



You the Athlete

Your students will learn to identify healthy behaviors, such as getting fit, eating smart, and being safe. Topics range from causes of disease to the physiology of nutrition. Kids also learn about self-esteem, ethics, bullying, appropriate social behavior, and how to be a good friend.

Grades K-1

Grade 5

Grade 2

Grade 6

Grade 3

Grade 7

Grade 4

Grade 8

You the Athlete - Curriculum Guide

Grades K-1				
Curriculum Themes:	Nutrition	Physical Fitness	Health & Wellness	Staying Safe
Theme Topics:	the food groups and their benefits; the importance of a balanced diet; how and why to stay hydrated	how exercise benefits the body; healthy and safe fitness practices; fun ways to exercise	the importance of sleep; how to practice good hygiene; healthy social behaviors	pedestrian, bicycle, and car safety; how to get help in an emergency; fire safety
Key Terms:	dairy, protein, grain, fruit, vegetable, calcium, vitamin	exercise, fitness, muscle, strength, flexible, sport, athlete	germ, medicine, bacteria, flu, respect, responsibility	seatbelt, helmet, emergency, fire drill, protect, conflict
Additional Learning: Vocabulary Skill & Drill	Comprehensive multiple-choice quiz with vocabulary drawn from the Athlete curriculum			
Additional Learning: Math Skill & Drill	Counting Numbers: skip counting with whole numbers	Counting Money: identifying and counting coins	Solving Equations: arithmetic (addition, subtraction)	Shapes: 2D and 3D Shapes

You the Athlete - Curriculum Guide

<u>Grade 2</u>				
Curriculum Themes:	Nutrition	Physical Fitness	Health & Wellness	Staying Safe
Theme Topics:	the food groups and their benefits; the importance of a balanced diet; how and why to stay hydrated	how exercise benefits the body; healthy and safe fitness practices; fun ways to exercise	the importance of sleep; how to practice good hygiene; healthy social behaviors	pedestrian, bicycle, and car safety; how to get help in an emergency; fire safety
Key Terms:	dairy, protein, grain, fruit, vegetable, calcium, vitamin	exercise, fitness, muscle, strength, flexible, sport, athlete	germ, medicine, bacteria, flu, respect, responsibility	seatbelt, helmet, emergency, fire drill, protect, conflict
Additional Learning: Vocabulary Skill & Drill	Comprehensive multiple-choice quiz with vocabulary drawn from the Athlete curriculum			
Additional Learning: Math Skill & Drill	Counting Numbers: skip counting with whole numbers	Counting Money: identifying and counting coins	Solving Equations: arithmetic (addition, subtraction, multiplication, division)	Shapes: 2D and 3D shapes, shapes of everyday objects, symmetrical vs. asymmetrical

You the Athlete - Curriculum Guide

<u>Grade 3</u>				
Curriculum Themes:	Nutrition	Physical Fitness	Health & Wellness	Staying Safe
Theme Topics:	how different foods and nutrients benefit your body; the importance of a balanced diet; identifying foods in the five food groups	how exercise benefits physical and mental health; setting fitness goals; importance of practice and teamwork; fun ways to exercise	good hygiene practices; building healthy habits and relationships; symptoms of common illnesses; self-esteem and mental health	pedestrian, bicycle, and traffic safety; making careful choices; ways to handle conflict
Key Terms:	carbohydrate, fiber, nutrition, ingredient, protein, calcium, dairy, vitamin	coordination, aerobic, anaerobic, teamwork, flexible, endurance	germ, medicine, bacteria, fever, dehydration, vaccine, symptom, self-esteem, stress, counselor	crosswalk, hazard, accident, emergency, bully, conflict
Additional Learning: Vocabulary Skill & Drill	Comprehensive multiple-choice quiz with vocabulary drawn from the Athlete curriculum			
Additional Learning: Math Skill & Drill	Counting Numbers: skip counting with whole numbers	Counting Money: identifying and counting coins and bills	Solving Equations: arithmetic (addition, subtraction, multiplication, division)	Shapes: 2D and 3D shapes, shapes of everyday objects, symmetry, identifying triangles, identifying lines

You the Athlete - Curriculum Guide

Grade 4				
Curriculum Themes:	Nutrition	Physical Fitness	Health & Wellness	Staying Safe
Theme Topics:	how different foods and nutrients benefit your body; the importance of a balanced diet; identifying foods in the five food groups	how exercise benefits physical and mental health; setting fitness goals; importance of practice and teamwork; fun ways to exercise	good hygiene practices; building healthy habits and relationships; symptoms of common illnesses; self-esteem and mental health	pedestrian, bicycle, and traffic safety; making careful choices; ways to handle conflict
Key Terms:	carbohydrate, fiber, nutrition, ingredient, protein, calcium, dairy, vitamin	coordination, aerobic, anaerobic, teamwork, flexible, endurance	germ, medicine, bacteria, fever, dehydration, vaccine, symptom, self-esteem, stress, counselor	crosswalk, hazard, accident, emergency, bully, conflict
Additional Learning: Vocabulary Skill & Drill	Comprehensive multiple-choice quiz with vocabulary drawn from the Athlete curriculum			
Additional Learning: Math Skill & Drill	Counting Numbers: skip counting with whole numbers and decimals	Counting Money: identifying and counting coins and bills	Solving Equations: arithmetic and algebra (addition, subtraction, multiplication, division)	Shapes: 2D and 3D shapes; triangles and quadrilaterals; identifying lines; symmetry

You the Athlete - Curriculum Guide

Grade 5				
Curriculum Themes:	Nutrition	Physical Fitness	Health & Wellness	Staying Safe
Theme Topics:	sources of different nutrients and the ways they benefit the body; how your body gets energy from food; the importance of a balanced diet	how exercise benefits physical and mental health; importance of patience, practice, and teamwork; relationship between exercise and calories	the importance of sleep; good hygiene practices; common illnesses; building healthy habits and relationships; self-esteem and mental health	internet safety and preserving/respecting privacy; ways to handle conflict; making careful choices; pedestrian, bicycle, and traffic safety
Key Terms:	vitamin, mineral, protein, fatty acid, carbohydrate, fiber, digest, glucose, potassium, calorie, metabolism	exertion, aerobic, anaerobic, recovery, pedometer, endurance, metabolic rate, posture, strain	insomnia, fever, virus, symptom, bacteria, disease, antibiotic, immunization, infection, dehydration	bullying, peer pressure, peer group, influence, privacy, media, vehicle, awareness
Additional Learning: Vocabulary Skill & Drill	Comprehensive multiple-choice quiz with vocabulary drawn from the Athlete curriculum			
Additional Learning: Math Skill & Drill	Counting Numbers: skip counting with whole numbers and decimals	Counting Money: identifying and counting coins and bills	Solving Equations: arithmetic and algebra (addition, subtraction, multiplication, division)	Shapes: 2D and 3D shapes; triangles and quadrilaterals; identifying lines; symmetry

You the Athlete - Curriculum Guide

Grade 6				
Curriculum Themes:	Nutrition	Physical Fitness	Health & Wellness	Staying Safe
Theme Topics:	sources of different nutrients and the ways they benefit the body; how your body gets energy from food; the importance of a balanced diet	how exercise benefits physical and mental health; importance of patience, practice, and teamwork; relationship between exercise and calories	the importance of sleep; good hygiene practices; common illnesses; building healthy habits and relationships; self-esteem and mental health	internet safety and preserving/respecting privacy; ways to handle conflict; making careful choices; pedestrian, bicycle, and traffic safety
Key Terms:	vitamin, mineral, protein, fatty acid, carbohydrate, fiber, digest, glucose, potassium, calorie, metabolism	exertion, aerobic, anaerobic, recovery, pedometer, endurance, metabolic rate, posture, strain	insomnia, fever, virus, symptom, bacteria, disease, antibiotic, immunization, infection, dehydration	bullying, peer pressure, peer group, influence, privacy, media, vehicle, awareness
Additional Learning: Vocabulary Skill & Drill	Comprehensive multiple-choice quiz with vocabulary drawn from the Athlete curriculum			
Additional Learning: Math Skill & Drill	Counting Numbers: skip counting with whole numbers and decimals	Counting Money: identifying and counting coins and bills	Solving Equations: arithmetic and algebra (addition, subtraction, multiplication, division)	Shapes: 2D and 3D shapes; triangles and quadrilaterals; identifying lines; symmetry

You the Athlete - Curriculum Guide

Grade 7				
Curriculum Themes:	Nutrition	Physical Fitness	Health & Wellness	Staying Safe
Theme Topics:	sources of vitamins and minerals and how they benefit the body; making healthy food choices; the importance of hydration; safe ways to handle, prepare, and store food	how to incorporate physical activity into a routine; the importance of exercise for physical and mental health; sportsmanship and teamwork	good hygiene practices; common illnesses and how to stay healthy; building healthy relationships; how to talk about feelings, self-esteem, and mental health	pedestrian, bicycle, and traffic safety; ways to handle conflict; making careful choices
Key Terms:	amino acid, protein, fiber, hemoglobin, antibody, nutrient, carbohydrate, antioxidant, calcium, fatty acid, food poisoning, allergy	fitness, aerobic, anaerobic, flexibility, repetition, endorphin, serotonin, locomotor movement, endurance, cognitive health	antibiotic, bacteria, immunity, vaccination, boundaries, mood, emotion, anxiety, empathy, communication, respect, dialogue, responsibility, independence, counselor	hazard, consequence, judgment, transportation, bullying, peer pressure, peer group, influence, privacy, media, vehicle, awareness
Additional Learning: Vocabulary Skill & Drill	Comprehensive multiple-choice quiz with vocabulary drawn from the Athlete curriculum			
Additional Learning: Math Skill & Drill	Counting Numbers: skip counting with whole numbers and decimals	Counting Money: identifying and counting coins and bills	Solving Equations: arithmetic and algebra (addition, subtraction, multiplication, division)	Shapes: 2D and 3D shapes; triangles and quadrilaterals; identifying lines; symmetry

You the Athlete - Curriculum Guide

Grade 8				
Curriculum Themes:	Nutrition	Physical Fitness	Health & Wellness	Staying Safe
Theme Topics:	sources of vitamins and minerals and how they benefit the body; making healthy food choices; the importance of hydration; safe ways to handle, prepare, and store food	how to incorporate physical activity into a routine; the importance of exercise for physical and mental health; sportsmanship and teamwork	good hygiene practices; common illnesses and how to stay healthy; building healthy relationships; how to talk about feelings, self-esteem, and mental health	pedestrian, bicycle, and traffic safety; ways to handle conflict; making careful choices
Key Terms:	amino acid, protein, fiber, hemoglobin, antibody, nutrient, carbohydrate, antioxidant, calcium, fatty acid, food poisoning, allergy	fitness, aerobic, anaerobic, flexibility, repetition, endorphin, serotonin, locomotor movement, endurance, cognitive health	antibiotic, bacteria, immunity, vaccination, boundaries, mood, emotion, anxiety, empathy, communication, respect, dialogue, responsibility, independence, counselor	hazard, consequence, judgment, transportation, bullying, peer pressure, peer group, influence, privacy, media, vehicle, awareness
Additional Learning: Vocabulary Skill & Drill	Comprehensive multiple-choice quiz with vocabulary drawn from the Athlete curriculum			
Additional Learning: Math Skill & Drill	Counting Numbers: skip counting with whole numbers and decimals	Counting Money: identifying and counting coins and bills	Solving Equations: arithmetic and algebra (addition, subtraction, multiplication, division)	Shapes: 2D and 3D shapes; triangles and quadrilaterals; identifying lines; symmetry