

**Fraser Public Schools**  
**Elementary Health Curriculum Content**  
**First – Sixth Grade**

Grade Level	Establishing Healthy Behaviors	Promoting Health and Safety	Understanding Body Systems
<b>First Grade</b>	Respect and courtesy for self, friends and others Families Listening Skills Feelings	Preventing the spread of germs Poison, pedestrian, fire and seat belt safety Emergency phone calls and procedures Health helpers and food pyramid Safe and unsafe drugs/poisons	Introduction to our body systems 5 Senses Understanding allergies Rest, Sleep, Exercise Dental and personal hygiene
<b>Second Grade</b>	Friends and friendship Understanding violence (Meanness)	Healthy habits, snacks and nutrition Safe use of medicines Say "no" to unhealthy choices	The senses of sight and hearing Allergies Sheep Eye Dissection Respect for hearing and vision impairments
<b>Third Grade</b>	Safe behaviors to stay well Understanding violence Self-Control Positive friendships Resolving conflicts	Safe and unsafe drugs/use of medicine Effects of nicotine and tobacco and saying "no" Safety at home after school Bicycling safety Nutrition	Understanding body systems Understanding immune system Understanding differences
<b>Fourth Grade</b>	Self-control through listening Friendship Preventing and avoiding violent situations Resolving Conflicts	Drug awareness and effects on the body Communicable and non-communicable diseases Advertising Preventing the spread of blood borne pathogens Nutrition and food labels	The function of body cells The digestive systems Allergies
<b>Fifth Grade</b>	Positive relationships Decision-making Refusal skills Victims, bystanders, bullies Helping resources Resolving Conflicts	Personal and internet safety Effects of nicotine, inhalants, marijuana and alcohol Advertising Nutrition	Respiratory system Exercise and rest Allergies Hygiene Sheep lung dissection Maturation of boys and girls
<b>Sixth Grade</b>	Positive relationships Bullying Refusal Skills Resolving Conflicts Decision Making	Gateway and prescription drugs Safety review Understand and preventing HIV/Aids Advertising Internet safety Nutrition	Immune and circulatory system Sheep heart dissection Hygiene, Stress, Exercise and Rest Maturation of boys and girls