

LEARN TOGETHER	
Foundations of Wellness	<ul style="list-style-type: none"> Describe and analyze the three components of wellness: physical, social, and mental/emotional Reflect on personal levels of well-being
Decisions, Decisions!	<ul style="list-style-type: none"> Identify ways that decisions they make now impact their future Apply a decision-making model to various authentic scenarios
Ready, Set, Goal!	<ul style="list-style-type: none"> Develop or adapt a personal wellness goal Practice goal-setting skills to improve physical, social, or mental/emotional wellness
EAT TOGETHER	
What's the Pattern?	<ul style="list-style-type: none"> Understand how food choices can help contribute to our good health Learn how balance, variety, and serving size help contribute to healthy eating patterns Analyze their own eating patterns They are introduced to the "puzzle pieces" of balance, variety, and appropriate amount.
Nutrient Detectives	<ul style="list-style-type: none"> Explain what a nutrient is Learn how different nutrients help the body in different ways Conduct research to learn about a specific nutrient Create a project that teaches other classmates about their nutrient Identify amounts of different nutrients from a Nutrition Facts label
Food for Thought	<ul style="list-style-type: none"> Understand how calories are used for energy Investigate how our food choices are influenced by social and cultural norms, values, settings, and personal preferences
PLAY TOGETHER	
Keep It Moving	<ul style="list-style-type: none"> Identify benefits of physical activity Calculate heart rates before and after physical activity Develop an argument to persuade someone to be physically active
Plan to Move	<ul style="list-style-type: none"> Explore why the body needs physical activity Categorize and rank types of physical activities and the benefits of each Create a personal seven-day physical activity plan
Jump Through Hoops (3-5 only)	<ul style="list-style-type: none"> Identify possible obstacles that could prevent someone their age from being physically active for at least 60 minutes each day Generate solutions and choices to help imaginary kids overcome obstacles to being physically active for at least 60 minutes each day Identify a goal for being physically active for 60 minutes each day Create an action plan to help measure and track their physical activity goal