

LESA
Health Education, 2006-2007
Scope and Sequence

STRAND	GRADE LEVEL ASSESSED										
	PreK	K	1	2	3	4	5	6	7	8	
Functions and Interrelationships of Systems											
Structure and Functions of the Body											
	Sensory System	X	X	X		X					
	Muscular System	X	X	X	X		X		X		
	Skeletal System	X	X	X	X		X		X		
	Integumentary System (Skin)				X	X		X		X	
	Circulatory/Cardiovascular System	X	X	X	X		X		X		
	Respiratory System	X	X	X			X		X		
	Nervous System							X		X	
	Digestive System					X			X		
	Urinary System							X		X	
	Endocrine System							X		X	
	Reproductive System	X	X		X	X	X	X		X	
	Lymphatic-Immune System							X		X	
	System Interactions and Interrelationships							X	X	X	
Health Maintenance and Enhancement											
Personal and Family Health											
	Personal Health & Hygiene	X	X	X	X	X	X	X		X	
	Preventive Care	X	X	X		X				X	
	Growth and Development	X	X	X	X	X	X	X		X	
	Health and Skill Related Fitness	X	X	X	X	X	X	X	X		
Nutrition											
	Essential Nutrients Throughout Life cycle						X		X		
	Food Pyramid	X	X	X	X	X	X		X		
	Balance, Variety and Moderation	X	X	X	X	X	X	X	X		
	Healthy Body Image				X	X	X	X	X		X
	Food Labels			X	X	X		X	X		
	Food Safety	X	X	X			X		X		
	Food Energy and Physical Activity			X	X		X		X		
Social Responsibilities											
Building Healthy Relationships											
	Communication Skills	X	X	X	X			X			
	Family Relationships	X	X	X	X			X			
	Peer Relationships	X	X	X	X			X			X
	Authority Figure Relationships							X			X
	Conflict Resolution	X	X	X				X	X		X

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Life Management Skills											
Decision Making	X	X	X	X	X					X	
Problem Solving	X	X	X	X			X			X	
Goal Setting			X	X			X			X	
Peer Pressure							X		X		
Character Education		X		X	X	X	X		X		
Coping Skills				X			X		X		
Stress Management			X				X		X		
Violence Prevention/Intervention	X	X	X	X	X	X	X	X			
Harassment/bullying & Cultural Influences	X	X	X	X	X	X	X	X			
Consumer Health and Safety											
Media Influence on Health Habits and Decisions				X						X	
Consumer Rights and Issues										X	
Community Services	X	X			X					X	
Health Care Systems & Careers										X	
Risk Assessment and Reduction											
Disease Prevention and Control											
Communicable vs. Non-Communicable Diseases	X	X	X	X		X			X		
Body Defenses and Recovery	X	X	X			X			X		
Types of Pathogens and Transmission						X	X		X		
Adolescent Health Issues									X		
Sexually Transmitted Infections									X		
HIV/AIDS Prevention Education	X	X	X	X					X		
Abstinence									X		
Management and Prevention of Disease(s)									X		
Historical Perspective									X		
Injury Prevention and Safety											
Safety Conditions at Home, School, and Community	X	X	X	X	X	X	X				
First Aid Procedures	X	X	X	X			X			X	
Activity-Related Injuries and Conditions	X	X	X	X				X			

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Substance Education											
	Safe and Unsafe Substances	X	X	X	X			X			
	Purposes and Guidelines for Prescription, OTC Drugs, and Other Natural Substances	X	X	X	X			X			X
	Illegal Substances										X
	Effects on the Body	X	X	X	X			X			X
	Factors Affecting Use vs. Non-use							X			X
	Healthy Alternatives							X			X
	Effects on Society							X			X
	Effects of Ergogenic Aids (Performance-Enhancing Aids)										X
Environmental Health											
	Effects of Pollution on Health	X	X	X	X	X					X
	Promotion, Protection, & Individual Responsibility	X	X	X	X	X					X