety -fire safety <p>NHES: 1,2,3,4,5,7</p>	<ul style="list-style-type: none"> -do not take risks -internet safety -home emergencies -car safety <p>NHES: 1,2,3,4,5,7</p>	<ul style="list-style-type: none"> -internet safety -water safety -safety at home -fire escape plan <p>NHES: 1,2,3,4,5,7,8</p>	<ul style="list-style-type: none"> -preventing injuries -preventing sports injuries -biking and skating safety -car safety <p>NHES: 1,2,3,4,5,7</p>
FITNESS	<ul style="list-style-type: none"> -my healthy body -warming up and cooling down -my strong heart -chill out <p>NHES: 1,2,7</p>	<ul style="list-style-type: none"> -getting physical -get ready for physical activity -regular physical activity -learning to relax <p>NHES: 1,2,4,6,7</p>	<ul style="list-style-type: none"> -physical activity and your heart -warming up and cooling down -be active every day -controlling stress <p>NHES: 1,4,6,7,8</p>	<ul style="list-style-type: none"> -types of physical activity -muscles and joints -getting active -be active every day <p>NHES: 1,2,4,5,6,7</p>	<ul style="list-style-type: none"> -physical activity is fun -aerobic activity -balance -reducing stress <p>NHES: 1,2,3,4,5,7</p>	<ul style="list-style-type: none"> -stay in balance -physical activity -obesity prevention -fitness is fun <p>NHES: 1,2,3,4,5,6,7,8</p>