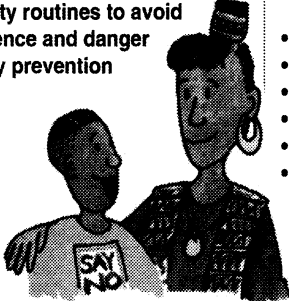


THE GREAT BODY SHOP

GRADE K TOPIC SCOPE AND SEQUENCE

Injury Prevention and Personal Safety	Nutrition	Functions of the Body	Growth & Development/ The Cycle of Family Life	Disease and Illness Prevention (Including HIV)
<ul style="list-style-type: none"> • Safety rules and helpers • Effect of no rules • Where injuries happen • Safety awards • Routines for fire, storms, floods; decision-making, emergencies • Safe and unsafe play • Personal safety • Refusal skills • Who to trust • Safe and unsafe touches 	<ul style="list-style-type: none"> • Healthful food choices • Safe food handling • Cultural, familial and individual preferences • Goals for healthful eating • Decision-making for a healthful diet • Food needs of living things • Healthful vs. unhealthful • Variety • Meal plans • Healthful breakfast 	<ul style="list-style-type: none"> • Functions of and care routines for the five senses • Responsibility • Empathy • Practicing being helpful • Heeding body signals • How senses protect you • Predicting effects of sense impairment • Respecting self and others • Responsible self care 	<ul style="list-style-type: none"> • Defining family and team • Identifying love, trust and caring • Family similarities and differences • Growing and changing • A special person at every stage • Family rules and jobs • Consequences of no rules • Comparing and contrasting different bodies 	<ul style="list-style-type: none"> • What doctors, dentists, nurses and others do • Responsibility for following directions when sick • MD's & dentist's tools • Knowing phone number • Good hygiene • Decision-making • When and what not to share • Defining sick • Showing concern

Substance Abuse Prevention	Community Health & Safety (With Violence Prevention)	Self Worth, Mental and Emotional Health	Environmental and Consumer Health	Physical Fitness
<ul style="list-style-type: none"> • Defining drugs and medicines • Knowing the importance of saying no • Identifying dangerous substances • Practicing identifying different drugs • Following drug safety rules • Drugs vs. non-drugs • Drug effects • Where to go for help • Refusal skills 	<ul style="list-style-type: none"> • How to define community • Community helpers • How being a responsible citizen helps your community • Rules and laws • Unsafe and violent actions • Safety routines to avoid violence and danger • Bully prevention 	<ul style="list-style-type: none"> • Seeing unique qualities in self and others • Respecting self and others • Practicing self care/healthy habits • How to identify feelings and ways to help others • Family support • Boundaries and expectations • Communication skills • Friendship • Empathy • Character development 	<ul style="list-style-type: none"> • How to identify healthy and clean communities • Good citizenship • Routines for a clean environment • Pollution • How to identify health care professionals and services • Safety rules for medicines and health care products • Influences on health • Advocacy • How to access health services and products • Media influences 	<ul style="list-style-type: none"> • Fitness routines • Safe physical activity • Benefits of exercise on heart and muscles • Safety routines for physical activity • Organized and after school play • Good sportsmanship • Goals for fitness • Types of physical activities • Fitness pyramid