

Kindergarten

- Emotional / Social Wellness (1)

Realize that a positive self-concept helps a person make healthful choices.

- Identify basic physical and emotional needs
 - Recognize ways in which people communicate feelings
 - Learn effective strategies for resolving conflicts
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- DIET Identify a balanced diet
 - Healthy Eating/ Nutrition (3)
 - Tell the effects diet has on teeth
 - NUTRIENTS
 - Identify nutrients that provide energy for the body
 - Avoiding too much sugar
 - Dental Health (4)
 - DENTAL HYGIENE
 - Recognize the importance of taking care of teeth to maintain dental health
 - Recognize the problems that can result from not caring for teeth
 - TEETH
 - Identify tooth types and their functions baby and adult teeth
 - Physical Fitness (5)
 - EXERCISE benefits, develop fitness goals, and demonstrate proper way to exercise
 - Participate in motivating programs
 - Wellness/Staying Healthy (6)
 - HYGIENE
 - Know ways to care for and protect skin
 - Know the proper procedure for hand washing
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- SLEEP Recognize that our bodies need a certain amount of sleep
 - BODY WEIGHT
 - DRUGS prescription/ non prescription drugs,
 - abstain from caffeine, tobacco, alcohol, drugs
 - Keeping Safe (7)
 - STRANGER SAFETY/ ABUSE PREVENTION
 - Diocese of La Crosse Safe Environment Requirement
 - FIRE SAFETY
 - FIRST AID
 - ELECTRICAL SAFETY

Grade One

- Emotional / Social Wellness (1)

Realize that a positive self-concept helps a person make healthful choices.

- Identify basic physical and emotional needs
 - Recognize ways in which people communicate feelings
 - Learn effective strategies for resolving conflicts
- DIET Identify a balanced diet
 - Distinguish between the food groups
 - Knows the number of servings from each group
 - Healthy Eating/ Nutrition (3)
 - Tell the effects diet has on teeth, digestive system
 - MEALS
 - Summarize the importance of eating three meals day, healthy snack choices
 - Demonstrate how to plan a nutritious meal
 - NUTRIENTS
 - Identify nutrients that provide energy for the body
 - Avoiding too much sugar
 - Dental Health (4)
 - DENTAL HYGIENE
 - Recognize the importance of taking care of teeth to maintain dental health
 - Recognize the problems that can result from not caring for teeth
 - TEETH
 - Identify tooth types and their functions baby and adult teeth
 - Physical Fitness (5)
 - EXERCISE benefits, develop fitness goals, and demonstrate proper way to exercise
 - Participate in motivating programs
 - Wellness/Staying Healthy (6)
 - HYGIENE
 - Know ways to care for and protect skin
 - Know the proper procedure for hand washing
 - SLEEP Recognize that our bodies need a certain amount of sleep
 - BODY WEIGHT
 - DRUGS prescription/ non prescription drugs,
 - abstain from caffeine, tobacco, alcohol, drugs
 - Keeping Safe (7)
 - STRANGER SAFETY/ ABUSE PREVENTION
 - Diocese of La Crosse Safe Environment Requirement
 - FIRE SAFETY
 - FIRST AID
 - ELECTRICAL SAFETY

Grade Two

- Emotional / Social Wellness (1)
- Realize that a positive self-concept helps a person make healthful choices.
 - Identify basic physical and emotional needs
 - Recognize ways in which people communicate feelings
 - Learn effective strategies for resolving conflicts
- Body Systems (2)
 - Skeletal
 - Other: Participate in Heart Guard program
- DIET Identify a balanced diet
 - Distinguish between the food groups
 - Knows the number of servings from each group
 - Healthy Eating/ Nutrition (3)
 - Tell the effects diet has on teeth, digestive system, and heart disease
- MEALS
 - Summarize the importance of eating three meals day, healthy snack choices
- NUTRIENTS
 - Identify nutrients that provide energy for the body
 - Avoiding too much sugar
- Dental Health (4)
- DENTAL HYGIENE
 - Recognize the importance of taking care of teeth to maintain dental health
 - Recognize the problems that can result from not caring for teeth
 - Participate in Healthy Smiles
- TEETH
 - Identify tooth types and their functions baby and adult teeth
 - Incisors
 - Cuspids/Bicuspid
 - Molars
- Physical Fitness (5)
 - EXERCISE benefits, develop fitness goals, and demonstrate proper way to exercise
 - Participate in motivating programs
- Wellness/Staying Healthy (6)
- HYGIENE
 - Know ways to care for and protect skin
 - Know the proper procedure for hand washing
- SLEEP Recognize that our bodies need a certain amount of sleep
- BODY WEIGHT
- DRUGS prescription/ non prescription drugs,
 - abstain from caffeine, tobacco, alcohol, drugs
- Keeping Safe (7)
- STRANGER SAFETY/ ABUSE PREVENTION
 - Diocese of La Crosse Safe Environment Requirement
- FIRE SAFETY
- FIRST AID
- ELECTRICAL SAFETY

Grade Three

- Emotional / Social Wellness (1)
- Realize that a positive self-concept helps a person make healthful choices.
 - Identify basic physical and emotional needs
 - Recognize ways in which people communicate feelings
 - Learn effective strategies for resolving conflicts
 - Know strategies to manage stress
 - Digestive
 - Respiratory
 - Circulatory
- Body Systems (2)
 - Skeletal
- DIET Identify a balanced diet
 - Distinguish between the food groups
 - Knows the number of servings from each group
 - Understands the Food Guide Pyramid
 - Healthy Eating/ Nutrition (3)
 - Tell the effects diet has on teeth, digestive system, and heart disease
- MEALS
 - Summarize the importance of eating three meals day, healthy snack choices
 - Demonstrate how to plan a nutritious meal
- NUTRIENTS
 - Identify nutrients that provide energy for the body
 - Avoiding too much sugar
- FOOD
 - Know that food is a source of energy that our body needs
 - Aware of food labels for information, safe handling
- Dental Health (4)
- DENTAL HYGIENE
 - Recognize the importance of taking care of teeth to maintain dental health
 - Recognize the problems that can result from not caring for teeth
 - Participate in Healthy Smiles
- TEETH
 - Incisors
 - Cuspids/Bicuspid
 - Molars
- Physical Fitness (5)
- EXERCISE benefits, develop fitness goals, and demonstrate proper way to exercise
 - Participate in motivating programs
- Wellness/Staying Healthy (6)
- HYGIENE
 - Know ways to care for and protect skin
 - Know the proper procedure for hand washing
- SLEEP Recognize that our bodies need a certain amount of sleep
- BODY WEIGHT
- DRUGS prescription/ non prescription drugs,
 - abstain from caffeine, tobacco, alcohol, drugs
- Keeping Safe (7)
- STRANGER SAFETY/ ABUSE PREVENTION
 - Diocese of La Crosse Safe Environment Requirement

Grade Four

- Emotional / Social Wellness (1)
Realize that a positive self-concept helps a person make healthful choices.
 - Identify basic physical and emotional needs
 - Recognize ways in which people communicate feelings
 - Learn effective strategies for resolving conflicts
 - Know strategies to manage stress

- Body Systems (2)
 - Digestive
 - Respiratory
 - Circulatory
 - Skeletal
- DIET Identify a balanced diet
 - Distinguish between the food groups
 - Knows the number of servings from each group
 - Understands the Food Guide Pyramid
- Healthy Eating/ Nutrition (3)
 - Tell the effects diet has on teeth, digestive system, and heart disease
- MEALS
 - Summarize the importance of eating three meals day, healthy snack choices
 - Demonstrate how to plan a nutritious meal
- NUTRIENTS
 - Identify nutrients that provide energy for the body
 - Avoiding too much sugar
- FOOD
 - Know that food is a source of energy that our body needs
 - Aware of food labels for information, safe handling
- Dental Health (4)
- TEETH
 - Incisors
 - Cuspids/Bicuspid
 - Molars
- Physical Fitness (5)
- EXERCISE benefits, develop fitness goals, and demonstrate proper way to exercise
 - Participate in motivating programs

- Wellness/Staying Healthy (6)

- HYGIENE
 - Know ways to care for and protect skin
 - Know the proper procedure for hand washing

- SLEEP Recognize that our bodies need a certain amount of sleep
- BODY WEIGHT
- DRUGS prescription/ non prescription drugs,
 - abstain from caffeine, tobacco, alcohol, drugs
- Keeping Safe (7)
- STRANGER SAFETY/ ABUSE PREVENTION
 - Diocese of La Crosse Safe Environment Requirement

Grade Five

• Emotional / Social Wellness (1)

Realize that a positive self-concept helps a person make healthful choices.

- Identify basic physical and emotional needs
- Recognize ways in which people communicate feelings
- Learn effective strategies for resolving conflicts
- Know strategies to manage stress

• Body Systems (2)

- Digestive
- Respiratory
- Circulatory
- Skeletal

• DIET Identify a balanced diet

- Distinguish between the food groups
- Knows the number of servings from each group
- Understands the Food Guide Pyramid

• Healthy Eating/ Nutrition (3)

- Tell the effects diet has on teeth, digestive system, and heart disease

• MEALS

- Summarize the importance of eating three meals day, healthy snack choices
- Demonstrate how to plan a nutritious meal
- Establish good habits in nutrition to help body growth

• NUTRIENTS

- Identify nutrients that provide energy for the body
- Avoiding too much sugar

• FOOD

- Know that food is a source of energy that our body needs
- Aware of food labels for information, safe handling

• TEETH

- Incisors
- Cuspids/Bicuspid
- Molars

• Physical Fitness (5)

• EXERCISE benefits, develop fitness goals, and demonstrate proper way to exercise

- Participate in motivating programs

• Wellness/Staying Healthy (6)

• HYGIENE

- Know ways to care for and protect skin
- Know the proper procedure for hand washing

• SLEEP Recognize that our bodies need a certain amount of sleep

• BODY WEIGHT

• DRUGS prescription/ non prescription drugs,

- abstain from caffeine, tobacco, alcohol, drugs

• Keeping Safe (7)

• STRANGER SAFETY/ ABUSE PREVENTION

- Diocese of La Crosse Safe Environment Requirement

Grade Six

- Emotional / Social Wellness (1)

Realize that a positive self-concept helps a person make healthful choices.

- Identify basic physical and emotional needs
- Recognize ways in which people communicate feelings
- Learn effective strategies for resolving conflicts
- Know strategies to manage stress

- Body Systems (2)

- Digestive
- Respiratory
- Circulatory
- Nervous
- Endocrine
- Skeletal

- DIET Identify a balanced diet

- Distinguish between the food groups
- Knows the number of servings from each group
- Understands the Food Guide Pyramid

- Healthy Eating/ Nutrition (3)

- Tell the effects diet has on teeth, digestive system, and heart disease

- MEALS

- Summarize the importance of eating three meals day, healthy snack choices
- Demonstrate how to plan a nutritious meal
- Establish good habits in nutrition to help body growth

- NUTRIENTS

- Identify nutrients that provide energy for the body
- Avoiding too much sugar

- FOOD

- Know that food is a source of energy that our body needs
- Aware of food labels for information, safe handling

- TEETH

- Incisors
- Cuspids/Bicuspid
- Molars

- Physical Fitness (5)

- EXERCISE benefits, develop fitness goals, and demonstrate proper way to exercise

- Participate in motivating programs
- Wellness/Staying Healthy (6)

- HYGIENE

- Know ways to care for and protect skin
- Know the proper procedure for hand washing

- SLEEP Recognize that our bodies need a certain amount of sleep

- BODY WEIGHT

- DRUGS prescription/ non prescription drugs,

- abstain from caffeine, tobacco, alcohol, drugs

- Keeping Safe (7)

- STRANGER SAFETY/ ABUSE PREVENTION

- Diocese of La Crosse Safe Environment Requirement