

Health Curriculum

K-6

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
- 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, 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

Health Curriculum

K-6

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 a 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, 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

Health Curriculum

K-6

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, heart disease
- MEALS
 - Summarize the importance of eating three meals a 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/Bicuspids
 - Molars
- Physical Fitness (5)
 - EXERCISE benefits, develop fitness goals, 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



Health Curriculum

K-6

- 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

Health Curriculum

K-6

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, heart disease
- MEALS
 - Summarize the importance of eating three meals a 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/Bicuspids
 - Molars
- Physical Fitness (5)
- EXERCISE benefits, develop fitness goals, demonstrate proper way to exercise
 - Participate in motivating programs
- Wellness/Staying Healthy (6)



Health Curriculum

K-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

Health Curriculum

K-6

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, heart disease
- MEALS
 - Summarize the importance of eating three meals a 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/Bicuspids
 - Molars
- Physical Fitness (5)
- EXERCISE benefits, develop fitness goals, 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



Health Curriculum

K-6

- 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

Health Curriculum

K-6

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, heart disease
- MEALS
 - Summarize the importance of eating three meals a 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, 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



Health Curriculum

K-6

- 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

Health Curriculum

K-6

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, heart disease
- MEALS
 - Summarize the importance of eating three meals a 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/Bicuspids
 - Molars
- Physical Fitness (5)
- EXERCISE benefits, develop fitness goals, demonstrate proper way to exercise
 - Participate in motivating programs



Health Curriculum

K-6

- 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