

SEATTLE PUBLIC SCHOOLS
Health & Fitness Scope & Sequence

Four skill sets are interwoven within the Seattle School District's scope and sequence topics. Some topics require special emphasis and inclusion of these skill sets and are marked for emphasis in this way:
 🚩 = Decision Making Skills, 🧘 = Coping Skills, 🗣️ = Communication Skills, and 🎯 = Goal Setting Skills. **Color highlighted text** indicates core or priority health topics. Teach these topics first, prior to teaching other topics listed.

GRADE	INJURY PREVENTION & SAFETY	NUTRITION	GROWTH & DEVELOPMENT	FAMILY LIFE & RELATIONSHIPS	DISEASE PREVENTION & CONTROL	SUBSTANCE USE PREVENTION	CONSUMER HEALTH	MENTAL & EMOTIONAL HEALTH	ENVIRONMENTAL HEALTH	FITNESS	GRADE
K	<ul style="list-style-type: none"> Safe behaviors/equipment - water, bike, seatbelts, home alone 🚩 Safe touch Identify trusted adult 🧘🗣️ Calling 911 Fire prevention Earthquake preparedness 	<ul style="list-style-type: none"> Healthy breakfast 🗣️ Food Guide Pyramid Food groups Fruits and vegetables Portion size 	<ul style="list-style-type: none"> Personal health goals - food, weight, body image Handwashing Body parts Teeth and gums Life cycle 	<ul style="list-style-type: none"> What families look like - culture, composition Living in a family Special family situations, i.e., new baby, divorce, adoption, illness, chemical dependency, alcoholism, others How parents keep families healthy 	<ul style="list-style-type: none"> Personal health & hygiene Positive health habits/practices Universal precautions Community health care providers School screenings/ School nurse visit Immunization 	<ul style="list-style-type: none"> Helpful/harmful drugs 🗣️ Drug safety Prescription and OTC Mr. Yuk 	<ul style="list-style-type: none"> People that work to keep us well Self-care skills, self responsibility Products that keep us healthy Brand names giving status 	<ul style="list-style-type: none"> What are emotions? Showing my emotions - grief and loss 🗣️ Problem solving Coping skills- anger management 🧘 Social skills - respect self & others, show empathy, responsibility Positive outlook Exclusion Bullying Name calling/teasing 	<ul style="list-style-type: none"> What is the environment? What is pollution? Helping the environment - litter control, making it prettier Health information sources 🗣️ 	<ul style="list-style-type: none"> Fitness goals Good sportsmanship Resources home/school/ play Identify fitness/health activities 	K
1	<ul style="list-style-type: none"> Identify trusted adult, persevere to find 🗣️🗣️ Safe touch 911 Rules for safe play Awareness of danger, including strangers Communicating with adults 🗣️ Safe behaviors/equipment 🚩 	<ul style="list-style-type: none"> Healthy food = Healthy body = Growth Healthy foods, snacks, tastes 🗣️ Food Guide Pyramid - number & sizes of servings 	<ul style="list-style-type: none"> Information we get from senses - eyes & ears Relationship of sleep, exercise, and food to growth Personal goals 🗣️ Internal body organs Motor movements, control, skeletal system School nurse visit Life cycle 	<ul style="list-style-type: none"> How and why families change How family members help each other & stay healthy Special family situations Grief and loss 🗣️ Friendship Cooperative play skills Family structures Family rules Turn-taking 	<ul style="list-style-type: none"> Introduction to germs, antibodies and immunity Healthy habits Self-care, responsibility Universal precautions 🗣️ Immunization Screening in school Hygiene Do's and don'ts if sick 	<ul style="list-style-type: none"> Alcohol, nicotine and caffeine as potentially harmful drugs Secondhand smoke Refusal skills 🗣️ Peer pressure 🗣️ 	<ul style="list-style-type: none"> Advertising about health - TV, magazines, etc. Asking for help from health care workers Reviewing safe and unsafe health ads and products Finding health information Brand name issues 	<ul style="list-style-type: none"> Problem solving/Conflict resolution Coping skills 🧘 Talking about feelings/emotions What's special about me and others Assertiveness 🗣️ Anger management Positive outlook Small group, team, spectator behaviors Body language 🗣️ Put ups/Put downs Exclusion Bullying Name calling/teasing 	<ul style="list-style-type: none"> Healthy planet = Healthy kids Weather/ appropriate dress 🗣️ Recycling Clean air/water pollution Fighting pollution in our community Litter control Sun safety 	<ul style="list-style-type: none"> Healthy activity choices Fitness goals 🗣️ Strong muscles and bones 	1

Health/Fitness Frameworks Team Members

Brian Gaynor, Highland Park Elementary School
 Susan Grant, Ingraham High School

Pamela Hillard, Health Education Program Manager





Mary Ann Horn, Olympic Hills Elementary School
 Connie Coffman-Hobson, Roosevelt High School




































Margo Harris, Project Coordinator

Carolyn Murphy, Olympic Hills Elementary School
 Nickie McDonald, Nathan Hale High School





Michael Starosky, Asa Mercer Middle School









































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GRADE	INJURY PREVENTION & SAFETY	NUTRITION	GROWTH & DEVELOPMENT	FAMILY LIFE & RELATIONSHIPS	DISEASE PREVENTION & CONTROL	SUBSTANCE USE PREVENTION	CONSUMER HEALTH	MENTAL & EMOTIONAL HEALTH	ENVIRONMENTAL HEALTH	FITNESS	GRADE
2	<ul style="list-style-type: none"> Seek adult help until help is found   Safe touch 911 Home safety Safe and responsible behaviors/equipment  Behavior toward strangers Safe & unsafe messages Recognizing risk 	<ul style="list-style-type: none"> Personal food choices - ethnic choices  Food Guide Pyramid Food labels Digestive system 	<ul style="list-style-type: none"> Time line of growth – lifespan Brain & thinking Bones & muscles together Hereditary traits Relationship of food and body energy Life cycle 	<ul style="list-style-type: none"> Friendship Family structures Positive interactions with people - getting along   Hereditary traits Responsibilities of family members Family routines Special family situations 	<ul style="list-style-type: none"> Illness vs. wellness Self-care behavior  Universal precautions Health behavior goals  Hygiene Communication of germs Care when sick Drugs that can help us School screening/ School nurse visit 	<ul style="list-style-type: none"> What are drugs Legal vs. illegal drugs Effects of drugs Why some people choose to use harmful drugs  	<ul style="list-style-type: none"> Watching TV and making good choices  Grocery store: food displays, food choices Health care providers and advisors Truth in advertising Community safety rules Brand name issues 	<ul style="list-style-type: none"> Problem solving/Conflict resolution   Coping skills  Physical signs of emotions Causes of emotions - pleasant & unpleasant Respecting differences Empathy Anger management Friendship Dealing with fear  Exclusion Bullying Name calling/teasing 	<ul style="list-style-type: none"> Kids and sources of pollution, i.e. noise & hearing Sun safety Interdependence of life - food chain Environment effects community health 	<ul style="list-style-type: none"> Fitness benefits of healthy activity/fitness choices   Home/school health/fitness plan   Sports safety equipment at home and school 	2
3	<ul style="list-style-type: none"> Identify trusted adult, persevere to find   Safe touch 911 Recognizing safe/unsafe environments  	<ul style="list-style-type: none"> Feeding the brain Choosing snacks Food Guide Pyramid Nutrients Balanced meals Food for muscles Food labels Safe food handling 	<ul style="list-style-type: none"> Relationship of food and growth Personal health goals  Body systems & their relationship Physical development Life cycle 	<ul style="list-style-type: none"> Family roles – siblings, grandparents, babies, parents Understanding and tolerance Special family situations 	<ul style="list-style-type: none"> Risk reduction skills  Health behavior goals Hygiene Vaccines and medicines Communicable & non-communicable diseases 	<ul style="list-style-type: none"> Refusal skills  Use vs. abuse of drugs, including alcohol Types of drugs Consequences of drug use – social, legal 	<ul style="list-style-type: none"> Making decisions about health products  Finding health information Brand name issues TV/Video games/Internet habits Advertising strategies 	<ul style="list-style-type: none"> Pride in culture/heritage Recognizing personal skills, talents Problem solving/Conflict resolution    Stress signals/ Coping skills  Seeking help until help is found Friendship skills  Respecting differences Social responsibility & peer pressure   Anger management Exclusion Bullying Name calling/teasing 	<ul style="list-style-type: none"> Keeping the school environment healthy  Use of resources Pesticides Media messages Positive interactions with environment 	<ul style="list-style-type: none"> Exercise routine Energy for fitness Healthy decisions  Personal health/fitness goals  	3



























































































































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4	<ul style="list-style-type: none"> Recognizing risky situations  Safe behaviors  Prevention skills - First aid kit 	<ul style="list-style-type: none"> Dietary choices – cultural, religious, economic, vegetarian, medical, others  Food Guide Pyramid Fitness benefits Nutrients 	<ul style="list-style-type: none"> Body image Disabilities Structure /function of body systems Growth at the cellular level - energy Effect of nutrition on growth Physical, emotional, intellectual, and social changes Life cycle 	<ul style="list-style-type: none"> Celebrating family culture & tradition Special family situations Grief and loss  Friendship  	<ul style="list-style-type: none"> Prevention skills, including stress management   Communicable & non-communicable diseases Risk definition Personal hygiene 	<ul style="list-style-type: none"> Refusal skills   Effects of drug use on body function Consequences of drug use   	<ul style="list-style-type: none"> Media messages and personal choice  Brand name issues Creating persuasive messages Interpretation of information from health product packages 	<ul style="list-style-type: none"> Harmful vs. helpful stress Problem solving/Conflict resolution   Seeking help Relationship building Social skills Expressing emotions Positive outlook   Empathy Anger management Respect for self and others  Body image  Exclusion Bullying Name calling/teasing 	<ul style="list-style-type: none"> Keeping the community healthy: local issues, local agencies, local action 	<ul style="list-style-type: none"> Daily health/fitness goals/habits  Elements and benefits of fitness Fitness monitoring Sports rules and safety procedures Fitness vocabulary 	4
5	<ul style="list-style-type: none"> Personal safety, exploitation, safe touch    Personal safety and the Internet  Safe behaviors  Common accidents Earthquake/ Disaster preparedness First aid skills 	<ul style="list-style-type: none"> Food Guide Pyramid Shopping tips Meal planning & cooking Nutritional guidelines Dietary analysis 	<ul style="list-style-type: none"> Puberty Structure of body systems Physical, emotional, intellectual, and social changes Dental health Body image Brain and thinking Life cycle 	<ul style="list-style-type: none"> Changing family relationships Coping with family problems  Family communication  Special family situations Family structures 	<ul style="list-style-type: none"> HIV/AIDS Universal precautions   Prevention/ screening at school Communicable/ non-communicable disease Genetics 	<ul style="list-style-type: none"> Refusal skills - role play  Consequences of drug use   Media influences Short- and long-term impacts of nicotine Inhalants 	<ul style="list-style-type: none"> Media messages  Brand name issues TV/Video games/ Internet habits  Health products and services providers Traditional and alternative health practices  Health fraud 	<ul style="list-style-type: none"> Responsible choices & consequences Problem solving/Conflict resolution Stress signs/coping skills Seeking help Communication skills  Emotions in media Emotions affect decisions Positive personality traits   Body image  Anger management Exclusion Bullying Name calling/teasing 	<ul style="list-style-type: none"> Interactions of health & environment Safety of food products Pollution control methods Health agencies & products 	<ul style="list-style-type: none"> Lifestyle assessment   Types of body fitness Health/fitness strategies - equipment measurements Fitness assessment/ standards 	5





































































SEATTLE PUBLIC SCHOOLS
Health & Fitness Scope & Sequence

Four skill sets are interwoven within the Seattle School District's scope and sequence topics. Some topics require special emphasis and inclusion of these skill sets and are marked for emphasis in this way:
 = Decision Making Skills,  = Coping Skills,  = Communication Skills, and  = Goal Setting Skills. **Color highlighted text** indicates core or priority health topics. Teach these topics first, prior to teaching other topics listed.

GRADE	INJURY PREVENTION & SAFETY	NUTRITION	GROWTH & DEVELOPMENT	FAMILY LIFE & RELATIONSHIPS	DISEASE PREVENTION & CONTROL	SUBSTANCE USE PREVENTION	CONSUMER HEALTH	MENTAL & EMOTIONAL HEALTH	ENVIRONMENTAL HEALTH	FITNESS	GRADE
6	<ul style="list-style-type: none"> Identifying and responding to harassment  Personal safety and the Internet  Living safely Earthquake/ Disaster preparedness  Gangs and violence  	<ul style="list-style-type: none"> Food Guide Pyramid Five A Day   Hunger - locally & globally 	<ul style="list-style-type: none"> Interrelationship of body systems Puberty Reproductive system Immune system Circulatory system Disabilities Life cycle   	<ul style="list-style-type: none"> Making friends  Understanding harassment  Cliques  Abstinence   	<ul style="list-style-type: none"> Behavior choices to reduce risk  Common communicable diseases (local & global) HIV/AIDS Allergies Asthma 	<ul style="list-style-type: none"> Drug use and impact on body systems Reasons why some people use & abuse drugs    Nicotine Alcohol Marijuana Inhalants 	<ul style="list-style-type: none"> Quality information sources  TV/Video games/ Internet habits  Prescription & OTC labels and directions Health care providers 	<ul style="list-style-type: none"> Peer pressure  Refusal skills  Understanding our emotions  Stress - physiological effects, coping  Decision-making process  Sadness & depression  	<ul style="list-style-type: none"> Service learning project    Caring for our planet  School and community recycling  	<ul style="list-style-type: none"> Benefits of exercise Good sportsmanship   Sports injuries & prevention Food choices  Stress reduction activities  Performance compared to national norms 	6
7	<ul style="list-style-type: none"> CPR First aid Home alone safety Babysitting Personal safety and the Internet  Recreational safety Sound health care practices  	<ul style="list-style-type: none"> Reading food labels Healthy & unhealthy eating patterns  Food and body image Breakfast choices  Cooking skills 	<ul style="list-style-type: none"> Reproductive system Changes during puberty Contraception   Respiratory and circulatory system Life cycle   	<ul style="list-style-type: none"> Body image Family communication  Preventing harassment  Abstinence    Dating  Family roles 	<ul style="list-style-type: none"> Self-care (handwashing, hygiene, sleep, nutrition, exercise) HIV/AIDS Eating disorders Reducing the risk of heart disease Hereditary diseases and screening Immunization 	<ul style="list-style-type: none"> Pressures to use/abuse drugs    Nicotine Alcohol Marijuana Inhalants Drug laws and enforcement agencies Community resources 	<ul style="list-style-type: none"> Media literacy   TV/Video games/ Internet habits  Health information evaluation Implications of being a consumer  Managing money  	<ul style="list-style-type: none"> Implications of making safe & healthy decisions  Influence of peer pressure on choices & decisions   Anger management    Stress  Conflict resolution skills   Peer mediation   Values & emotions 	<ul style="list-style-type: none"> Environmental impacts on health Service learning project    School/home assessment Second hand smoke Cosmetics – product safety, animal testing  Food product safety 	<ul style="list-style-type: none"> Daily fitness plan  Personal fitness monitoring and recording  Mental, emotional, physical benefits of exercise Sports injuries & prevention Food choices  Stress reduction activities  	7
8	<ul style="list-style-type: none"> Accident prevention Personal safety and the Internet  EMT services and EMT professionals Earthquake/ Disaster preparedness   Home evacuation plan 	<ul style="list-style-type: none"> Factors that influence food choices  Media influences  Cooking skills Healthy snacks Food choices  Impact on body performance 	<ul style="list-style-type: none"> Contraception   Community health services Reproductive system Learning styles Disabilities Life cycle   	<ul style="list-style-type: none"> Healthy relationships  Consequences of healthy/unhealthy relationships   Abstinence    Family values Preventing harassment  	<ul style="list-style-type: none"> Sexually transmitted diseases   HIV/AIDS Dental health 	<ul style="list-style-type: none"> Health/legal/social implications of nicotine & alcohol use   Short-term consequences of drug use and abuse  Steroids  Legal implications of drug use & abuse Medical use of drugs 	<ul style="list-style-type: none"> Analyzing & creating media messages   Communicating with health care providers  TV/Video games/ Internet habits  Health information research Delivering media messages  Alternative health care 	<ul style="list-style-type: none"> Refusal skills  Stress management  Anger management    Empathy Decision making skills  Communication skills  Conflict resolution skills   Peer mediation   Values & emotions 	<ul style="list-style-type: none"> Service learning project    Environmental risk assessment – home, school, community 	<ul style="list-style-type: none"> Daily fitness plan  Fitness assessment and goal setting  Benefits of exercise Sports injuries & prevention Food choices  Stress reduction activities  Steroids  	8

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GRADE	INJURY PREVENTION & SAFETY	NUTRITION	GROWTH & DEVELOPMENT	FAMILY LIFE & RELATIONSHIPS	DISEASE PREVENTION & CONTROL	SUBSTANCE USE PREVENTION	CONSUMER HEALTH	MENTAL & EMOTIONAL HEALTH	ENVIRONMENTAL HEALTH	FITNESS	GRADE
9	<ul style="list-style-type: none"> • Cycle of violence/domestic violence   • Sexual harassment, date rape, verbal/emotional/physical abuse   • Recreational safety • First-aid skills • Accessing community information  • Suicide signs & prevention • Emergency preparedness plan/home & school  	<ul style="list-style-type: none"> • Digestive system • Food Guide Pyramid • Nutrition and disease prevention • Relationship of food to physical performance • Food and body image • Cultural eating practices • Nutrients • National Dietary Guidelines • Dietary analysis  	<ul style="list-style-type: none"> • Reproductive system • Sexual orientation • Stages of pregnancy & birth • Reproductive health care and community services  • Disabilities • Gender roles • Prenatal care • Fetal development • Life cycle 	<ul style="list-style-type: none"> • Healthy/unhealthy relationships   • Abstinence   • Stages of intimacy • Methods of contraception • Pregnancy options  	<ul style="list-style-type: none"> • Symptoms & treatment of STDs • Immune system • Communicable & non-communicable diseases • Dental health • HIV/AIDS • Integumentary system/skin care • Disease prevention 	<ul style="list-style-type: none"> • Nervous system • Neurobiology of addiction • Media influence on drug use • Community resources/services  • Drug & alcohol laws • Effects of substance abuse • Treatment 	<ul style="list-style-type: none"> • School linked health care services  • Media affects: self-image, choices & health practices  • Health care costs • Health-related products, services & equipment  • Health related current events 	<ul style="list-style-type: none"> • Positive and negative effects of stress • Stress management plan  • Conflict management  • Peer mediation  • Values & emotions    	<ul style="list-style-type: none"> • Environmental hazards in the home • Healthy/unhealthy environments  • Environmental pollution 	<ul style="list-style-type: none"> • Cardiovascular & respiratory system • Muscular/skeletal system • Fitness plan  • Nutrition influences on physical performance  • Flexibility, strength, endurance exercises • Requirements for career areas 	9
10	<ul style="list-style-type: none"> • Safe environments – home, school, community • First-aid skills • Emergency preparedness plan  • Safety procedures for physical activities 	<ul style="list-style-type: none"> • Dietary analysis using national guidelines  • Food Guide Pyramid • Food and performance/body composition • Eating disorders 	<ul style="list-style-type: none"> • Pregnancy/Fetal development • Locating & accessing health care  • Life cycle • Hereditary factors that affect health • Sexual orientation • Gender roles 	<ul style="list-style-type: none"> • Abstinence   • Methods of contraception • Health/Unhealthy relationships 	<ul style="list-style-type: none"> • Sexually transmitted diseases • Personal health practices  • Public Policy • HIV/AIDS 	<ul style="list-style-type: none"> • Effects of nicotine, alcohol, other drugs   • Dependence/Addiction symptoms • Drug laws 	<ul style="list-style-type: none"> • Evaluation of fitness facilities - cost/quality  • Accessing accurate/useful health information  • Media influence 	<ul style="list-style-type: none"> • Stress management plan   • Safe & respectful relationships  • Conflict management   • Appropriate emotional response  	<ul style="list-style-type: none"> • Public policies • Impact of the environment on health • Accuracy & usefulness of environmental health information  	<ul style="list-style-type: none"> • Movement principles and skills • Fitness plan  • Health & fitness requirements for occupations/careers of interest 	10
Post-Mast.	<ul style="list-style-type: none"> • First-aid/CPR training • Emergency preparedness plan  • Sports safety 	<ul style="list-style-type: none"> • Cross cultural dietary awareness • Lifelong nutritional practices   	<ul style="list-style-type: none"> • Reproductive health care  • Stages of pregnancy, birth, & early childhood • Birth defects • Life cycle 	<ul style="list-style-type: none"> • Abstinence  • Methods of contraception • Family support/community resources  • Historical and cultural influences on relationships 	<ul style="list-style-type: none"> • STDs  • Control of disease (locally and globally) • Disease information resources  • HIV/AIDS • Public Policy 	<ul style="list-style-type: none"> • Dependence/addiction, effects on relationships, family & work   • Treatment options  	<ul style="list-style-type: none"> • Health insurance - types, costs, evaluation of benefits  • Accessing health care  • Health care options (allopathic, alternative)  	<ul style="list-style-type: none"> • Stressors applicable to life stages • Stress management plan   • Conflict management   • Peer mediation  	<ul style="list-style-type: none"> • Global effects of health policies • Human choices/behaviors affect the environment  • Environmental improvement action plan   	<ul style="list-style-type: none"> • Lifelong fitness program for leisure and employment   • Interview/job shadow/internship health careers 	Post-Mast.