

I = Introduced
 C = Continued
 M = Mastered

HEALTH/SAFETY

Scope and Sequence

Tower Grove Christian School

	AE	K	1	2	3	4	5	6	7	8	9	10	11	12
Health Promotion														
1. Health advocacy	I	C	C	C	C	C	C	C	C	M	M	M	M	M
2. Media							I	C	C	M	M	M	M	M
3. Communication			I	C	C	C	C	C	C	M	M	M	M	M
4. Influence			I	C	C	C	C	C	C	M	M	M	M	M
Disease and Injury Prevention														
1. Regular dental and health checkups and immunizations	I	C	C	C	C	C	C	C	C	M	M	M	M	M
2. Reduce health risks (violence, tobacco, alcohol and drug use)	I	C	C	C	C	C	C	C	C	C	C	C	C	M
3. Communicable diseases			I	C	C	C	C	C	C	C	C	M	M	M
4. Non-communicable diseases			I	C	C	C	C	C	C	C	C	M	M	M
5. Sexually transmitted diseases									I	C	C	C	C	M
6. HIV/Aids									I	C	C	C	C	M
7. Medicine			I	C	C	C	C	C	C	M	M	M	M	M
8. Negative peer pressure			I	C	C	C	C	C	C	C	C	C	C	M
9. Positive support			I	C	C	C	C	C	C	C	C	C	C	M
Principles and Practices of Physical Health														
1. Posture	I	C	C	C	C	C	C	C	C	M	M	M	M	M
2. Nutrition	I	C	C	C	C	C	C	C	C	M	M	M	M	M
3. Exercise	I	C	C	C	C	C	C	C	C	M	M	M	M	M
4. Rest	I	C	C	C	C	C	C	C	C	M	M	M	M	M
5. Cleanliness	I	C	C	C	C	C	C	C	C	M	M	M	M	M
6. Personal hygiene choices: skin, hair, teeth, gums, eyes, nose, ears and nails	I	C	C	C	C	C	C	C	C	C	C	C	C	M
7. Refrain from drug use, alcohol and tobacco	I	C	C	C	C	C	C	C	C	C	C	C	C	C
8. Regular doctor visits	I	C	C	C	C	C	C	C	C	M	M	M	M	M
9. Set goals for good health			I	C	C	C	C	C	C	C	C	C	C	M
10. Reduce sports-related injuries							I	C	C	C	C	C	C	M
11. First-aid techniques			I	C	C	C	C	C	C	M	M	M	M	M
Principles and Practices of Spiritual Health														
1. Benefits of a healthy spiritual life	I	C	C	C	C	C	C	C	C	C	C	C	C	M
2. Life management skills							I	C	C	C	C	C	C	M
3. Bible study	I	C	C	C	C	C	C	C	C	C	C	C	C	M
4. Prayer	I	C	C	C	C	C	C	C	C	C	C	C	C	M
5. Wise social life	I	C	C	C	C	C	C	C	C	C	C	C	C	M
Anatomy - Structures and Functions of the Human Body														
1. Structures and functions		I	C	C	C	C	C	C	C	C	M	M	M	M
2. Body parts	I	C	C	C	C	C	C	C	C	C	M	M	M	M
3. Senses	I	C	C	C	C	C	C	C	C	C	M	M	M	M

	AE	K	1	2	3	4	5	6	7	8	9	10	11	12
4. Skin	I	C	C	C	C	C	C	C	C	C	C	C	C	M
5. Immune system							I	C	C	C	C	C	C	M
6. Heart/Circulatory system				I	C	C	C	C	C	C	C	C	C	M
7. Lungs/Respiratory system				I	C	C	C	C	C	C	C	C	C	M
8. Urinary system				I	C	C	C	C	C	C	C	C	C	M
9. Bones/Skeletal system	I	C	C	C	C	C	C	C	C	C	C	C	C	M
10. Muscles/Muscular system				I	C	C	C	C	C	C	C	C	C	M
11. Digestive system			I	C	C	C	C	C	C	C	C	C	C	M
12. Endocrine system									I	C	C	C	C	M
13. Brain/Nervous system			I	C	C	C	C	C	C	C	C	C	C	M
14. Reproductive system and relationship							I	C	C	C	C	C	C	M
15. Sex education							I	C	C	C	C	C	C	M
16. Sexual abstinence							I	C	C	C	C	C	C	M
17. Sexual partners/husband and wife							I	C	C	C	C	C	C	M
18. Sequence of fetal development and birth							I	C	C	C	C	C	C	M
19. Hormones							I	C	C	C	C	C	C	M
20. Metabolism							I	C	C	C	C	C	C	M
21. Body changes						I	C	C	C	C	C	C	C	M

Safety Procedures

1. Safety procedures: home, play, streets, water, bad weather and fire	I	C	C	C	C	C	C	C	M	M	M	M	M	M
2. Safety rules	I	C	C	C	C	C	C	C	M	M	M	M	M	M
3. Stranger Awareness	I	C	C	C	C	C	C	C	M	M	M	M	M	M
4. Sexual Abuse	I	C	C	C	C	C	C	C	M	M	M	M	M	M

Manners

1. Table	I	C	C	C	C	C	C	C	C	C	M	M	M	M
2. Telephone	I	C	C	C	C	C	C	C	C	C	M	M	M	M
3. Proper Introductions	I	C	C	C	C	C	C	C	C	C	M	M	M	M
4. Home	I	C	C	C	C	C	C	C	C	C	M	M	M	M
5. School	I	C	C	C	C	C	C	C	C	C	M	M	M	M
6. Church	I	C	C	C	C	C	C	C	C	C	M	M	M	M
7. Public	I	C	C	C	C	C	C	C	C	C	M	M	M	M
8. Hospitality	I	C	C	C	C	C	C	C	C	C	M	M	M	M
9. Courtesy	I	C	C	C	C	C	C	C	C	C	M	M	M	M
10. Respect	I	C	C	C	C	C	C	C	C	C	M	M	M	M