Scope and Sequence

Content Area: **Health**
Course(s): **Health**
Time Period: **Full Year**
Length: **Length of the Course**
Status: **Published**

Course Overview

The first grade Health curriculum focuses on providing students with a background on major health concepts that will help them develop healthy habits throughout life. Students will learn about hygiene habits that will help prevent disease and degeneration of critical physical features such as dental care. Students will also learn about personal safety and working to ensure the safety of those around them. Students' social and emotional health is also an important concept for students to understand when developing a well-rounded picture of healthy living. Students will be introduced to the larger world around them as wel through studying community helpers, how to avoid unhealthy influences and "Just Say No". Finally, students will begin to learn about healthy eating habits and following a well-balanced diet.

Scope and Sequence

Order of the Unit	Title of the Unit	Time Frame
Unit 1	Personal Health and Disease Prevention	8 Weeks
Unit 2	Safety and Injury Prevention	6 Weeks
Unit 3	Emotional, Intellectual, Social, and Family Health	10 Weeks
Unit 4	Alcohol, Tobacco, and Drugs	3 Weeks
Unit 5	Community and Environmental Health	4 Weeks
Unit 6	Nutrition, Growth, and Physical Fitness	6 Weeks

Date of Board Approval

This curriculum was approved by the Green Brook Board of Education on July 24, 2017.