**Diocese of Allentown Grade K Health Overview**

|  |  |  |
| --- | --- | --- |
| **Healthy Body/Healthy Mind** | **Nutrition** | **Safety** |
| **Enduring Knowledge 1:**  *Understanding the concept of a healthy body* | **Enduring Knowledge 6:**  *Understanding the concept of nutrition* | **Enduring Knowledge 9:**  *Understanding the concept of personal health* |
| **Enduring Knowledge 2:**  *Identify the importance of healthy habits* | **Enduring Knowledge 7:**  *Identify the purpose of healthy eating choices* | **Enduring Knowledge 10:**  *Identify the purpose being physically safe* |
| **Enduring Knowledge 3:**  *Identify the importance of proper personal hygiene* | **Enduring Knowledge 8:**  *Identify the five food groups* | **Enduring Knowledge 11:**  *Identify the importance of stranger danger* |
| **Enduring Knowledge 4:**  *Identify the concept of the five senses* |  | **Enduring Knowledge 12:**  *Identify the reason for household safety* |
| **Enduring Knowledge 5:**  *Identify each of the five senses* |  |  |

Prepared for the Diocese of Allentown by the Health Curriculum Committee, 2017.

**Diocese of Allentown Grade 1 Health Overview**

|  |  |  |
| --- | --- | --- |
| **Healthy Body/Healthy Mind** | **Nutrition** | **Safety** |
| **Enduring Knowledge 1:**  *Understanding the concept of a healthy body* | **Enduring Knowledge 5:**  *Understanding the concept of nutrition* | **Enduring Knowledge 8:**  *Understanding the concept of personal health* |
| **Enduring Knowledge 2:**  *Identify the importance of healthy habits* | **Enduring Knowledge 6:**  *Identify the main purpose of food for fuel* | **Enduring Knowledge 9:**  *Identify the reason for wise decisions* |
| **Enduring Knowledge 3:**  *Identify the concepts of the five senses* | **Enduring Knowledge 7:**  *Identify portion sizes* | **Enduring Knowledge 10:**  *Identify the purpose of good decisions making skills* |
| **Enduring Knowledge 4:**  *Identify the purpose of senses relating to sight, sound, taste* |  |  |
|  |  |  |

Prepared for the Diocese of Allentown by the Health Curriculum Committee, 2017.

**Diocese of Allentown Grade 2 Health Overview**

|  |  |  |
| --- | --- | --- |
| **Healthy Body/Healthy Mind** | **Body Function/Body Systems** | **Social Interaction** |
| **Enduring Knowledge 1:**  *Understanding the concept of a healthy body* | **Enduring Knowledge 3:**  *Understanding the concept of body systems* | **Enduring Knowledge 5:**  *Understanding the concept of social interaction* |
| **Enduring Knowledge 2:**  *Identify the importance of healthy habits (hair, teeth, grooming, bathing)* | **Enduring Knowledge 4:**  *Identify the main purpose of the body systems (skeletal, muscular, respiratory, cardiovascular)* | **Enduring Knowledge 6:**  *Identify the purpose of resolving conflicts* |
|  |  | **Enduring Knowledge 7:**  *Identify the positive outcomes of sharing* |
|  |  | **Enduring Knowledge 8:**  *Identify the social aspects of good manners* |
|  |  |  |

Prepared for the Diocese of Allentown by the Health Curriculum Committee, 2017.

**Diocese of Allentown Grade 3 Health Overview**

|  |  |  |
| --- | --- | --- |
| **Body Systems** | **Nutrition** | **Good Character** |
| **Enduring Knowledge 1:**  *Understanding the concept of body systems* | **Enduring Knowledge 5:**  *Understanding the concept of nutrition* | **Enduring Knowledge 8:**  *Identify the six concept of good character traits* |
| **Enduring Knowledge 2:**  *Identify the main systems in the body* | **Enduring Knowledge 6:**  *Identify the concept of proper food choices (fats, sugars, salts)* | **Enduring Knowledge 9:**  *Understanding the importance of each good character traits* |
| **Enduring Knowledge 3:**  *Identify the main function of the systems in the body* | **Enduring Knowledge 7:**  *Identify healthy portion sizes* | **Enduring Knowledge 10:**  *Determine the reasons for making good decisions* |
| **Enduring Knowledge 4:**  *Understanding how healthy concepts to keep the body systems working* |  |  |
|  |  |  |

Prepared for the Diocese of Allentown by the Health Curriculum Committee, 2017.

**Diocese of Allentown Grade 4 Health Overview**

|  |  |  |
| --- | --- | --- |
| **Intro Body Systems** | **Body Systems** | **Nutrition** |
| **Enduring Knowledge 1:**  *Understanding the concept of body systems* | **Enduring Knowledge 5:**  *Identify the function of each body system (skeletal, muscular, skin, digestive, circulatory, respiratory, nervous, urinary, immune)* | **Enduring Knowledge 8:**  *Understanding how healthy concepts keep the body systems working* |
| **Enduring Knowledge 2:**  *Identify the main systems in the body (by name)* | **Enduring Knowledge 6:**  *Identify how the body systems work together* | **Enduring Knowledge 9:**  *Identify how healthy choices keep the body’s systems working properly function* |
| **Enduring Knowledge 3:**  *Identify the purpose of each body system* | **Enduring Knowledge 7:**  *Identify the possible risk factors when the body is not working properly* | **Enduring Knowledge 10:**  *Identify healthy portion sizes* |
| **Enduring Knowledge 4:**  *Identify the importance of healthy bones, muscles, skin, heart, digestion, nerves* |  |  |
|  |  |  |

Prepared for the Diocese of Allentown by the Health Curriculum Committee, 2017.

**Diocese of Allentown Grade 5 Health Overview**

|  |  |  |
| --- | --- | --- |
| **Personal Hygiene** | **Nutrition** | **Emotions** |
| **Enduring Knowledge 1:**  *Understanding what personal hygiene is and its affects* | **Enduring Knowledge 4:**  *Understanding the importance of physical health* | **Enduring Knowledge 7:**  *Understanding the importance of good social health* |
| **Enduring Knowledge 2:**  *Identify the main concepts of personal hygiene* | **Enduring Knowledge 5:**  *Identify the main concepts of good nutrition* | **Enduring Knowledge 8:**  *Identify the concept of positive emotions* |
| **Enduring Knowledge 3:**  *Identify good personal hygiene techniques* | **Enduring Knowledge 6:** *Identify how nutrition helps body system function* | **Enduring Knowledge 9:** *Identify the concept of negative emotions* |
|  |  | **Enduring Knowledge 10:**  *Determine ways to appropriately express motions properly* |
|  |  |  |

Prepared for the Diocese of Allentown by the Health Curriculum Committee, 2017.

**Diocese of Allentown Grade 5 Health Overview**

|  |  |  |
| --- | --- | --- |
| **Self Esteem** | **Good Character** | **Body Systems** |
| **Enduring Knowledge 11:**  *Understanding the importance of good social health* | **Enduring Knowledge 15:**  *Understanding the importance of good social health* | **Enduring Knowledge 18:**  *Identify the purpose of each body system* |
| **Enduring Knowledge 12:**  *Identify the concept of positive self esteem* | **Enduring Knowledge 16:**  *Identify the main concepts of good character traits* | **Enduring Knowledge 19:**  *Understand the how being active promotes healthy bones* |
| **Enduring Knowledge 13:**  *Identify the concept of negative self esteem* | **Enduring Knowledge 17:**  *Understanding how to develop aspects of good character* | **Enduring Knowledge 20:**  *Identify the main function of the skeletal system* |
| **Enduring Knowledge 14:**  *Determine ways to develop/improve coping mechanism for good emotional health* |  |  |
|  |  |  |

Prepared for the Diocese of Allentown by the Health Curriculum Committee, 2017.

**Diocese of Allentown Grade 6 Health Overview**

|  |  |  |
| --- | --- | --- |
| **Bullying** | **Peer Pressure** | **Social Understanding** |
| **Enduring Knowledge 1:**  *Understanding the concept of bullying* | **Enduring Knowledge 5:**  *Understanding the concept of peer pressure* | **Enduring Knowledge 9:**  *Understanding the concept of social health* |
| **Enduring Knowledge 2:**  *Identify the difference between bullying and peer pressure* | **Enduring Knowledge 6:**  *Identify how peer pressure occurs* | **Enduring Knowledge 10:**  *Identify the difference between cliks and crushes* |
| **Enduring Knowledge 3:**  *Identify the different types of bullying* | **Enduring Knowledge 7:** *Identify how peer pressure is used* | **Enduring Knowledge 10:** *Identify the negative concepts of cliks* |
| **Enduring Knowledge 4:**  *Understand how to stand up to/prevent bullying* | **Enduring Knowledge 8:**  *Understand how to stand up to/prevent peer pressure* | **Enduring Knowledge 11:**  *Understanding the natural emotion relating to crushes* |
|  |  |  |

Prepared for the Diocese of Allentown by the Health Curriculum Committee, 2017.

**Diocese of Allentown Grade 6 Health Overview**

|  |  |  |
| --- | --- | --- |
| **Alcohol** | **Tobacco** |  |
| **Enduring Knowledge 12:**  *Understanding the concept alcohol* | **Enduring Knowledge 17:**  *Understanding the concept of tobacco* |  |
| **Enduring Knowledge 13:**  *Identify the positive aspects of how alcohol can be used* | **Enduring Knowledge 18:**  *Identify the difference between smoking tobacco and smokeless tobacco* |  |
| **Enduring Knowledge 14:**  *Identify the negative aspects of alcohol use* | **Enduring Knowledge 19:** *Identify the negative aspects of tobacco use* |  |
| **Enduring Knowledge 15:**  *Understanding the health and social consequences of using alcohol* | **Enduring Knowledge 20:**  *Understand the health, social, economic consequences of using tobacco* |  |
| **Enduring Knowledge 16:**  *Identify how body systems are altered with alcohol use* | **Enduring Knowledge 21:**  *Identify how body systems are altered with tobacco use* |  |

Prepared for the Diocese of Allentown by the Health Curriculum Committee, 2017.

**Diocese of Allentown Grade 7 Health Overview**

|  |  |  |
| --- | --- | --- |
| **Disease Prevention/Vaccinations** | **Noncommunicable Diseases** | **Drugs** |
| **Enduring Knowledge 1:**  *Understanding what vaccines are and how they prevent diseases.* | **Enduring Knowledge 5:**  *Identify the difference between communicable and noncommunicable diseases* | **Enduring Knowledge 9:**  *Understanding the difference between medication and drugs* |
| **Enduring Knowledge 2:**  *Identify the four different types of pathogens that cause diseases* | **Enduring Knowledge 6:**  *Identify basic noncommunicable diseases (such as cancer, diabetes, cardiovascular disease)* | **Enduring Knowledge 10:**  *Identify how drug addiction occurs (cycle of addiction)* |
| **Enduring Knowledge 3:**  *Understanding how diseases are transmitted from person to person* | **Enduring Knowledge 7:** *Identify the health consequences related to noncommunicable diseases* | **Enduring Knowledge 11:** *Identify the different types of drugs and their effects on the body* |
| **Enduring Knowledge 4:**  *Understand the appropriate ways to treat diseases* | **Enduring Knowledge 8:**  *Identify appropriate ways to prevent and treat noncommunicable diseases* | **Enduring Knowledge 12:**  *Identify the health consequences of using drugs* |
|  |  | **Enduring Knowledge 13:**  *Identify the social consequences of using drugs* |

Prepared for the Diocese of Allentown by the Health Curriculum Committee, 2017.

**Diocese of Allentown Grade 8 Health Overview**

|  |  |  |
| --- | --- | --- |
| **Stress** | **Anger Management** | **Body Image** |
| **Enduring Knowledge 1:**  *Understanding what stress is and the difference between good stress and bad stress* | **Enduring Knowledge 5:**  *Understanding what anger is and what are the differences between ager and stress* | **Enduring Knowledge 10:**  *Understanding how we are different and how we are the same.* |
| **Enduring Knowledge 2:**  *Understanding the effects stress can have on a person’s mental health ad their physical health* | **Enduring Knowledge 6:**  *Identify reasons a person may choose to get angry* | **Enduring Knowledge 11:**  *Personal acceptance is*  *important* |
| **Enduring Knowledge 3:**  *Understanding appropriate ways to deal with stress and stressful situations* | **Enduring Knowledge 7:**  *Identify the different ways a person expresses their anger* | **Enduring Knowledge 12:**  *Understanding the role that media plays in body image* |
|  | **Enduring Knowledge 8:**  *Identify appropriate ways to cope with anger* | **Enduring Knowledge 13:**  *Identify healthy ways to make changes* |
|  | **Enduring Knowledge 9:**  *Explore relaxation methods that can be used to help with stress and anger management* |  |

Prepared for the Diocese of Allentown by the Health Curriculum Committee, 2017.

**Diocese of Allentown Grade 8 Health Overview**

|  |  |  |
| --- | --- | --- |
| **Risky Behavior** | **HIV/AIDS** |  |
| **Enduring Knowledge 14:**  *Identify the differences between risky situations and risky behaviors* | **Enduring Knowledge 19:**  *Identify HIV and AIDS (by name and stages)* |  |
| **Enduring Knowledge 15:**  *Identify consequences of risky behaviors (STD’s)* | **Enduring Knowledge 20:**  *Identify how HIV/AIDS is transmitted* |  |
| **Enduring Knowledge 16:**  *Identify sexually transmitted diseases (by name and their health risks)* | **Enduring Knowledge 21:**  *Identify health consequences related to HIV/AIDS* |  |
| **Enduring Knowledge 17:**  *Determining possible treatments for STD’s* | **Enduring Knowledge 22:**  *Identify possible treatments for HIV/AIDS* |  |
| **Enduring Knowledge 18:**  *Clear concepts of prevention through abstinence* | **Enduring Knowledge 23:**  *Clear concepts to prevention through abstinence* |  |

Prepared for the Diocese of Allentown by the Health Curriculum Committee, 2017.