

Marlborough Elementary School Health Education

Grade Level:	Skill Addressed:	Content Addressed:
Kindergarten	<i>Self-Management</i> <ul style="list-style-type: none"> Practicing positive health behaviors and avoiding health risks 	<i>Safety and Injury Prevention</i> <ul style="list-style-type: none"> Car and bus safety Hazards around the home Water and fire safety Playground safety Who can help in the event of an injury
1st Grade	<i>Advocacy</i> <ul style="list-style-type: none"> Supporting, pushing for, and/or arguing for a cause 	<i>Mental and Emotional Health</i> <ul style="list-style-type: none"> Feelings Relationship between feelings and behavior Trusted adults The importance of sleep and rest
2nd Grade	<i>Accessing Information</i> <ul style="list-style-type: none"> Finding the best information, products, and services to improve health 	<i>Optimal Wellness and Disease Prevention</i> <ul style="list-style-type: none"> How germs are transmitted How to prevent the spread of germs
3rd Grade	<i>Analyzing Influences</i> <ul style="list-style-type: none"> Discovering the effect of our family, friends, culture, media, technology, and other factors on health behaviors 	<i>Alcohol, Nicotine, and Other Drugs (ANOD)</i> <ul style="list-style-type: none"> Social impacts of ANOD Household products and appropriate uses Dangers and effects of nicotine and alcohol
4th Grade	<i>Decision Making</i> <ul style="list-style-type: none"> Making positive choices about healthy behaviors 	<i>Healthy Eating</i> <ul style="list-style-type: none"> Limit fat, sugar, and sodium The food groups Benefits of eating healthy Eating in moderation and signs of being full Water consumption
5th Grade	<i>Interpersonal Communication</i> <ul style="list-style-type: none"> Exchanging information, ideas and feelings between people verbally or nonverbally 	<i>Mental and Emotional Health</i> <ul style="list-style-type: none"> Trusted adults Appropriate ways to express feelings Mental and emotional health role models Awareness and sensitivity to feelings Grief Prosocial behaviors
6th Grade	<i>Goal Setting</i> <ul style="list-style-type: none"> The process of taking active steps to achieve your desired outcome 	<i>Physical Activity</i> <ul style="list-style-type: none"> Goal setting process (SMART) Setting a realistic physical activity goal People who can support the physical activity goal Physical, mental, social, and academic benefits of physical activity

Marlborough Elementary School Physical Education

Grade Level:	Skills Addressed:
Kindergarten	<ul style="list-style-type: none"> • Fitness • Throwing (Underhand and Overhand) and Catching • Balance • Tumbling • Volleying • Parachute • Locomotor Movement (Running, Galloping, Skipping, Hopping, Jumping, Sliding/Shuffling) • Fielding • Rolling (Bowling) • Scooters • Kicking • Dribbling (With Feet and With Hands) • Climbing (Trestle Tree) • Striking with Short and Long Objects
1st Grade	
2nd Grade	
3rd Grade	<ul style="list-style-type: none"> • Fitness • Team Building • Throwing and Catching • Striking with Short and Long Objects (Rackets / Golf and Floor Hockey) • Volleying • State of Connecticut Physical Fitness Assessments (Sit and Reach, Curl-Ups, Push-Ups, and One Mile Assessment) • Bowling • Lacrosse • Scooters • Basketball (Dribbling and Shooting) • Soccer (Dribbling and Kicking) • Climbing (Trestle Tree) • Yard Games
4th Grade	
5th Grade	<ul style="list-style-type: none"> • Fitness • Team Building • Throwing and Catching (Ultimate Football and Team Handball) • Striking with Long Objects (Golf and Floor Hockey) • Volleying • State of Connecticut Physical Fitness Assessments (Sit and Reach, Curl-Ups, Push-Ups, and One Mile Assessment) • Bowling • Lacrosse • Scooters • Basketball (Dribbling and Shooting) • Soccer (Dribbling and Kicking) • Climbing (Trestle Tree) • Yard Games
6th Grade	