

Course Syllabus & Parent Guide

Course Description

Elementary Health K-1 helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, healthy behaviors, nutrition, communication, disease prevention, basic anatomy and physiology, and values of cooperation and teamwork.

Units & Sections

This course is divided into the following Units and Sections. Each section within a unit can be completed in about one week.

SEMESTER 1

Unit 1: What is Health

- 1.1 Course Introduction
- 1.2 Physical Health
- 1.3 Mental Health
- 1.4 Social Health

Unit 2: Health Behaviors

- 2.1 Healthy Behaviors
- 2.2 Healthy Habits
- 2.3 Risks
- 2.4 Consequences

Unit 3: Nutrition

- 3.1 What is Nutrition
- 3.2 Food Groups
- 3.3 Meals & Snacks
- 3.4 Digestive Systems

Unit 4: Safety

- 4.1 Safety Rules
- 4.2 Injury Prevention
- 4.3 Household Safety
- 4.4 Emergency 911

SEMESTER 2

Unit 5: Communication

- 5.1 Healthy Expressions
- 5.2 Verbal Communication
- 5.3 Decision Making
- 5.4 Listening

Unit 6: Health Helpers

- 6.1 Personal Space
- 6.2 Trusted Adults
- 6.3 Health Helpers
- 6.4 Consumer Health

Unit 7: Disease

- 7.1 Personal Hygiene
- 7.2 Disease Prevention
- 7.3 Medications
- 7.4 Environmental Health

Unit 8: Anatomy

- 8.1 Body Parts
- 8.2 Five Senses
- 8.3 Health Problems
- 8.4 Life Cycle

Course Tasks

Each section has the following tasks:

- **Game Plan**—an outline of tasks for that section
- **Lesson**—multimedia lessons about the section topic
- **Quiz***—answer questions from the lesson

Each section has one of these additional tasks as well:

- **Brain Exercise***—respond to a fitness question
- **Assignment***—section assignment

The items marked with * should be submitted for a grade.