

PPS K-12 HEALTH SCOPE AND SEQUENCE

Teach the Skill → Model the Skill → Functional Knowledge → Practice the Skill → Assess the Skill

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**Opt Out Lessons

^S Spanish; ^F French; ^C Chinese; ^J Japanese; ^R Russian; ^V Vietnamese = Languages available on curriculum website

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Elementary School

Rotation Calendar

September						October						
M	T	W	T	F		M	T	W	T	F		Soft Start
31	1	2*	3	4	Soft Start				1	2	Health #1	Health
	8	9	10	11		5	6	7	8			Science
14	15	16	17	18	Buffer	12	13	14	15	16	Science #1	Buffer
21	22	23	24	25	Health #1	19	20	21	22	23		Holiday
28	29	30				26	27	28	29	30		
November						December						
M	T	W	T	F		M	T	W	T	F		
2	3	4	5		Science #1		1	2	3	4	Health #2	
9	10		12	13		7	8	9	10	11		
16	17	18	19	20	Buffer	14	15	16	17	18		
30					Health #2							
January						February						
M	T	W	T	F		M	T	W	T	F		
				1	Science #2	1	2	3	4	5	Health #3	
4	5	6	7	8		8	9	10	11	12		
11	12	13	14	15		15	16	17	18	19		
18	19	20	21	22		22	23	24	25	26	Science #3	
25	26	27	28	29								

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March						April						
M	T	W	T	F		M	T	W	T	F		
1	2	3	4	5	Science #3				1	2	Health #4	
8	9	10	11	12		5	6	7	8	9		
15	16	17	18	19		12	13	14	15	16		
22	23	24	25	26		19	20	21	22	23	Science #4	
29	30	31			Health #4	26	27	28	29	30		
May						June						
M	T	W	T	F		M	T	W	T	F		
3	4	5	6	7	Science #4		1	2	3	4	Health #5	
10	11	12	13	14		7	8	9	10	11*	Buffer	
17	18	19	20	21	Health #5							
24	25	26	27	28								

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Kindergarten

	Unit 1	Unit 2	Unit 3	Unit 5
K	Mental and Emotional Health <i>Priority Skill: IC - Communication Techniques</i> <i>Secondary Skill: Goal Setting</i> <u>Overcoming Obstacles Sanford Harmony</u> <u>RMC Skill Lesson</u> <u>Listening</u> (Overcoming Obstacles) <u>Listening to Others</u> (Sanford Harmony) <u>Responding to Others</u> (Sanford Harmony) <u>Being Assertive</u> (Sanford Harmony) <u>Fairness</u> (Overcoming Obstacles) <u>Cooperation</u> (Overcoming Obstacles) <u>Loving Every Body + Seesaw</u> (NYC Wellness Wednesdays) <u>Star of the Week and Paper People</u> (Rights, Respect, Responsibility) <u>Assessment</u>	Wellness <i>Priority Skill: Self-Management</i> <i>Secondary Skill: Access Valid and Reliable Resources</i> <u>RMC Skill Lesson</u> <u>Healthy Habits</u> <u>MyPlate</u>^{ACJRSV} <i>First Course - Fun with Food Groups</i> <u>Engage</u> - 5 Food Groups <u>Digging In Part A</u> <u>Digging In Part B</u> <u>Digesting it All</u> Week Long: Extra Helpings (can be done simultaneously with other lessons) <u>NYC - Kindergarten</u> <u>What Does It Mean to Be Healthy?</u> <u>What Does It Mean to Be Sick?</u> <u>What Do We Need to Stay Healthy?</u> <u>Who Helps Us When We Are Sick?</u> <u>Look Back and Learn</u>	Alcohol, Tobacco, and Other Drugs <i>Priority Skill: Access Valid and Reliable Resources</i> <i>Secondary Skill: Decision-Making</i> <u>RMC Health</u> <u>Identify Trusted Adults</u> <u>Green, Red, Yellow Light Scenarios</u> <u>Know “Go-To” Trusted Adults</u> <u>In Case of Emergency</u> <u>Online Safety</u> (Common Sense Media) <u>Safety Rules Review</u> <u>Safety Rules - Poison</u> <u>Poison - Safe/Unsafe Choice</u> <u>GenerationRx</u> <u>Safety Rules - Medicine</u> <u>Candy or Medicine?</u> <u>Medicine - Safe/Unsafe Choice</u> <u>Look Back and Learn</u>	Growth and Development/Violence Prevention <i>Priority Skill: Analyze Influences</i> <i>Secondary Skill: Advocacy</i> <u>RMC Health Lessons</u> <u>What Do I Like?</u> <u>What Is An Influence?</u> <u>Rights, Respect Responsibility (3Rs)</u> <u>Understanding Our Bodies - The Basics**</u> <u>My Space, Your Space</u> <u>Different Kinds of Families</u> <u>FightChildAbuse.org</u> <u>Protect Yourself Rules</u> <u>It Doesn’t Matter Who It Is</u> <u>Stranger Safety</u> <u>Know When to Tell</u>

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First Grade

	Unit 1	Unit 2	Unit 3	Unit 5
1	Mental and Emotional Health Priority Skill: IC - Refusal Skills and Boundary Setting Secondary Skill: Goal-Setting 1: RMC Skill Lesson Overcoming Obstacles 2: Cooperation 3: Resolving Conflict 4: Respect 5: Being Responsible 6: Becoming a Good Friend Beyond Our Neighbors 7: How Can We Make Peace and Solve Conflict in Our Circle? 8: Book Conversation - The Name Jar by: Yangsook Choi 9: Using Your Upstander Toolkit 10: Assessment	Wellness Priority Skill: Self-Management Secondary Skill: Access Valid and Reliable Resources RMC Skill Lesson 1: Healthy Habits 2: Five Food Groups Kids Health Nutrition 3: My Lunch Plate 4: Go, Slow, Woah! Lunchtime Traffic Light 5: Go, Slow, Woah! Continued 6: MyPlate Champion NYC First Grade Lessons 7: Staying Healthy 8: How are Diseases Passed From One Person to Another? 9: What Are Viruses? 10: When We Are Sick, What Can We Do To Get Better? 11: Healthy Me 12: Assessment	ATOD Priority Skill: Access Valid and Reliable Resources Secondary Skill: Decision-Making RMC Health 1. Identify Trusted Adults 2. Green, Red, Yellow Light Scenarios 3. Know "Go-To" Trusted Adults 4. In Case of Emergency 5. Online Safety (Common Sense Media) 6. Safety Rules Review 7. Safety Rules - Poison 8. Poison - Safe/Unsafe Choice GenerationRx 9. Safety Rules - Medicine 10. Candy or Medicine? 11. Medicine - Safe/Unsafe Choice 12. Look Back and Learn	Growth and Development/Violence Prevention Priority Skill: Advocacy Secondary Skill: Analyze Influences RMC Skill Lesson 1: Figure Out the Problem 2: Identify Helpers 3Rs^s 3: The Circle of Life** 4: Gender Roles 5: Friendships FightChildAbuse.org* 6: Protect Yourself Rules 7: It Doesn't Matter Who It Is 8: Stranger Safety 9: Know When to Tell *For Videos and Other Resources: www.fightchildabuse.org

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Second Grade

	Unit 1	Unit 2	Unit 3	Unit 5
2	Mental and Emotional Health <i>Priority Skill: IC - Conflict Resolution and Collaboration</i> <i>Secondary Skill: Goal-Setting</i> <u>Overcoming Obstacles</u> <u>Sanford Harmony</u> 1: <u>RMC Skill Lesson</u> 2: <u>Cooperation</u> (Overcoming Obstacles) 3: <u>Respect</u> (Overcoming Obstacles) 4: <u>Being Inclusive</u> (Sanford Harmony - 5.2) 5: <u>Being Responsible</u> (Overcoming Obstacles) 6: <u>Taking Responsibility</u> (Sanford Harmony - 5.3) 7: <u>Identifying Problems</u> (Sanford Harmony - 4.1) 8: <u>Resolving Conflicts</u> (Overcoming Obstacles) 9: <u>Solving Problems</u> (Sanford Harmony - 4.2) 10: <u>Assessment</u>	Wellness <i>Priority Skill: Decision-Making</i> <i>Secondary Skill: Advocacy</i> <u>RMC Skill Lesson</u> 1: <u>Decision-Making</u> <u>Common Bytes</u> 2: <u>The Chef's Plate</u> 3: <u>Go, Slow, Whoa Foods</u> 4: <u>Fats</u> 5: <u>Healthy Hydration</u> <u>NYC Second Grade Lessons</u> 6: <u>What are Some Healthy Choices Children Make?</u> 7: <u>What Happens When We Get Sick?</u> 8: <u>How Do Germs Spread?</u> 9: <u>How Do People Feel When They Are Sick?</u> 10: <u>Assessment</u>	ATOD <i>Priority Skill: Self-Management</i> <i>Secondary Skill: IC - Boundary Setting/Refusal Skills</i> <u>RMC Health</u> 1. <u>Self-Management</u> 2. <u>Do Something Healthy</u> 3. <u>Make It a Habit</u> 4. <u>Identify Trusted Adults</u> <u>Kids Health</u> 5. <u>Safety Rules for Medicine</u> 6. <u>Smoking</u> <u>RMC Health</u> 7. <u>Self-Management: Emotions</u> 8. <u>Setting Boundaries</u> 9. <u>Refusal Skills</u> 10: <u>Assessment</u>	Growth and Development/Violence Prevention <i>Priority Skill: Analyze Influences</i> <i>Secondary Skill: Decision-Making</i> <u>RMC Skill Lesson</u> 1: <u>What Do I Like? Why?</u> <u>3Rs^s</u> 2: <u>Respect for All</u> 3: <u>Understanding Our Bodies**</u> 4: <u>Bullying Is Never OK</u> 5: <u>Cut it Out! Making Teasing and Bullying Stop</u> <u>FightChildAbuse.org</u> 6: <u>Protect Yourself Rules</u> 7: <u>It Doesn't Matter Who it Is</u> 8: <u>Stranger Safety</u> 9: <u>Know When to Tell</u> *For Videos and Other Resources: <u>www.fightchildabuse.org</u>

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Third Grade

	Unit 1	Unit 2	Unit 3	Unit 5
3	Mental and Emotional Health <i>Priority Skill: Interpersonal Communication - Collaboration</i> <i>Secondary Skill: Goal-Setting</i> 1: RMC Skill Lesson <u>Overcoming Obstacles--</u> <u>Life Skills Curriculum</u> 2: Integrity 3: Having a Positive Attitude 4: Perseverance and Personal Best 5: Cooperation and Teamwork 6: Resolving Conflicts 7: Handling Peer Pressure 8: Becoming a Good Friend 9: Good Citizenship 10: Lend a Hand (from <i>Beyond Our Neighbors</i>) and Assessment	Wellness <i>Priority Skill: Decision-Making</i> <i>Secondary Skill: Advocacy</i> RMC Skill Lesson 1. Decision-Making Common Bytes 2: The Chef's Plate 3: Fruits and Vegetables 4: Protein 5: Whole Grains 6: Healthy Hydration <u>NYC Third Grade Lessons</u> 7: How Do We Catch Germs that Make Us Sick? 8: What Are Healthy Choices that People Can Make? 9: How Can We Get Help When We Have a Problem? 10: Assessment	ATOD <i>Priority Skill: Self-Management</i> <i>Secondary Skill: IC - Boundary Setting/Refusal Skills</i> RMC Health 1. Self-Management 2. Do Something Healthy 3. Make It a Habit 4. Identify Trusted Adults <u>Kids Health</u> 5. Safety Rules for Medicine 6. Smoking RMC Health 7. Self-Management: Emotions 8. Setting Boundaries 9. Refusal Skills 10: Assessment	GD/VP <i>Priority Skill: Analyze Influences</i> <i>Secondary Skill: Interpersonal Communication</i> RMC Skill Lesson 1: Who Am I? <u>3Rs</u> ^s 2: Respect for All 3: Teasing, Harassment, and Bullying 4: Personal Timeline <u>FightChildAbuse.org</u> 5: Protect Yourself Rules 6: It Doesn't Matter Who it Is 7: Stranger Safety 8: Know When to Tell

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Fourth Grade

	Unit 1	Unit 2	Unit 3	Unit 5
4	Mental and Emotional Health Priority Skill: Analyze Influences Secondary Skill: Interpersonal Communication 1: RMC Skill Lesson Dove-- Confident Me 2: Appearance Ideals 3: Media Messages 4: Confront Comparisons Kid's Health 5: Self-Esteem Beyond Our Neighbors 6: Who Is In Your Circle? Health: Cultural Bias, Stereotypes, and the Effects of Boarding Schools Lesson Plan Additional Materials PowerPoint Presentation Chemawa Boarding School Worksheet	Wellness Priority Skill: Decision-Making Secondary Skill: Analyze Influences RMC Skill Lesson 1: Decision-Making Common Bytes 2: The Chef's Plate 3: Nutrition Labels 4: Fruits and Vegetables 5: Protein 6: Whole Grains 7: Healthy Hydration 8: Facts on Fat 9: Make It Count 10: Assessment	ATOD Priority Skill: Self-Management Secondary Skill: Decision-Making RMC Health 1. Self-Management Operation Prevention 2: Session 1 3: Session 2 4: Session 3 5: Sarah's Sister Ask, Listen, Learn 6: The Science Behind the Effects of Alcohol On Your Brain, Part I 7: The Science Behind the Effects of Alcohol On Your Brain, Part II 8: Treat Your Body Like a Top Athlete 9: Informed Students Make Healthier Decisions, Part I 10: Informed Students Make Healthier Decisions, Part II	GD/VP Priority Skill: Access Valid and Reliable Resources Secondary Skill: Advocacy RMC Skill Lesson 1: Identify Characteristics of Trusted Information 3Rs^s 2: Your Body, Your Rights 3: Making Sense of Puberty 4: Figuring Out Friendships 5: Taking a Stand Against Bullying FightChildAbuse.org 6: Protect Yourself Rules 7: Secrets 8: Lesson Removed 9: Smart Choices 10: Tell

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	7: Book Discussion - <i>Each Kindness</i> 8: How Can We Make Peace and Solve Conflict? Health: Language Revitalization Lesson Plan PowerPoint Presentation 9: Book Discussion - <i>The Name Jar</i> and Assessment 10: Reflection			
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Fifth Grade

	Unit 1	Unit 2	Unit 3	Unit 4
5	Mental and Emotional Health <i>Priority Skill: Advocacy</i> <i>Secondary Skill: Goal-Setting</i> <u>Parent Notification and Support Letter</u> 1: <u>RMC Skill Lesson</u> Riding the Waves 12 lessons 2: <u>Get the Attention of a Helper</u> 3: <u>Dealing with Emotions</u> 4: <u>Depression</u> 5: <u>Affirmations</u> 6: <u>Journaling</u> 7: <u>Emotions</u> 8: <u>Self-Talk</u> 9: <u>Feelings</u> 10: <u>Support a Friend</u> 11: <u>Advocate for a Friend</u>	Wellness <i>Priority Skill: Access Valid and Reliable Resources</i> <i>Secondary Skill: Self-Management</i> <u>RMC Skill Lesson</u> 1: <u>Access Valid Resources</u> NYC Disease and Illness (4th Grade Lessons) 2: <u>What Causes Disease?</u> 3: <u>How Can We Help Each Other Make Healthy Choices?</u> 4: <u>How Can We Find Information in the Community?</u> Common Bytes 5: <u>The Chef's Plate</u> 6: <u>Nutrition Labels</u> 7: <u>Fruits and Vegetables</u> 8: <u>Healthy Hydration</u> 9: <u>Make It Count</u> 10: <u>Assessment</u>	ATOD <i>Priority Skill: Goal-Setting</i> <i>Secondary Skill: Access Valid and Reliable Resources</i> <u>RMC Health</u> 1: <u>Goal-Setting, Part 1</u> 2: <u>Goal-Setting, Part 2</u> Ask, Listen, Learn 3: <u>Alcohol and The Brain</u> 4: <u>Alcohol and Your Developing Nervous System</u> 5: <u>Alcohol and Your Developing Cerebellum</u> 6: <u>Alcohol and Your Developing Cerebral Cortex</u> 7: <u>Alcohol and Your Developing Hippocampus</u> 8: <u>Alcohol and Your Developing Hypothalamus</u> 9: <u>Alcohol and Your Developing Medulla</u> 10: <u>Infographic Creation</u> 11: <u>Brain Trivia Game</u> 12: <u>Look Back and Learn</u>	GD/VP <i>Priority Skill: IC - Communication Techniques</i> <i>Secondary Skill: Access Valid and Reliable Resources</i> <u>RMC Skill Lesson</u> 1: <u>Listen to Others</u> Get Real/<u>3Rs</u>^s 2: <u>Relationships and Boundaries</u> 3: <u>Sexual and Reproductive Anatomy</u>^{**} 4: <u>What Is Love Anyway?</u> 5: <u>Being Clear With Your Friends</u> *Additional Resources:: <u>https://3rs.org/3rs-curriculum/3rs-curric-search/</u> <u>FightChildAbuse.org</u> 6: <u>Protect Yourself Rules</u> 7: <u>Secrets</u> 8: <u>Lesson Removed</u> 9: <u>Smart Choices</u> 10: <u>Tell</u>

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				12: Assessment
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Middle School

Sixth Grade

Canvas Build Out: <https://lor.instructure.com/resources/5ab814d6cc3b4b60b6316a163f5d49a9?shared>

	Unit 1	Unit 2	Unit 3	Unit 4
6	<i>Unit 1: Communication</i> <i>Life Skills (6)</i> <u>Overcoming Obstacles</u> SJRVCF <i>*Includes getting to know you activities</i> 0: Communication 1: Who are You? 2: What is Overcoming Obstacles? 3: Working in Teams 4: Setting Expectations 5: Giving and Earning Respect	<i>Unit 2: Self Management</i> <i>Cyberbullying (11)</i> <u>Common Sense Media^s</u> 0: Self Management 1: Finding Balance in a Digital World (6, 1) 2: Digital Media and Your Brain (8, 1) 3: Being Aware of What We Share (8, 2) 4: Who are You Online? (6, 3) 5: Social Media and Digital Footprints (8, 3) 6: My Social Media Life (7, 4) 7: Sexting and Relationships (8, 4) 8: Digital Drama (6, 5) 9: Upstanders and Allies (7, 5)	<i>Unit 3: Decision Making</i> <i>ATOD (12)</i> <u>Project ALERT</u> 0: Decision Making 1: Introduction 2: Consequences of Smoking 3: Drinking Consequences and Alternatives 4: Introduction to Pressure 5: Social Pressures to Use Drugs 6: Resisting Pressures to Use Drugs 7: Practicing Resistance 7 (8A): Prescription Opioids and Heroin	<i>Unit 4: Accessing Information</i> <i>CSE/VP (12)</i> <u>3Rs^s or Get Real</u> 0: Accessing Information 1: Gender Roles and Gender Expectations 2: Change is Good** 3: Sexual and Reproductive Anatomy** 4: Puberty and Reproduction** 5: I am Who I am 6: Liking and Loving** 7: About HIV** 8: Protecting Your Health Staying Safe Online <u>Fightchildabuse.org/</u> BFFHR*

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		10: Responding to Online Hate Speech (8, 5)	8 (9): Resistance Techniques 9 (10): Smoking Cessation 10 (11): Benefits of Not Using Drugs	1: Appreciating Differences 2: Healthy Relationships, Bullying, and Supporting 3: Healthy Relationships and Personal Boundaries 4: Power in Relationships, Sexual Violence, and Personal Power
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Seventh Grade

Canvas Build Out: <https://lor.instructure.com/resources/650744a0ac5c4a7d83151130080379a7?shared>

	Unit 1	Unit 2	Unit 3	Unit 4
7	<i>Unit 1-2: Goal Setting and Decision Making</i> <i>Stress Management/ATOD</i> <i>Botvin's Life Skills*</i> 1: Self-Image and Self-Improvement 2-3: Making Decisions 4: Smoking: Myths and Realities 5: Smoking and Biofeedback 6: Alcohol: Myths and Realities 7: Marijuana: Myths and Realities 8: Advertising 9: Violence and the Media 10-11: Coping with Anxiety 12: Coping with Anger 13: Communication Skills 14-15: Social Skills 16-17: Assertiveness 18: Resolving conflicts		<i>Unit 3: Communication</i> <i>Suicide Prevention</i> <u>Overcoming Obstacles</u>^{SJRVCF} 0: Communication - General 1: Identifying Strengths and Weaknesses 2: Staying Healthy 3: Clarifying Values 4: Avoiding Stereotypes* 5: Understanding the Influence of Microaggressions on Mental Health* <u>Look, Listen, Link</u> 1: Stress & Anxiety 2: Dealing with Stress & Anxiety 3: Teen Depression 4: Suicide Prevention & Skill Practice *Teacher designed	<i>Unit 4: Decision Making</i> <i>CSE/VP</i> <u>3Rs^S or Get Real</u> 1: Gender Roles and Gender Expectations 2: Change is Good** 3: Sexual and Reproductive Anatomy** 4: Puberty and Reproduction** 5: I am Who I am 6: Liking and Loving** 7: Learning About HIV** 8: Protecting Your Health Staying Safe Online <u>BFFHR</u> 1: Intersectionality, Values... 2: Empathy, Values... 3: Values, Consent, and Dating 4: Relationship Boundaries

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Eighth Grade

Canvas Build Out: <https://lor.instructure.com/resources/e505fe1d18e64dfef473c8b3b0f280d8?shared>

	Unit 1	Unit 2	Unit 3	Unit 4
8	<i>Unit 1: Accessing Information</i> <i>Nutrition</i> <u>Common Bytes</u> 8.1 The Chef's Plate 8.2 Whoa, Slow, Go Foods 8.3 Fruits and Vegetables 8.4 Proteins 8.5 Whole Grains 8.6 Healthy Hydration 8.7 Facts on Fat <u>Health: Native Nutrition</u> <u>Lesson Plan</u> Additional Materials <u>Native Nutrition Worksheet</u> <u>Native Nutrition Worksheet Answers</u> <u>PowerPoint Presentation</u> 8.8 Make it Count <u>Nourish Short Videos</u> <u>Food System Tools</u> 1: Introduction <u>Watch Nourish Video</u> (26 min) 2-3: The Story of Food 4-5: Seasonal, Local Food 6: Food Traditions	<i>Unit 2: Analyzing Influences</i> <i>ATOD</i> <u>Health: Cultural Appropriation</u> <u>Lesson Plan</u> Additional Materials <u>Cultural Bias and Cultural Appropriation Presentation</u> <u>Cultural Appropriation Worksheet</u> <u>Structured Academic Controversy</u> Botvin's Life Skills* 1: Making Decisions (1 day) - Lesson 2 2: Smoking: Myths and Realities - Lesson 3 3: Smoking and Biofeedback - Lesson 4 4: Alcohol: Myths and Realities - Lesson 5	<i>Unit 3: Advocacy</i> <i>Healthy Relationships</i> <u>BFFHR*</u> 1: Intersectionality, Gender, and Communication 2: Healthy Relationships and Dating Violence 3: Consent, Boundaries, and Sexual Violence 4: Relationships, Boundaries, and Sexual Violence Or NEST (4) <u>1-2: Media Literacy</u> <u>3: Safety and Healthy Relationships</u> <u>4: Digital Safety and Bystander Skills</u> <i>*Healthy Relationships - Middle School Educator's Toolkit (Loveisrespect.org) Resource + App</i>	<i>Unit 4: Self Management</i> <i>CSE</i> <u>3Rs^s or Get Real</u> 1: Creating a Safe School: Celebrating All 2: The World Around Me 3: Healthy or Unhealthy Relationships? 4: Choose Your Words Carefully 5: We Need to Talk** 6: Talking without Speaking 7: Warning Signs: Understanding Sexual Abuse and Assault 8: Birth Control Basics** 9: Using Condoms Effectively** 10: STD Basics: Reducing Your Risks**

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	7-8: Food and Ecosystems 9-10: Analyzing Food Ads 11-13: School Lunch Health: Native Nutrition Lesson Plan Additional Materials Native Nutrition Worksheet Native Nutrition Worksheet Answers PowerPoint Presentation 14-16: Action Projects	5: Marijuana: Myths and Realities - Lesson 6 6: Advertising - Lesson 7 7: Coping with Anxiety - Lesson 9 8: Assertiveness - Lesson 13	*Consent at Every Age Resource	
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High School

Yearlong Health

Canvas Course: <https://lor.instructure.com/resources/c5a4d847957e48beb4e524ac56146046?shared>

	Unit 1	Unit 2	Unit 3	Unit 4
HS-S1	<i>Unit 1: Welcome and Introduction</i> <i>Relationship Building</i> <i>Get to know You</i> <i>Get to Know Me</i> <u>Lesson Plan</u> <u>Additional Materials</u> <u><i>EU Identity</i></u> <u><i>Iceberg Worksheet</i></u> <u><i>Identity and Health Handout</i></u> <u><i>Expressing Identity tattoo example</i></u> <i>Expectations</i> <i>Yours</i> <i>Mine</i> <i>Classroom Community</i> <i>Syllabus</i> <i>Year-long instruction</i> <i>Time Management</i> <i>Organizational Skills</i> <i>Thinking ahead</i> <i>Keeping your “head in the game”</i>	<i>Unit 2: Accessing Information</i> <i>SEL, Stress, Emotions</i> <i>Suicide Prevention</i> <u><i>Overcoming Obstacles</i></u> <i>Confidence Building</i> <i>Communication Skills</i> <i>Resolving Conflicts</i> <i>Suicide Prevention Curriculum</i> <i>By School</i> <i>What is Health?</i> <i>Maslow’s Hierarchy of Needs</i> <i>Growth and Fixed Mindset</i> <i>Accessing Information</i> <i>Fight/Flight/Freeze</i> <i>Teen Brain</i> <i>ACES</i> <i>Coping</i> <i>Self Esteem</i>	<i>Unit 3: Analyzing Influences</i> <i>Food and Fitness</i> <i>Instructional Materials:</i> <u><i>A Culturally Relevant Nutrition Education</i></u> <u><i>Civil Eats</i></u> <i>Food/Movement and Mood</i> <i>Analyzing Influences--Introduce skill</i> <i>Hunger vs. Appetite</i> <i>Analyzing Influences--Introduce Skill continued</i> <i>Culture</i> <i>Health benefits of food</i> <i>Components of food</i> <i>Analyzing Influences</i> <i>Fad diets</i> <i>Fitness planning</i> <i>Putting it all together</i>	<i>Unit 4: Decision Making</i> <i>Alcohol, Tobacco, and Other Drugs (ATOD)</i> <u><i>Safety First</i></u> <i>Why do people use substances?</i> <i>Decision Making:</i> <i>Terminology- Let’s get on the same page</i> <i>War on drugs- social and personal</i> <i>Addiction in the brain</i> <i>Instant/Delayed gratification</i> <i>Decision Making + Communication</i> <i>Values investigation</i> <i>Values statements</i> <i>“Guest Speakers”</i> <i>(source videos or VOA)</i> <i>Drunk/High Driving</i>

**Opt Out Lessons

^SSpanish; ^FFrench; ^CChinese; ^JJapanese; ^RRussian; ^VVietnamese = Languages available on curriculum website

PPS K-12 HEALTH SCOPE AND SEQUENCE

Teach the Skill → Model the Skill → Functional Knowledge → Practice the Skill → Assess the Skill

	Questionnaire- What do you want to learn this year?	Suicide Prevention		Personal Agreements
	Unit 5	Unit 6	Unit 7	Unit 8
HS-S2	Unit 5: Decision Making Comprehensive Sex Education (Sex Ed Basics) 3Rs^S/P3 Required/Strongly Recommended: Grade 9, Lesson 1: They Love Me... They Love Me Not... Grade 9, Lesson 4: Understanding Gender Grade 9, Lesson 5: Sexual Orientation, Behavior, and Identity: How I Feel, What I Do, and Who I Am Grade 9, Lesson 7: Sexual Decision Making Grade 9, Lesson 8: Planning and Protection: Avoiding or Managing STDs* Grade 9, Lesson 9: What If...?* Grade 9, Lesson 10: STD Smarts*	Unit 6: Communication and Decision Making Violence Prevention UNDER CONSTRUCTION NEST Foundation Power, Oppression Abuse/Dangers of Silence/ Healthy Relationships & Consent When Consent is Lacking Child Sex Trafficking Becoming Critical Consumers Promoting Positivity Porn literacy “The Truth About Porn” Sexual Assault/Sexual Harassment/Laws & Policy	Unit 7: Goal Setting and Advocacy Risk Taking and Disease Prevention Disease prevention: Tips for living longer USA’s most common diseases +prevention Call back to self esteem and personal commitments and growth Asking for help Media Literacy Goal Setting Who are you going to be, how are you going to get there? Advocacy + Goal Setting Independent work Reflection project (wrap up)	Unit 8: OPEN

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PPS K-12 HEALTH SCOPE AND SEQUENCE

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	<i>Grade 9, Lessons 11: Creating Condom Confidence*</i> <i>Grade 10, Lesson 1: Rights, Respect, Responsibility: Don't Have Sex Without Them</i> <i>Visit to the School Based Health Center (Custom Lesson Created by PPS)*</i> <i>Grade 10, Lesson 2: Know Your Options*</i> <i>Optional Lessons:</i> <i>Grade 10, Lesson 3: We All Have Rights</i> <i>Grade 10, Lesson 5: Using Technology Respectfully and Responsibly</i> <i>Grade 12, Lesson 2: My Life, My Decisions*</i> <i>*Opt Out Lessons</i>	<i>Intimate partner violence and dating abuse</i> <i>Overcoming Gender Stereotypes/Norms & Working towards gender equity in relationships</i> <i>Wrap up and final project for the unit</i>		
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PPS K-12 HEALTH SCOPE AND SEQUENCE

Teach the Skill → Model the Skill → Functional Knowledge → Practice the Skill → Assess the Skill

High School: Independent Semesters

High School - Health 1

Canvas Course - <https://lor.instructure.com/resources/addab59c22be433986b5fc2ed5753812?shared>

	Unit 1	Unit 2	Unit 3	Unit 4
HS-H1	<i>Unit 1: Welcome and Introduction</i> <i>Relationship Building</i> <i>Get to know You</i> <i>Get to Know Me</i> <i>Expectations</i> <i>Yours</i> <i>Mine</i> <i>Classroom Community</i> <i>Syllabus</i> <i>Year-long instruction</i> <i>Time Management</i> <i>Organizational Skills</i> <i>Thinking ahead</i> <i>Keeping your “head in the game”</i> <i>Questionnaire- What do you want to learn this year?</i>	<i>Unit 2: Accessing Information</i> <i>SEL, Stress, Emotions</i> <u>Overcoming Obstacles</u> <i>Confidence Building</i> <i>Communication Skills</i> <i>Resolving Conflicts</i> <i>Suicide Prevention Curriculum</i> <i>By School</i> <i>What is Health?</i> <i>Maslow’s Hierarchy of Needs</i> <i>Growth and Fixed Mindset</i> <i>Accessing Information HOW TO</i> <i>Fight/Flight/Freeze</i> <i>Teen Brain</i> <i>ACES</i>	<i>Unit 3: Analyzing Influences</i> <i>Food and Fitness</i> <i>Some Instructional Materials:</i> <u>San Francisco USD</u> <u>A Culturally Relevant Nutrition Education</u> <u>Civil Eats</u> <i>Food/Movement and Mood</i> <i>Analyzing Influences--Introduce skill</i> <i>Hunger vs. Appetite</i> <i>Analyzing Influences--Introduce Skill continued</i> <i>Culture</i> <i>Health benefits of food</i> <i>Components of food</i> <i>Analyzing Influences</i>	<i>Unit 4: Decision-Making</i> <i>Comprehensive Sex Education (Sex Ed Basics)</i> <u>3Rs</u>^s/P3 <i>Required/Strongly Recommended:</i> <i>Grade 9, Lesson 1: They Love Me... They Love Me Not...</i> <i>Grade 9, Lesson 4: Understanding Gender</i> <i>Grade 9, Lesson 5: Sexual Orientation, Behavior, and Identity: How I Feel, What I Do, and Who I Am</i> <i>Grade 9, Lesson 7: Sexual Decision Making</i> <i>Grade 9, Lesson 8: Planning and Protection: Avoiding or Managing STDs*</i> <i>Grade 9, Lesson 9: What If...?*</i> <i>Grade 9, Lesson 10: STD Smarts*</i>

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PPS K-12 HEALTH SCOPE AND SEQUENCE

Teach the Skill → Model the Skill → Functional Knowledge → Practice the Skill → Assess the Skill

		<i>Coping with Stress/Accessing Resilience</i> <i>Self Esteem</i> <i>Suicide Prevention</i>	<i>Fad diets</i> <i>What you can do with the fuel you give yourself:</i> <i>Fitness</i> <i>Fitness planning</i> <i>Putting it all together</i>	<i>Grade 9, Lessons 11: Creating Condom Confidence*</i> <i>Grade 10, Lesson 1: Rights, Respect, Responsibility: Don't Have Sex Without Them</i> <i>Visit to the School Based Health Center (Custom Lesson Created by PPS)*</i> <i>Grade 10, Lesson 2: Know Your Options*</i> <i>Optional Lessons:</i> <i>Grade 10, Lesson 3: We All Have Rights</i> <i>Grade 10, Lesson 5: Using Technology Respectfully and Responsibly</i> <i>Grade 12, Lesson 2: My Life, My Decisions*</i> <i>*Opt Out Lessons</i>
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PPS K-12 HEALTH SCOPE AND SEQUENCE

Teach the Skill → Model the Skill → Functional Knowledge → Practice the Skill → Assess the Skill

High School - Health 2

Canvas Course - <https://lor.instructure.com/resources/addab59c22be433986b5fc2ed5753812?shared>

	Unit 1	Unit 2	Unit 3	Unit 4
HS-H2	<i>Unit 1: Welcome and Introduction</i> <i>Relationship Building</i> <i>Get to know You</i> <i>Get to Know Me</i> <i>Expectations</i> <i>Yours</i> <i>Mine</i> <i>Classroom Community</i> <i>Syllabus</i> <i>Year-long instruction</i> <i>Time Management</i> <i>Organizational Skills</i> <i>Thinking ahead</i> <i>Keeping your “head in the game”</i> <i>Questionnaire- What do you want to learn this year?</i>	<i>Unit 2: Goal Setting and Advocacy</i> <i>Risk Taking and Disease Prevention</i> <i>Disease prevention: Tips for living longer</i> <i>USA’s most common diseases +prevention</i> <i>Call back to self esteem and personal commitments and growth</i> <i>Asking for help</i> <i>Media Literacy</i> <i>Goal Setting</i> <i>Who are you going to be, how are you going to get there?</i> <i>Advocacy + Goal Setting</i> <i>Independent work</i> <i>Reflection project (wrap up)</i>	<i>Unit 3: Decision Making</i> <i>Alcohol, Tobacco, and Other Drugs (ATOD)</i> <u>Safety First</u> <i>Why do people use substances?</i> <i>Decision Making:</i> <i>Terminology- Let’s get on the same page</i> <i>War on drugs</i> <i>Addiction in the brain</i> <i>Instant/Delayed grat.</i> <i>Decision Making + Communication techniques</i> <i>Values investigation</i> <i>“Guest Speakers”</i> <i>Personal experiences with drug use (source videos or VOA)</i> <i>Drunk/High driving</i> <i>Personal Agreements</i>	<i>Unit 4: Communication and Decision Making</i> <i>Violence Prevention</i> <i>UNDER CONSTRUCTION</i> <i>NEST Foundation</i> <i>Power, Oppression</i> <i>Abuse/ Silence</i> <i>Healthy Relationships</i> <i>When Consent is Lacking</i> <i>Child Sex Trafficking</i> <i>Critical Consumers</i> <i>Promoting Positivity</i> <i>Porn literacy</i> <i>Sexual Assault/Sexual Harassment/Laws-Policy</i> <i>Intimate partner violence</i> <i>Overcoming Gender Stereotypes</i> <i>Wrap up and final project</i>

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