

# Michigan Model for Comprehensive School Health Education

## Scope and Sequence for Grades K-6

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

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