

Teaching Unit: *Personal Hygiene*

Essential Understandings

Practicing personal hygiene can help prevent the spread of germs and help keep us healthy.

Sub Topic:

Knowledge and Skills

Germs can make you sick.

Demonstrate and practice proper sneezing and coughing practices in order to reduce the spread of germs.

Demonstrate and practice proper hand washing procedures in order to reduce the spread of germs.

Students understand that healthy behaviors impact their personal health.

Teaching Unit: *Self Management*

Essential Understandings

There are certain things you can do to calm yourself when you feel out of control.

Sub Topic:

Knowledge and Skills

Students demonstrate healthy ways to express needs, wants, and feelings.

Students demonstrate healthy and safe coping strategies to use when feeling too excited, anxious, upset, angry, or out of control.

Teaching Unit: *Move & Improve*

Essential Understandings

One hour of daily physical exercise can help us achieve better health.

Sub Topic:

Knowledge and Skills

Physical activity builds up endurance.

Physical activity builds strong muscles and bones.

Students can set personal goals that lead to better health.

Daily exercise is an important component of better health.
