Marlborough Elementary School Health Education

Grade Level:	Skill Addressed:	Content Addressed:
Kindergarten	*Self-Management* • Practicing positive health behaviors and avoiding health risks	*Safety and Injury Prevention* • 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	*Advocacy* • Supporting, pushing for, and/or arguing for a cause	*Mental and Emotional Health* • Feelings • Relationship between feelings and behavior • Trusted adults • The importance of sleep and rest
2nd Grade	*Accessing Information* • Finding the best information, products, and services to improve health	*Optimal Wellness and Disease Prevention* • How germs are transmitted • How to prevent the spread of germs
3rd Grade	*Analyzing Influences* • Discovering the effect of our family, friends, culture, media, technology, and other factors on health behaviors	*Alcohol, Nicotine, and Other Drugs (ANOD)* • Social impacts of ANOD • Household products and appropriate uses • Dangers and effects of nicotine and alcohol
4th Grade	*Decision Making* • Making positive choices about healthy behaviors	*Healthy Eating* • Limit fat, sugar, and sodium • The food groups • Benefits of eating healthy • Eating in moderation and signs of being full • Water consumption
5th Grade	*Interpersonal Communication* • Exchanging information, ideas and feelings between people verbally or nonverbally	*Mental and Emotional Health* • Trusted adults • Appropriate ways to express feelings • Mental and emotional health role models • Awareness and sensitivity to feelings • Grief • Prosocial behaviors
6th Grade	*Goal Setting* • The process of taking active steps to achieve your desired outcome	*Physical Activity* • 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 **1st Grade** **2nd Grade**	• 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
3rd Grade **4th Grade**	• 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
5th Grade **6th Grade**	• 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