

**Georgia Quality Core Curriculum for Health
Scope and Sequence for Grades K-5**

	ALCOHOL, TOBACCO AND OTHER DRUGS	DISEASE PREVENTION	FAMILY LIVING	GROWTH AND DEVELOPMENT
K	1. Medicine safety 2. Poison and unknown substances safety	3. Hand washing	4. Family members and their responsibilities 5. Ways children contribute to families	6. Growth: Height/weight 7. Physical differences 8. Skin: Nutrition/hygiene 9. Skin: Parts& functions
1	1. Safe and appropriate use of medicine 2. Harmful effects of alcohol and tobacco 3. Reasons for not taking potentially dangerous substances	4. Exercise: Strengthens bones & muscles	<i>None</i>	5. Effects of health, nutrition, safety on growth and development 6. Skeletal & muscular systems 7. Skeletal & muscular Systems: Effect of personal health practices
2	1. Resist pressure to use alcohol, tobacco, other drugs 2. Harmful effects of alcohol/tobacco 3. Persuasion of advertising, peer groups and adults	<i>None</i>	4. Coping strategies 5. Roles of parents and extended family	6. Effects of heredity and environment 7. Primary and permanent teeth
3	1. Alternatives to using alcohol, tobacco, other drugs 2. Consequences of using alcohol, tobacco, other drugs 3. Decision making	4. Circulatory and respiratory diseases/illnesses	5. Cooperation and conflict resolution in family 6. Discussing health issues with family	7. Circulatory and respiratory systems 8. Personal health choices/ circulatory and respiratory systems
4	1. Effects of tobacco on the respiratory and circulatory systems 2. Harmful effects inhalants, alcohol, hallucinogens and marijuana 3. Appropriate use of prescription and OTC drugs, including vitamins 4. Advertising and commercials and medicines, alcohol and tobacco	5. Digestive diseases/illnesses	<i>None</i>	6. Digestive system 7. Personal health choices/ digestive system
5	1. Dangers of taking medicines or drugs 2. Terms related to drugs 3. Media- glorify drug use 4. Resources for help ATOD problems 5. Peer resistance skills 6. Peer leadership skills/alternatives to drug use	7. Diseases/illnesses that affect endocrine/immune systems 8. Communicable/ non-communicable diseases 9. Ways to prevent the spread of disease 10. Immune System	11. Puberty/capable of childbearing 12. Roles of mother and father in parenting 13. Parental responsibilities for a child	14. Endocrine system 15. Personal health practices/endocrine system 16. Physical, social, emotional changes during puberty

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MENTAL HEALTH	NUTRITION	PERSONAL HEALTH	SAFETY	
10. Everyone: Unique/special 11. Consequences: Actions/behaviors 12. Skills: Manage anxiety/stress 13. Anger management	14. Foods: Names 15. Foods: Selection 16. Food: Origins	17. Body parts 18. Senses 19. Basic hygiene habits 20. Germs cause sickness 21. How germs are passed 22. Personal health decisions	23. Safe practices home/school 24.Threats to personal safety 25. Resources 26. Dangers: Fire, weather, home alone, strangers, lost	K
8. Handling disagreements without fighting 9. Conflict and causes of conflict 10. Fact and fiction in media 11.Friendship 12. Respect and cooperation	13.Food selection 14. Food guide pyramid 15.Nutritious breakfast	16. Dental care 17. Rest, sleep, exercise 18. Keeping clean and well- groomed 19.Regular health checkups 20. Germs 21. Communicable diseases	22.Accident prevention 23.Emergency procedures 24. Safe and unsafe practices: Car, bicycle, playground, water 25. Threats to personal safety 26. Resources	1
8. Health decisions: TV and peer pressure 9. Respect differences 10. Ways to show respect 11. Choices and consequences 12. Attitudes/behavior 13. Friendship 14. Peer resistance skills	15.Nutrients 16. Meal planning 17. Snacks 18. Serving size/ serving number and food guide pyramid	19. Germs and communicable diseases 20. Sanitation 21. Prevent spread: communicable diseases 22. Non-communicable health problems and care in children	23.Emergency procedures 24. Safety: home, school, neighborhood 25. Safety: bicycles, skating 26. Threats to personal safety 27. Resources	2
9. Listening skills 10. Healthy self-concept: accepting and making positive choices 11. Causes of stress and stress management 12. Refusal skills 13. Nonverbal communication	14. Influence of cultural background on food choices 15. Relationship among food, energy and health	16. Function and location of different types of teeth and dental care 17. Personal grooming	18. Bicycle safety 19. Accident prevention 20. First aid for common wounds 21. Threats to personal safety 22. Resources	3
8. Positive and negative peer pressure 9. Assertiveness skills 10. Negotiation skills to resolve conflict 11. Skills that communicate care, consideration and respect of self and others 12. Friendships	13. Age-appropriate dietary guidelines 14. Evaluates personal diet using dietary guidelines and food guide pyramid 15. Digestion 16. Proper food storage and preparation to prevent illness	17.Well being: Rest, food choices, exercise, sleep and recreation 18. Personal health goal/ individual health risk assessment	19. Accident prevention 20. Personal safety plan 21. Threats to personal safety 22. Resources	4
17. Causes and effects of stress 18. Stress management	19. Food labels 20. Six nutrients 21. Marketing and nutrition fact, fiction, opinion 22. Health problems/nutrient deficiencies and excesses 23. Food plan based on food guide pyramid and dietary guidelines	24. Heart Disease: Risk factors and prevention 25. Hygiene during puberty	26.First-aid for common injuries 27. Threats to personal safety 28. Resources	5

**Georgia Quality Core Curriculum for Health
Scope and Sequence for Grades 6-8**

	ALCOHOL, TOBACCO AND OTHER DRUGS	DISEASE PREVENTION	FAMILY LIVING
6	<ol style="list-style-type: none"> 1. Policies and laws related to ATOD 2. Impact use of ATOD 3. Effects and consequences ATOD use 4. Personal risk and protective factors 	<ol style="list-style-type: none"> 5. <u>Methods to prevent spread communicable diseases and risk factors of noncommunicable diseases</u> 6. <u>Methods to prevent STDs and effectiveness</u> 7. <u>Defines HIV/AIDS and STD</u> 8. <u>HIV/AIDS caused by virus</u> 9. <u>Abstinence from sexual activity and from injecting drug use to prevent HIV/AIDS</u> 10. <u>Abstinence from sexual activity to prevent STDs</u> 11. Personal goal setting for healthy body 	<ol style="list-style-type: none"> 12. Factors that promote positive self-image 13. <u>Influence of group pressures on sexual decisions</u> 14. <u>Refusal skills related to sexual involvement</u> 15. <u>Having children best in marriage</u>
7	<ol style="list-style-type: none"> 1. Effects ATOD on immune, nervous and reproductive systems 2. Harmful consequences anabolic steroid use 3. Advertising ATOD and counterarguments 4. Community resources related to ATOD 	<ol style="list-style-type: none"> 5. <u>Communicable diseases: STDs and HIV/AIDS</u> 6. <u>HIV/AIDS caused by virus</u> 7. <u>Ways HIV transmitted</u> 8. <u>Effects HIV on the immune system</u> 9. <u>Abstinence from sexual activity and from injecting drug use to prevent HIV/AIDS</u> 10. <u>Abstinence from sexual activity to prevent STDs</u> 11. <u>Methods of preventing pregnancy and STDs and effectiveness</u> 12. <u>Personal goal setting for healthy body</u> 	<ol style="list-style-type: none"> 13. Factors that promote a positive self-image 14. <u>Influence of group pressure on sexual decisions</u> 15. <u>Refusal skills related to sexual involvement</u> 16. Friendships 17. Role and responsibility of children in the family 18. Parental roles and responsibilities 19. Changes in parents' lifestyle and responsibilities before and after birth of a baby 20. <u>Having children best in marriage</u>
8	<ol style="list-style-type: none"> 1. Consequences on the fetus and child of using ATOD 2. Signs and symptoms of chemical dependency and sources for help 3. Consequences with the uses of ATOD in teen relationships 4. Countering aggressive behavior and intimidation and refusing ATOD 5. Alternatives to ATOD use 	<ol style="list-style-type: none"> 6. <u>Communicable diseases</u> 7. <u>Communicable diseases: STDs and HIV/AIDS</u> 8. <u>HIV/AIDS caused by virus</u> 9. <u>Ways HIV transmitted and behaviors that increase risk</u> 10. <u>Misconceptions about HIV/AIDS and its transmission</u> 11. <u>Abstinence from sexual activity and from injecting drug use to prevent HIV/AIDS and other STDs</u> 12. <u>Methods of preventing pregnancy and STDs and effectiveness</u> 13. <u>Abstinence from sexual activity and from injecting drug use most effective method to prevent HIV/AIDS</u> 14. <u>Abstinence from sexual activity only sure method to prevent pregnancy and STDs</u> 15. Personal goal setting for healthy body 	<ol style="list-style-type: none"> 16. Factors that promote a positive self-image 17. <u>Influence of group pressure on sexual decisions</u> 18. <u>Refusal skills related to sexual involvement</u> 19. Effects of dating 20. <u>Having children best in marriage</u>

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GROWTH AND DEVELOPMENT	MENTAL HEALTH	NUTRITION	PERSONAL HEALTH	SAFETY	
16. Nervous system 17. Personal health practices related to nervous system <u>18. Basic anatomy male and female reproductive systems</u>	19. Healthy relationships 20. Escalating and reducing conflict 21. Dealing with peer pressure 22. Suicide prevention	23. Eating patterns that enhance energy, growth and health 24. Effect of personal food choices on future health	25. Personal grooming and hygiene during adolescence 26. Dental care to prevent gingivitis (emphasis on spit tobacco and gingivitis)	27. Causes and treatments of extreme temperature emergencies 28. Threats to personal safety 29. Local support system concerning personal safety	6
<u>21. Parts of male and female reproductive systems and their functions</u>	22. Strategies to manage stress 23. Prejudices, its roots and effects 24. Necessary elements of conflict resolution	25. Nutritional value of various fast foods. 26. Effects of cooking and food preparation on the nutritive value of foods 27. Resources that promote acceptable nutritional practices	28. Personal grooming and hygiene during adolescence	29. Factors contributing to accidents 30. Causes of choking and prevention and treatment 31. Threats to personal safety 32. Local support system concerning personal safety	7
<u>21. Changes that occur during the process of maturing</u>	22. Personal characteristics associated with positive self-esteem 23. Influence of self-identity group acceptance in choosing friends 24. Causes of conflicts among youth and strategies to handle them 25. Suicide prevention	26. Relationship between nutrition and disease prevention 27. Disorders associated with malnutrition and obesity	28. Personal goal for improving health based on an individual health risk assessment 29. Personal grooming and hygiene during adolescence	30. Safety factors for motorized and nonmotorized vehicles and equipment for land and water 31. First aid for shock, bleeding, and muscular and skeletal injuries 32. Threats to personal safety 33. Local support system concerning personal safety	8

**Georgia Quality Core Curriculum for Health
Scope and Sequence for Grades 9-12**

	ALCOHOL, TOBACCO AND OTHER DRUGS	DISEASE PREVENTION	FAMILY LIVING
9	1. Social consequences of ATOD use 2. Leading causes teen morbidity and mortality and prevention 3. Community resources ATOD 4. ATOD use/personal consequences 5. Drug interactions	<u>6. Symptoms and long term consequences of HIV/AIDS and other STDs</u> <u>7. Testing and treatment resources for STDs</u> <u>8. Abstinence from sexual activity and from injecting drug use to prevent HIV/AIDS and other STDs</u> <u>9. Methods of preventing pregnancy and STDs and effectiveness, abstinence only sure way</u> <u>10. STDs, including HIV/AIDS, communicable diseases and abstinence only sure method of prevention</u> <u>11. Abstinence from sexual activity and from injecting drug use most effective methods of preventing HIV/AIDS</u> <u>12. HIV/AIDS caused by virus</u> <u>13. History of HIV/AIDS in US</u> <u>14. Current statistics of STDs including HIV/AIDS</u> <u>15. Ways HIV transmitted and behaviors that increase risk</u> <u>16. Clinical course of HIV/AIDS</u> <u>17. Returning to abstinence as positive alternative to previous sexual activity</u> <u>18. Uninfected, mutually faithful sexual relationship in marriage/not at risk AIDS through sexual activity</u> 19. Personal goal setting for healthy body 20. Causes, treatment and prevention methods for cancer 21. Risk of disease based on genetics and health choices and strategies to reduce risk.	22. Factors that promote positive self-image <u>23. Refusal skills related to sexual involvement</u> <u>24. Influence of group pressure on sexual decisions</u> <u>25. Aspects of dating</u> <u>26. Having children best in marriage</u> 27. Changes in parents' lifestyle and responsibilities before and after birth of a baby 28. Health needs/problems and associated resources

**Georgia Quality Core Curriculum for Health
Scope and Sequence for Grades 9-12**

GROWTH AND DEVELOPMENT	MENTAL HEALTH	NUTRITION	PERSONAL HEALTH	SAFETY	
<p>29. Conception and fetal development from conception to birth</p> <p>30. Glands and hormones and that control secondary sex characteristics</p> <p>31. Ways heredity and environment affect human growth and development</p>	<p>32. Stress and its effects on health and wellness</p> <p>33. Coping skills for managing stress to prevent self-destructive behaviors</p> <p>34. Effective communication skills and resistance skills (conflict resolution)</p> <p>35. Decision making</p> <p>36. Transition from adolescence to adulthood</p>	<p>37. Evaluation and plan for improving diet relative to personal needs, dietary guideline and energy balance</p> <p>38. Analysis of weight management plans for sound nutritional practices and lifelong effects on health</p> <p>39. Modification of personal diet relative to special needs</p> <p>40. Analysis of reliability of various sources of food and nutrition information</p> <p>41. Analysis of marketing and advertising methods for influencing food choices</p>	<p>42. Hygiene and grooming habits correlated to employment opportunities and building relationships</p>	<p>43. Proper response to life-threatening cardiopulmonary emergencies</p> <p>44. Threats to personal safety</p> <p>45. Resources</p>	9