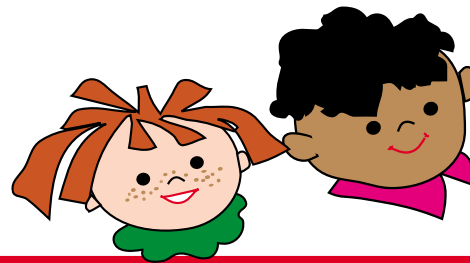

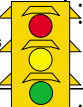

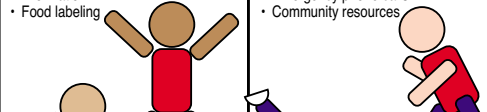
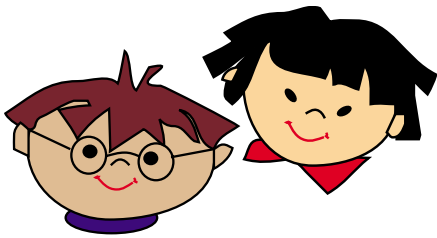


Michigan Model for Comprehensive School Health Education




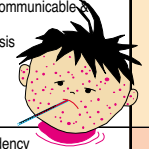

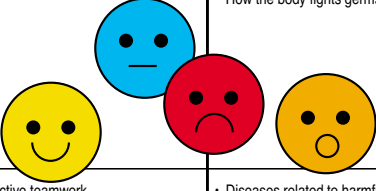
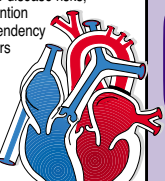
Scope and Sequence for Grades K-6

	SAFETY & FIRST AID EDUCATION	NUTRITION EDUCATION	FAMILY HEALTH	CONSUMER HEALTH	COMMUNITY HEALTH
K	<ul style="list-style-type: none"> Fire safety rules for home & school Recognition of poison Safety rules: school, playground, bus, pedestrian, bicycle, dangerous objects Traffic signs & signals Seat belts Appropriate & inappropriate touch Learning to say no to inappropriate touch, telling adults 	<ul style="list-style-type: none"> Varieties in food Food characteristics Snacks 	<ul style="list-style-type: none"> Individual uniqueness Identification of a family Family roles Family members as health helpers 	<ul style="list-style-type: none"> Health helpers and their roles 	<ul style="list-style-type: none"> Health helpers roles & agencies Emergencies
1	<ul style="list-style-type: none"> Accident prevention- seat belt safety Safety signs & signals Safety hazards & prevention: bus, pedestrian, bicycle, poisons, water, fire Emergencies Personal safety: secrets; things to do to keep safe, avoiding dangerous situations Definition of sexual abuse 	<ul style="list-style-type: none"> Example of food groups Snacks from each group Variety of foods needed for good health Food as source of energy & growth 	<ul style="list-style-type: none"> Recognition that off-spring resemble parents Examples of families Family roles, responsibilities & abilities Differences in family eating habits Recognition of need for adult care Changes affect families 	<ul style="list-style-type: none"> Health helpers Effects of tobacco advertisement When to tell an adult 	<ul style="list-style-type: none"> Medical personal procedures & instruments Immunizations Health check-ups to prevent illness
2	<ul style="list-style-type: none"> Safety hazards & prevention: pedestrian, bicycle, sun, water, dental Traffic signs Safety belt Injury prevention Personal safety: Dangerous situation, strangers, telling an adult 	<ul style="list-style-type: none"> Review of food groups Food choices Need for regular eating habits Combination foods Healthy meals & snacks 	<ul style="list-style-type: none"> Families are alike & different Each person is special Family members are helpers Changes affect families Listening skills 	<ul style="list-style-type: none"> Aids for visually & hearing impaired 	<ul style="list-style-type: none"> Definition of environment Definition of pollution Noise pollution & air pollution Effects of littering Reduce, reuse, recycle
3	<ul style="list-style-type: none"> Awareness of sexual abuse Self protection skills for personal safety Bicycle safety rules Environmental safety Reporting Emergencies Safety around dangerous objects 	<ul style="list-style-type: none"> Definition of nutrition & nutrients Nutrient value of food Types & sources of carbohydrates Function of Carbohydrates Snack foods which are harmful to teeth Effects of carbohydrates 	<ul style="list-style-type: none"> Developing friendships Influential people in student lives When to tell an adult Effective listening skills 	<ul style="list-style-type: none"> Health product choices Labels as a source of information Recognition of choices with input from adults Advertising 	<ul style="list-style-type: none"> Resources for health information
4	<ul style="list-style-type: none"> Controls that promote safety Avoiding unintentional injuries Seasonal safety issues Avoiding injury from guns Wheeled recreational equipment Passenger safety rules Home alone safety Burn prevention Responding to dangerous situations Preventing bad touch Treatment for chemical inhalation Choking rescue 	<ul style="list-style-type: none"> Food group pyramid Health benefits of each food group Serving sizes, number of servings Foods that promote dental health Reducing fat in the diet & avoiding obesity Nutritious snack foods Preventing food borne illness 	<ul style="list-style-type: none"> Changing controls through life Responsibilities of family members Recognizing individual interests & roles Unique qualities When to get help Coping skill for chemical dependencies Sources of information & influence How adults say "NO" Getting help from the community 	<ul style="list-style-type: none"> Sources of information & influences about drugs Getting help for chemical dependency Accessing community support systems Poison labeling Advertising gimmicks Reading nutrition labeling Dental product labeling 	<ul style="list-style-type: none"> Sources of information & influences about drugs How chemical dependency affects society Getting help & information Community support systems Getting help for dangerous situations & emergencies Emergency phone calls Dealing with chemical inhalation
5	<ul style="list-style-type: none"> Avoiding unintentional injuries: rules, actions, attitudes Safety rules for being alone Skills to avoid trouble Violence: contributing factors & de-escalation Inappropriate touch: what to do, getting help Bicycles: rules, safety equipment, safe riding practices Safety rules: ice, water, sun Managing bullies Checking for radon exposure Rescue breathing & first aid 	<ul style="list-style-type: none"> Healthy snacking Relate snacks to food groups Food labeling & advertising Snacking as part of a healthy/ balanced diet 	<ul style="list-style-type: none"> Family members work together as a team Skills for building positive relationships: expressing appreciation, listening skills Getting adult help for situations Stages of life 	<ul style="list-style-type: none"> Tobacco advertising Food labeling Food/snack advertising Choices/actions to limit pollution 	<ul style="list-style-type: none"> Define environment Environmental qualities for life Pollution effects environment and living things Air pollution: effects; how to reduce; burning; acid rain Radon: effects; how to reduce
HEALTHY					
6	<ul style="list-style-type: none"> Safety rules & laws: wheeled equipment, sun, water, weapons Recognizing dangers: public places, gangs, weapons Skills to keep safe: avoiding risks, fights, standing up to pressure, resisting gangs, using community resources, first aid, emergency procedures Inappropriate touch: what to do, getting help Helping others stay safe Caring for others who have been injured 	<ul style="list-style-type: none"> Food groups: servings & serving sizes, nutrients & functions Eating habits affect the cardiovascular system Eating habits that promote growth, energy & optimal weight Food labeling & other nutrition information resources Eating disorders Relationship of diet, exercise & stress Choosing healthy foods 	<ul style="list-style-type: none"> Inherited or learned traits Hereditary diseases & conditions Family history related to disease risks, cardiovascular risk factors Family members help each other Effective communication skills with family members Getting help from adults for difficult situations 	<ul style="list-style-type: none"> Tobacco & alcohol advertising Healthy/drug free activities & products Reliable information resources for heart & circulatory system problems Reliable sources of nutrition information Food labeling 	<ul style="list-style-type: none"> Emergency/ first aid community resources Staying safe in public places Chemical dependency resources Avoiding harmful conditions in the environment Emergency phone calls Community resources



Michigan Model for Comprehensive School Health Education

Scope and Sequence for Grades K-6

GROWTH AND DEVELOPMENT	SUBSTANCE USE AND ABUSE	PERSONAL HEALTH PRACTICES	EMOTIONAL AND MENTAL HEALTH	DISEASE PREVENTION AND CONTROL	
<ul style="list-style-type: none"> Five senses Match body part with each sense Teeth 	<ul style="list-style-type: none"> Definition of a drug Medicines as drugs Choosing not to smoke Poisons Saying "NO" to drugs 	<ul style="list-style-type: none"> Eye protection Eye function Primary & permanent teeth Care of teeth Tooth decay/tooth brushing Individual health practices Sleep, rest & exercise Seatbelts 	<ul style="list-style-type: none"> Making friends Likenesses and differences Naming and identifying feelings Ways to settle down Problem solving/Decision making When to get adult help Identification of dangerous or destructive situations 	<ul style="list-style-type: none"> Prevention of spread of germs When medicine should be taken Recognizing symptoms Seeking adult help 	K
<ul style="list-style-type: none"> Living & non-living things Living things & growth Identification of growth needs New growth Personal skills & abilities Abilities of differently-abled people External body parts Organs & their functions Body parts working together 	<ul style="list-style-type: none"> Definition of the term "drug" Identification of drugs Identification of alcohol & nicotine as drugs Harmful effects of tobacco & alcohol Poisons & medicines Saying "NO" to drugs 	<ul style="list-style-type: none"> Good health habits Exercises Protection of self & others when ill Health check-ups & illness prevention Seatbelts 	<ul style="list-style-type: none"> Naming and identifying feelings Ways to settle down Mixed feelings that accompany change Showing courtesy Making friends Problem solving/Decision making Who to go to for adult help 	<ul style="list-style-type: none"> Appearance & behavior associated with wellness & illness Factors changing health status Symptoms of illness Prevention of germ spread Head lice Immunization Communicable diseases 	1
<ul style="list-style-type: none"> Five senses Function & compatibility of the senses Eye & ear development & function Eye & ear impairments & aids 	<ul style="list-style-type: none"> Medicines & other substances that contain drugs Effects of nicotine, caffeine, alcohol, second hand smoke How smoke enters the lungs Effects of alcohol on physical tasks or activities Saying "NO" to drugs 	<ul style="list-style-type: none"> Prevention of eye & ear injuries Healthy behaviors Self-responsibility & health status Exercise 	<ul style="list-style-type: none"> Identifying feelings in self and others Ways to make friends Expressing appreciation Expressing annoyance and anger How to handle strong emotions Problem solving/Decision making Identifying personal skills and talents 	<ul style="list-style-type: none"> Identification of eye problems When medicine should be used Exercise & proper food for health 	2
<ul style="list-style-type: none"> Characteristics of human beings Recognition of six body systems Functions of six body systems Parts & functions of skeletal system Parts and function of muscular system 	<ul style="list-style-type: none"> Medical & non-medical drugs Influence of drugs on body Harmful effects of tobacco & alcohol Saying "NO" to tobacco and alcohol Alcoholism as a disease 	<ul style="list-style-type: none"> Exercise for muscle health Plaque & the decay process Fluoride Oral hygiene Positive health habits 	<ul style="list-style-type: none"> Identifying feelings in self and others Expressing appreciation Expressing annoyance How to manage strong feelings Problem solving/Decision making Negotiation Acceptance of differences 	<ul style="list-style-type: none"> Identification of communicable chronic diseases Health homeostasis 	3
<ul style="list-style-type: none"> Kinds of teeth and their functions Tooth decay and plaque Responsibilities throughout life Blood & its functions Parts & functions of skeletal system The digestive system Cellular anatomy & function 	<ul style="list-style-type: none"> Rule for poison safety What to do if exposed to dangerous inhalants Positive and negative uses for drugs Sources of information & influences on drugs Impact of drug use on individuals, families, and society Coping skills for chemical dependency Effects of tobacco, alcohol, marijuana, cocaine, & inhalants on the body Identifying influences & pressures to use drugs When to say "NO" Effective refusal strategies 	<ul style="list-style-type: none"> Controls that promote health Avoiding unintentional injuries Avoiding obesity Preventing food borne illness Care of teeth & digestive system Exercise & rest Staying healthy in all seasons Caring for the environment Making a personal health plan Sharing health messages 	<ul style="list-style-type: none"> Identify & manage feelings Effective communication skills Conflict resolution skills Developmental tasks & life cycle changes 	<ul style="list-style-type: none"> Chemical dependency Use of drugs as medicine Food borne illness Hand washing Avoiding obesity How the body fights germs 	4
<ul style="list-style-type: none"> Relationship of cells, tissues, organs, systems, and organs Parts & functions of 10 body systems Integumentary system: skin, hair, nails Respiratory system: parts & function; benefits of exercise; dissection; harmful effects of tobacco, drugs, and air pollution Developmental tasks and life stage changes Environmental qualities for life 	<ul style="list-style-type: none"> Tobacco, marijuana, crack & cocaine harm the respiratory system Tobacco, alcohol, & other drug use is wrong, harmful & illegal Laws regulating sale and use of tobacco products; inhalants; crack, cocaine, marijuana Refusal skills: tobacco, inhalants, crack, cocaine, marijuana Harmful effects of smoked & smokeless tobacco, inhalants, crack, cocaine, marijuana Tobacco advertising Peer pressure, resisting negative pressures 	<ul style="list-style-type: none"> Exercise, sleep & rest relieve stress Exercise keeps respiratory system healthy Behaviors to prevent the spread of disease: wash hands, avoid touching body fluids, cover mouth, don't share grooming tools etc. Following safety rules: bicycle, water, ice, sun 	<ul style="list-style-type: none"> Effective teamwork Identifying and managing feelings Relationships & family & friends Listening skills Expressing appreciation Confronting annoying behavior Conflict resolution through negotiation Decision making, & problem solving skills Managing stress Self confidence & goal achievement 	<ul style="list-style-type: none"> Diseases related to harmful effects of: tobacco, alcohol & other drug use, pollution, radon Respiratory disease: causes, lifestyle impact Signs, symptoms, causes of communicable disease Disease transmission & body defenses Immunizations Chain of infection 	5
<ul style="list-style-type: none"> Heredity, environment & lifestyle impact health Hereditary diseases & conditions Positive treatment & lifestyles of people with disabilities Circulatory system: parts, functions, benefits of exercise & healthy diet, dissection, types of disease, risks of stress & tobacco use & family history: pulse & blood pressure 	<ul style="list-style-type: none"> Tobacco & alcohol advertising Factual information in tobacco, alcohol, marijuana, inhalants, cocaine, steroids; laws, effects on body, effects on day to day living, how use affects others Healthy, drug free activities & products Refusal skills Chemical dependency: dangers, signs, helping others, community resources 	<ul style="list-style-type: none"> Environment & lifestyle impact health Following safety rules: wheeled equipment, sun, water, weapons, public places Benefits of physical activity, healthy diet, stress management Choosing healthy foods Positive ways to handle stress Types of fitness & setting fitness goals Getting help from the community Fitness assessment 	<ul style="list-style-type: none"> Positive and negative friendships Listening skills Identifying, expressing, listening & responding to emotions Anger management Decision making & problem solving skills Dealing with bullying behavior, harassment, teasing Individual similarities & differences help us to learn & grow Effective communication skills Conflict resolution skills 	<ul style="list-style-type: none"> Leading causes of death Health risks Cardiovascular disease risks, lifestyle, prevention Chemical dependency Eating disorders Hereditary 	6