



CURRICULUM OUTLINE

Unit + Lesson Plans	Summary	Learning Objectives
EVERY PART COUNTS		
<ol style="list-style-type: none"> 1. What Is Wellness? 2. Thoughts & Feelings 3. Every Choice Counts 4. Be Your Own Goalie 	<p>Students learn about the different components that contribute to overall wellness: physical, social, and mental and emotional health. Each part is important, and every part counts!</p>	<ul style="list-style-type: none"> • Define the term “wellness.” • Explain how emotional, mental, physical and social health are all important components that complement and connect to one another. • Understand that wellness is interconnected. • Demonstrate how to get healthy and stay healthy using multiple strategies. • Reflect on healthy behaviors and practices to avoid and reduce health risks.
EVERY BITE COUNTS		
<ol style="list-style-type: none"> 1. Fill Your Plates 2. Food Scientists 3. Eat to the Beat 	<p>Students are introduced to the MyPlate concept, the five food groups, and the vital nutrients we get from a variety of foods. Through fun, science-based activities they learn that everything you eat and drink matters.</p>	<ul style="list-style-type: none"> • Learn about the MyPlate concept and recommendations, the five food groups, and key nutrients found in different foods. • Identify different types and sources of information pertaining to health. • Understand concepts that promote health and prevent disease. • Make and reflect on goals related to personal health. • Advocate for personal, family and community health.
EVERY MOVE COUNTS		
<ol style="list-style-type: none"> 1. Big Goals, Mini Goals 2. Desk Exercises 3. Multicultural Movement 	<p>Students learn that physical activity is a critical part of wellness, and that when it comes to activity choices, there’s something for everyone! They track goals for daily physical activity and are encouraged to develop healthy exercise habits as part of an active lifestyle.</p>	<ul style="list-style-type: none"> • Define “physical activity” and its importance for everyday health. • Identify three basic types of physical activity and the importance it has on mental health. • Complete and analyze a personal calendar to track physical activity. • Set personal goals that incorporate physical activity. • Advocate for personal, family and community health.