

HEALTH

2nd Grade

The students will:

- Identify the three areas of health.
- List responsible decisions and good choices.
- Analyze how to manage stress.
- Categorize the food pyramid, good snacks, and physical fitness.
- Review safety and first aid.

3rd Grade

The students will:

- Understand respect, being a friend, conflict resolution.
- Predict how to keep their bodies healthy.
- Recognize the theory of spreading germs and disease defenders.
- Explain about caring for the environment.

4th Grade

The students will:

- Evaluate doctor checkups and healthy choices.
- Demonstrate and learn different ways to respect themselves and others.
- Restate learning about first aid.
- Manage conflict resolutions.

5th Grade

The students will:

- Connect the mind and body.
- Make responsible decisions.
- Recognize chronic diseases.
- Understand about being drug free.
- Choose different strategies to reduce stress.

6th Grade

The students will:

- Develop their own physical fitness and nutrition plans.

- Demonstrate grooming and skin care.
- Develop mental fitness, make responsible decisions, manage stress, and improve self-esteem.

7th Grade

The students will:

- Recognize the risks of disease.
- Choose different strategies to manage peer pressure.
- Employ drug safety and awareness.

8th Grade

The students will:

- Choose healthful dietary skills.
- Manage stress in different ways.
- Compare conflict resolution skills.
- Discuss influences on body image and self-esteem.