Health

Every curriculum approaches health a little differently. Some incorporate it with science from the very beginning. Some incorporate it with science and anatomy in higher grades. You may enjoy Michelle Miller's Monthly Book Lists for Families selection for Healthy Reads! Famous Doctors, Nurses, and Researchers. Below, you will find an outline of some suggested health topics to incorporate each year.

You'll find in-depth information about how to determine your child’s fitness goals and guide them on their way to developing and maintaining a healthy lifestyle in our Physical Education Center, where we have material for all ages. We'll also help you set goals such as:

- Engaging in physical activity with competence and confidence
- Experiencing physical activity in a variety of environments
- Understanding the importance and benefits (physical, emotional, social) of a lifestyle that includes physical activity
- Incorporating regular physical activity into your family's lifestyle
- Achieving and maintaining physical fitness
Health

Kindergarten

Understand that good nutrition, the right amount of sleep, hygiene, and exercise are important for our health.

On SchoolhouseTeachers.com

Home Economics: Weeks 1-4 incorporate these topics.
Kindergarten Health: six weeks

Additionally, SchoolhouseTeachers.com offers Nourishing Nuggets, Family Nutrition, and Family Fitness classes that are designed to be done as a family with adaptations for children of any age.

1st Grade

Continue learning why good nutrition and hygiene, and the right amount of sleep and exercise, are important for your health. Learn how to take care of your teeth, how to have good posture, and how to take care of your body, clothes, and home. Learn how to stay safe at home and away from home (Stranger Danger, on the playground, etc.). Understand how to use good manners at home and in public.

On SchoolhouseTeachers.com

Growing Healthy in First Grade: 9 weekly lessons

Students may also enjoy Learning Ladders—Play Sports, a stand-alone eBook in our Unit Studies and More section

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Health

2nd Grade

In addition to reviewing what has already been learned, learn about the food groups and the USDA's MyPlate recommendations and what they mean. Learn how keeping clean helps stop the spread of germs. Understand how to stay safe during bad weather. Continue to learn and practice good manners at home, away from home, at the table, and on the telephone.

On SchoolhouseTeachers.com

Growing Healthy in Second Grade: 9 weekly lessons
Home Economics: Weeks 9-11 and 16-19 discuss nutrition and a balanced diet. They do not specifically address food groups.
Good Food for You: eBook in the Unit Studies and More section discusses food groups, nutrition, and more

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Health

3rd Grade

Learn about staying safe around fire and water as well as around common hazards. Learn how to stay safe when you are on the street. Start learning about basic first aid and what to do if someone is bleeding, choking, or has been exposed to poison. Practice good hospitality. Learn about the benefits of exercise and how to measure your heart rate.

On SchoolhouseTeachers.com

Growing Healthy in Third Grade: 9 weekly lessons

The unit Play It Safe in our Unit Studies and More section also addresses basic rules of how to stay safe around fire, water, while riding a bike, while riding in a car, when home alone, etc.

Additionally, SchoolhouseTeachers.com offers Nourishing Nuggets, Family Nutrition, and Family Fitness classes that are designed to be done as a family with adaptations for children of any age.
Health

4th Grade

Start learning about how your body works and how to take care of its various systems. Learn about the cardiovascular system and how to take care of your heart and lungs. Understand how these are connected to endurance and having energy. Continue to practice first aid and how to respond in emergencies. Know how to respond to strangers. Learn to identify and deal with dangerous situations.

On SchoolhouseTeachers.com

Growing Healthy in Fourth Grade: 9 weekly lessons

Lapbooking: four-week study on A Quick Look at the Human Eye

Additionally, SchoolhouseTeachers.com offers Nourishing Nuggets, Family Nutrition, and Family Fitness classes that are designed to be done as a family with adaptations for children of any age.
Health

At this point, many curricula begin blending health with science and anatomy. This is also a good time to further explore and become familiar with first aid practices (including how to identify and treat hypothermia, heat stroke, and heat exhaustion) and how to respond to dangerous or emergency situations.

On SchoolhouseTeachers.com

Preventing and Responding to Emergencies: 9 weekly lessons
Lapbooking: four-week study on Summer Safety
Ditch the Desk: two-week study on Cold and Insulation
Health 101: 32-week study for 6th grade

Our World Book Discover library contains a series of videos about diseases, prevention, and careers in medicine in the World Book Explains section.

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Health

7th-12th Grade

Many health curricula either introduce or expand on the topics of sex education, tobacco use, drugs, and alcohol throughout the junior high and high school years. We feel it is imperative for each family to decide when those discussions are appropriate for each child and will not attempt to assign grade levels to these discussions.

On SchoolhouseTeachers.com

If you would like to continue to incorporate general health studies through 8th grade, you may want to consider Understanding Middle School Health, a 36-week course for 6th-8th grade.

Additionally, SchoolhouseTeachers.com offers Nourishing Nuggets, Family Nutrition, and Family Fitness classes that are designed to be done as a family with adaptations for children of any age.