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Student Health Force (K-6)

Grade Level	Lesson	Lesson Plan Title	HECAT Health Topic	National Health Standards
<b>Unit 1 - Friends, Family, Food and Fun</b>				
K-2	1	Celebrating Differences	Mental/Emotional Health Violence Prevention	1,2,4,5,7,8
3-4	1	Celebrating Differences	Mental/Emotional Health Violence Prevention	1,2,3,4,5,6,7,8
5-6	1	Celebrating Differences	Mental/Emotional Health Violence Prevention	1,2,3,4,5,6,7,8
K-2	2	Making Friends, Being Friends	Mental/Emotional Health Violence Prevention	1,3,4,7
3-4	2	Making Friends, Being Friends	Mental/Emotional Health Violence Prevention	1,3,4,5,7
5-6	2	Making Friends, Being Friends	Mental/Emotional Health Violence Prevention	1,3,4,5,7,8
K-2	3	Friends, Fights, and Fixing Things	Mental/Emotional Health Violence Prevention	1,3,4,5,7
3-4	3	Friends, Fights, and Fixing Things	Mental/Emotional Health Violence Prevention	1,3,4,5,7
5-6	3	Friends, Fights, and Fixing Things	Mental/Emotional Health Violence Prevention	1,3,4,5,7
K-2	4	Germ Jeopardy	Mental/Emotional Health Violence Prevention	1,3,5,7
3-4	4	Germ Jeopardy	Mental/Emotional Health Violence Prevention	1,4,5,7
5-6	4	Germ Jeopardy	Mental/Emotional Health Violence Prevention	1,3,4,5,7
K-2	5	Safety First!	Mental/Emotional Health, Physical Activity, Safety, Violence Prevention	1,3,5,7
3-4	5	Safety First!	Mental/Emotional Health, Physical Activity, Safety, Violence Prevention	1,3,5,7
5-6	5	Safety First!	Mental/Emotional Health, Physical Activity, Safety, Violence Prevention	1,3,5,7
K-2	6	Influences	Tobacco-Free, Alcohol and Other Drugs-Free, and Physical Activity	1,2,3,4,5,8
3-4	6	Influences	Tobacco-Free, Alcohol and Other Drugs-Free, and Physical Activity	1,2,3,4,5,7
5-6	6	Influences	Tobacco-Free, Alcohol and Other Drugs-Free, and Physical Activity	1,2,3,4,5,7
K-2	7	It's Up to You	Healthy Eating, Physical Activity, and Safety	1,2,3,5,7
3-4	7	It's Up to You	Healthy Eating, Physical Activity, and Safety	1,2,4,5,7
5-6	7	It's Up to You	Healthy Eating, Physical Activity, and Safety	1,2,5,7,8
K-2	8	Goals!	Physical Activity	1,2,5,6,7
3-4	8	Goals!	Physical Activity	1,2,5,6,7
5-6	8	Goals!	Physical Activity	1,2,5,6,7
K-2	9	Unit Conclusion		1,2,3,4,5,6,7,8
3-4	9	Unit Conclusion		1,2,3,4,5,6,7,8
5-6	9	Unit Conclusion		1,2,3,4,5,6,7,8

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Grade Level	Lesson	Lesson Plan Title	HECAT Health Topic	National Health Standards
<b>Unit 2</b>				
K-2	10	Fun Getting Fit	Physical Activity, Safety, and Violence Prevention	1, 3, 4, 5, 7
3-4	10	Fun Getting Fit	Physical Activity, Safety, and Violence Prevention	1, 3, 4, 5, 7
5-6	10	Fun Getting Fit	Physical Activity, Safety, and Violence Prevention	1,4,7
K-2	11	The Beat Goes On	Physical Activity	1,7
3-4	11	The Beat Goes On	Physical Activity	1,5,7
5-6	11	The Beat Goes On	Physical Activity	1,5,7
K-2	12	Magnificent Muscles	Physical Activity	1,6,7
3-4	12	Magnificent Muscles	Physical Activity	1,6,7
5-6	12	Magnificent Muscles	Physical Activity	1,6,7
K-2	13	Pump It Up	Tobacco Free	1,2,4,5,7,8
3-4	13	Pump It Up	Tobacco Free	1,3,7
5-6	13	Pump It Up	Tobacco Free	1,3,7
K-2	14	Nutrition Lab	Physical Activity and Healthy Eating	1,2,3,5,7,8
3-4	14	Nutrition Lab	Physical Activity and Healthy Eating	1,2,3,5,7,8
5-6	14	Nutrition Lab	Physical Activity and Healthy Eating	1,2,3,5,7,8
K-2	15	Nutrition Lab 2	Physical Activity and Healthy Eating	1,5,7
3-4	15	Nutrition Lab 2	Physical Activity and Healthy Eating	1,3,4,8
5-6	15	Nutrition Lab 2	Physical Activity and Healthy Eating	1,5,7
K-2	16	Putting It All Together	Physical Activity and Healthy Eating	1,3,4,5,6,7
3-4	16	Putting It All Together	Physical Activity and Healthy Eating	1,3,5,6,7
5-6	16	Putting It All Together	Physical Activity and Healthy Eating	1,3,5,6,7
K-2	17	Cover Your Sneeze, Please	Other-Disease Prevention	1,3,7,8
3-4	17	Pathogen Patrol	Other-Disease Prevention	1,3
5-6	17	Pathogen Patrol	Other-Disease Prevention	1,3,4,5,7
K-2	18	Unit Conclusion	Healthy Eating, Mental/Emotional, Physical Activity, Safety, and Violence Prevention	1,2,3,4,5,6,7,8
3-4	18	Unit Conclusion	Healthy Eating, Mental/Emotional, Physical Activity, Safety, and Violence Prevention	1,2,3,4,5,6,7,8
5-6	18	Unit Conclusion	Healthy Eating, Mental/Emotional, Physical Activity, Safety, and Violence Prevention	1,2,3,4,5,6,7,8

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Grade Level	Lesson	Lesson Plan Title	HECAT Health Topic	National Health Standards
<b>Unit 3</b>				
K-2	19	Health Resources	Physical Activity, Physical Health	1,2,3,4,5,6,7,8
3-4	19	Health Resources	Physical Activity, Physical Health	1,2,3,4,5,6,7,8
5-6	19	Health Resources	Physical Activity, Physical Health	1,2,3,4,5,6,7,8
K-2	20	In Case of Emergency	Safety	1,2,3,4,5,7,8
3-4	20	In Case of Emergency	Safety	1,2,3,4,5,7,8
5-6	20	In Case of Emergency	Safety	1,2,3,4,5,7,8
K-2	21	Dental Care	Disease prevention	1,2,7,8
3-4	21	Dental Care	Disease prevention	1,2,3,4,5,6,7
5-6	21	Dental Care	Disease prevention	1,2,3,5,6,7,8
K-2	22	Physical Activity & Feeling Fine	Physical Activity	1,2,3,4,7
3-4	22	Physical Activity & Feeling Fine	Physical Activity	1,2,3,4,7
5-6	22	Physical Activity & Feeling Fine	Physical Activity	1,2,3,4,7
K-2	23	Heart Health, Too	Physical Activity, Physical Health	1,3,4,7
3-4	23	Heart Health, Too	Physical Activity	1,2,3,5,6,7,8
5-6	23	Heart Health, Too	Physical Activity	1,2,3,5,6,7,8
K-2	24	Muscular Health, Too	Physical Activity	1,3,7
3-4	24	Muscular Health, Too	Physical Activity	1,2,3,4,5, 6,7,8
5-6	24	Muscular Health, Too	Physical Activity	1,2,3,4,5, 6,7,8
K-2	25	Staying Safe	Safety	1,3,4,5,7,8
3-4	25	Staying Safe	Safety	1,3,4,5,7,8
5-6	25	Staying Safe	Safety	1,2,3,4,5,7,8
K-2	26	Disease Prevention and Personal Responsibility	Other: Healthy Choices	1,2,3,4,5,7
3-4	26	Disease Prevention and Personal Responsibility	Other: Healthy Choices	1,2,3,4,5,7
5-6	26	Disease Prevention and Personal Responsibility	Other: Healthy Choices	1,2,3,4,5,7
K-2	27	Unit Conclusion	Other:Wellness	1,2,3,4,5,7,8
3-4	27	Unit Conclusion	Other:Wellness	1,2,3,4,5,7,8
5-6	27	Unit Conclusion	Other:Wellness	1,2,3,4,5,7,8

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Grade Level	Lesson	Lesson Plan Title	HECAT Health Topic	National Health Standards
<b>Unit 4</b>				
K-2	28	Addiction Prevention	Alcohol and Other Drugs Free	1,2,3,4,5,7,8
3-4	28	Addiction Prevention	Alcohol and Other Drugs Free	1,2,3,4,5,7,8
5-6	28	Addiction Prevention	Alcohol and Other Drugs Free	1,2,3,4,5,7,8
K-2	29	Tobacco Takedown	Tobacco-Free	1,2,3,4,5,7,8
3-4	29	Tobacco Takedown	Tobacco-Free	1,2,3,4,5,7,8
5-6	29	Tobacco Takedown	Tobacco-Free	1,2,3,4,5,7,8
K-2	30	Alcohol Abuse Prevention	Alcohol and Other Drugs Free	1,3,4,5,7
3-4	30	Alcohol Abuse Prevention	Alcohol and Other Drugs Free	1,3,4,5,7
5-6	30	Alcohol Abuse Prevention	Alcohol and Other Drugs Free	1,3,4,5,7
K-2	31	Refusal Skills	Tobacco Free	1,2,3,4,5,7,8
3-4	31	Refusal Skills	Tobacco Free	1,2,3,4,5,7,8
5-6	31	Refusal Skills	Tobacco Free	1,2,3,4,5,7,8
K-2	32	Not ATODs	ATODs free	1,2,3,4,5,6,7,8
3-4	32	No ATODs	ATODs free	1,2,3,4,5,6,7,8
5-6	32	No ATODs	ATODs free	1,2,3,4,5,6,7,8
K-2	33	Getting Ready for Summer	Healthy Eating and Physical Activity	1,2,3,4,5,7,8
3-4	33	Getting Ready for Summer	Healthy Eating and Physical Activity	1,2,3,4,5,7,8
5-6	33	Getting Ready for Summer	Healthy Eating and Physical Activity	1,2,3,4,5,7,8
K-2	34	Splash	Safety	1,2,3,4,5,6,7,8
3-4	34	Splash	Safety	1,2,3,4,5,7,8
5-6	34	Splash	Safety	1,2,3,4,5,7,8
K-2	35	Road Rules	Safety	1,5,6,7
3-4	35	Road Rules	Safety	1,2,4,5,7,8
5-6	35	Road Rules	Safety	1,3,4,5,7
K-2	36	Unit Conclusion	Other: Wellness	1,2,3,4,5,6,7,8
3-4	36	Unit Conclusion	Other: Wellness	1,2,3,4,5,6,7,8
5-6	36	Unit Conclusion	Other: Wellness	1,2,3,4,5,6,7,8