

## SCOPE & SEQUENCE

The following highlights the core concepts covered by the unit and alignments with the revised National Health Education Standards (NHES).



# Scope & Sequence

HLC 2nd Edition National Health Education Standards Alignment

	Grade <b>K</b>	Grade <b>1</b>	Grade <b>2</b>	Grade <b>3</b>	Grade <b>4</b>	Grade <b>5</b>
LIFE SKILLS	1,4,5,6,7	1,4,5,6,7	1,2,4,5,6,7	1,4,5,6,7	1,2,4,5,6,7	1,2,4,5,6,7,8
CONFLICT RESOLUTION	1,2,4,7	1,2,4,5,7	1,2,4,5,7	1,2,4,5,7,8	1,2,4,5,7,8	1,2,4,5,7
NUTRITION	1,7	1,2,4,5,7,8	1,5,7	1,2,3,6,7	1,2,3,5,7	1,3,4,7,8
SUBSTANCE ABUSE PREVENTION	1,2,4,5,7	1,2,3,4,5,7,8	1,2,4,5,7,8	1,2,3,4,5,7	1,2,3,4,5,7	1,2,3,4,6,7,8
SAFETY	1,3,4,5,7	1,3,4,5,7	1,2,3,4,5,7	1,2,3,4,5,7	1,2,3,4,5,7,8	1,2,3,4,5,7
FITNESS	1,2,7	1,2,4,6,7	1,4,6,7,8	1,2,4,5,6,7	1,2,3,4,5,7	1,2,3,4,5,6,7,8

## MIDDLE SCHOOL (6-8)

### CORE CONCEPTS

#### Unit One – Introduction to Health and Wellness

- Assessing Health Knowledge
- Healthy Choices
- Social Norms
- Personal Health and Behavior
- Goal Setting

1, 2, 6, 7, 8

#### Unit Two – Emotions and Behaviors

- Self-Image and Self-Esteem
- Emotions
- Values
- Assertive, Aggressive, Passive Behaviors

1, 2, 4, 7

#### Unit Three – Communication

- Effective Communication
- Active Listening
- Refusal Skills

1, 4, 7

#### Unit Four – Decision Making and Problem Solving

- Decision-Making Model
- Living with Decisions
- Problem Solving

4, 5, 7

#### Unit Five – Alcohol, Tobacco and Other Drugs

- Drug Use and Abuse
- Signs of Drug Dependence
- Underage Drinking
- Accessing Valid Information
- External Influences
- Media Literacy

1, 2, 3, 4, 5, 7, 8

#### Unit Six – Stress Management

- Stress Management
- Depression
- Teen Suicide

1, 4, 5, 7

#### Unit Seven – Social and Anti-Social Behaviors

- Healthy and Hurtful Relationships
- Conflict Resolution
- Dating Violence
- Anti-Social Behaviors

2, 4, 7

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## SCOPE & SEQUENCE (cont.)

The following highlights the core concepts covered by the unit and alignments with the revised National Health Education Standards (NHES).

### MIDDLE SCHOOL (6-8)

CORE CONCEPTS	NHES
<b>Unit Eight – Injury Prevention / Violence</b> <ul style="list-style-type: none"><li>Unintentional Injuries</li><li>Immediate and Long-Term Effects</li><li>Online Safety</li><li>Bullying</li></ul>	1, 2, 3, 4, 6, 7
<b>Unit Nine – Physical Activity and Nutrition</b> <ul style="list-style-type: none"><li>Physical Activity and Fitness</li><li>Dietary Guidelines</li><li>My Pyramid</li><li>Nutrition Facts Labels</li><li>Nutrients</li></ul>	1, 2, 3, 4, 7, 8
<b>Unit Ten – Environment</b> <ul style="list-style-type: none"><li>Caring for Our Planet</li><li>Advocacy</li></ul>	1, 2, 3, 4, 8
<b>Unit Eleven – Growth and Development</b> <ul style="list-style-type: none"><li>Puberty</li><li>Reproductive Health</li><li>Benefits of Abstinence</li><li>Gender Roles and Stereotypes</li><li>Responsibility in Relationships</li><li>Lifetime Goals</li></ul>	1, 2, 4, 5, 6, 7
<b>Unit Twelve – Diseases and Disorders</b> <ul style="list-style-type: none"><li>STDs</li><li>HIV/AIDS</li></ul>	1, 2, 3, 4, 5, 7