

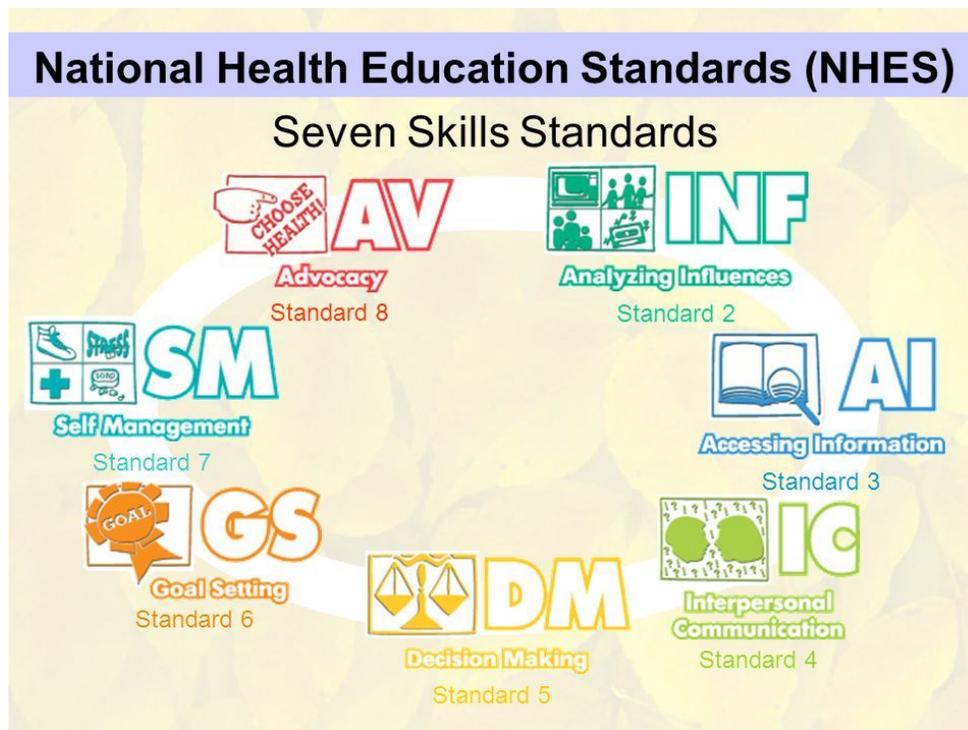
Health Education Skills for K-5

Celebrating Lifelong Wellness

Our Vision

Engage all students in equitable, inclusive skills-based health and physical education so they may thrive in a global community.

National Health Education Skills



Source: Health Education Assessment Project

Health Education Topics

- Nutrition and Fitness
- Alcohol, Tobacco, and Other Drugs
- Mental, Social, and Emotional Health
- Human Growth and Development
- Personal Health and Safety
- Disease and Illness Prevention

FIFTH GRADE HEALTH EDUCATION UNITS

Unit 1 - Curriculum: ***Brain Power!*** (drugabuse.gov/brainpower) OR ***Catch My Breath: E-Cigarette and Juul Prevention*** (catch.org) - Teacher decides which lessons to use

- Skill: Decision Making
- Topic: Alcohol, Tobacco, and Other Drugs
- Core Content/Essential Questions:
 - *Brain Power*: How does alcohol and tobacco use affect our bodies and brains? Who or what influences the choices we make regarding alcohol, tobacco, and other drugs?
 - *Catch My Breath*: Information about e-cigarettes and juuling, consequences of using e-cigarettes and juuls

Unit 2 - Curricula: ***Overcoming Obstacles*** (overcomingobstacles.org) and ***Dove: Confident Me!*** (dove.com/us/en/dove-self-esteem-project)

- Skill: Advocacy
- Topic: Mental, Social, and Emotional Health
- Core Content/Essential Questions:
 - Integrity - *Overcoming Obstacles*
 - Having a Positive Attitude - *Overcoming Obstacles*
 - Perseverance and Personal Best - *Overcoming Obstacles*
 - Handling Peer Pressure - *Overcoming Obstacles*
 - Good Citizenship - *Overcoming Obstacles*
 - Appearance Ideals - *Dove*
 - Media Messages - *Dove*
 - Confront Comparisons - *Dove*
 - Banish Body Talk - *Dove*
 - Be The Change - *Dove*

Unit 3 - Curricula: ***Rights, Respect, Responsibility*** (3rs.org/3rscurriculum) and ***Fight Child Abuse*** (fightchildabuse.org)

- Skill: Accessing Information
- Topic: Human Growth and Development
- Core Content/Essential Questions:
 - Sexual and Reproductive Anatomy*
 - Puberty and Reproduction*
 - Learning About HIV*
 - What Is Love Anyway?*
 - Being Clear With Your Friends
 - Fight Child Abuse Lessons:
 - Protect Yourself Rules, Secrets, Can't Go Home, Smart Choices, Tell

Unit 4 - Curriculum: ***Riding The Waves***

- Skill: Communication
- Topic: Mental, Social, and Emotional Health
- Core Content/Essential Questions:
 - *Riding The Waves Curriculum* - available through the school counselor

*Opt Out Lessons