



You and Your Insides

In this world, your students will examine the human body, including the skeletal, digestive, respiratory, circulatory, and nervous systems. Kids will also learn about growth, development, and life cycles.

Grades K-1

Grade 5

Grade 2

Grade 6

Grade 3

Grade 7

Grade 4

Grade 8

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Grades K-1						
Curriculum Themes:	Body Parts & Body Systems		Growth & Development		Staying Healthy	
Theme Topics:	the five senses and the body parts used to experience them; introduction to some basic anatomy and body processes		how humans change as they grow from babies to kids; ways that people are similar and different		the importance of medical and dental check-ups; why and how to care for your teeth; good hygiene practices	
Key Terms:	sense, organ, brain, lungs, heart, pump, blood, valve, pulse, breathe, digest		grow, mature, infant, toddler, adult		medicine, vaccine, doctor, pediatrician, dentist, cavity, floss, germ	
Additional Learning: Vocabulary Skill & Drill	• Comprehensive multiple-choice quiz with vocabulary drawn from the Insides 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		

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Grade 2				
Curriculum Themes:	Body Parts & Body Systems		Growth & Development	Staying Healthy
Theme Topics:	the five senses and the body parts used to experience them; introduction to some basic anatomy and body processes		how humans change as they grow from babies to kids; ways that people are similar and different	the importance of medical and dental check-ups; why and how to care for your teeth; good hygiene practices
Key Terms:	sense, organ, brain, lungs, heart, pump, blood, valve, pulse, breathe, digest		grow, mature, infant, toddler, adult	medicine, vaccine, doctor, pediatrician, dentist, cavity, floss, germ
Additional Learning: Vocabulary Skill & Drill	• Comprehensive multiple-choice quiz with vocabulary drawn from the Insides 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

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Grade 3				
Curriculum Themes:	Body Parts & Body Systems		Growth & Development	Staying Healthy
Theme Topics:	the functions of the digestive system, respiratory system & circulatory system; important organs in the body		the way kids' feelings may change as they grow; how kids can be influenced by family members; life cycles of living things	the importance of friendships and community; good hygiene practices; introduction to different health professions
Key Terms:	stomach, intestines, heart, blood, artery, vessel, valve, pulse, lungs, diaphragm, liver		growth, development, generation, life span, life cycle	social, teamwork, habit, manners, respect, cardiologist, physical therapist
Additional Learning: Vocabulary Skill & Drill	• Comprehensive multiple-choice quiz with vocabulary drawn from the Insides 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

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Grade 4				
Curriculum Themes:	Body Parts & Body Systems		Growth & Development	Staying Healthy
Theme Topics:	the functions of different body systems (digestive, nervous, circulatory, skeletal); important organs and how they work in the body; anatomy and functions of the brain, heart, and teeth		rates of growth and how they may differ among young people; how kids' feelings and interests may change as they grow; learned traits vs. inherited traits; life cycles of living things	the importance of medical and dental check-ups; developing healthy habits and good hygiene; significant figures and inventions in the history of medicine
Key Terms:	stomach, liver, intestines, brain, spinal cord, cerebrum, cerebellum, enamel, crown, dentin, root, pulp, heart, artery, atrium, ventricle, pulse		growth, development, growth spurt, trait, characteristic, parent, offspring, inherit, generation, life span, life cycle	dentist, physical therapist, social, teamwork, habit, manners, respect, stethoscope
Additional Learning: Vocabulary Skill & Drill	• Comprehensive multiple-choice quiz with vocabulary drawn from the Insides 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

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Grade 5				
Curriculum Themes:	Body Parts & Body Systems		Growth & Development	People in Medicine
Theme Topics:	the functions of different body systems and how they work together (digestive, nervous, circulatory, skeletal, muscular, respiratory); types of bones and muscles and examples of each; important organs and organ systems		rates of growth and how they may differ among young people; learned traits, behavioral traits, and inherited traits; life cycles of living things	different types of health professionals; significant figures and inventions in the history of medicine
Key Terms:	digestion, heart, blood, hemoglobin, platelet, plasma, vessel, artery, vein, capillary, bone, muscle, involuntary, voluntary, tissue, lungs, diaphragm		growth, development, growth spurt, trait, characteristic, parent, offspring, inherit, gene, phenotype, genotype	dentist, physical therapist, cardiologist, medical illustrator
Additional Learning: Vocabulary Skill & Drill	• Comprehensive multiple-choice quiz with vocabulary drawn from the Insides 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

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Grade 6				
Curriculum Themes:	Body Parts & Body Systems		Growth & Development	People in Medicine
Theme Topics:	the functions of different body systems and how they work together (digestive, nervous, circulatory, skeletal, muscular, respiratory); types of bones and muscles and examples of each; important organs and organ systems		rates of growth and how they may differ among young people; learned traits/behavioral traits and inherited traits; life cycles of living things	different types of health professionals; significant figures and inventions in the history of medicine
Key Terms:	digestion, heart, blood, hemoglobin, platelet, plasma, vessel, artery, vein, capillary, bone, muscle, involuntary, voluntary, tissue, lungs, diaphragm		growth, development, growth spurt, trait, characteristic, parent, offspring, inherit, gene, phenotype, genotype	dentist, physical therapist, cardiologist, medical illustrator
Additional Learning: Vocabulary Skill & Drill	• Comprehensive multiple-choice quiz with vocabulary drawn from the Insides 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

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Grade 7				
Curriculum Themes:	Body Parts & Body Systems		Growth & Development	Healthy Habits & Relationships
Theme Topics:	the anatomy of a cell; different types of cells in the body; types of bones and muscles and examples of each; important organs, organ systems, and body systems		introduction to DNA, genetics, and heredity; learned traits/behavioral traits and inherited traits; how kids' feelings and interests may change as they grow	the ways that relationships may change from childhood to adolescence; learning to communicate effectively and maturely; how to cope with peer pressure
Key Terms:	cell, neuron, axon, dendrite, protein, tissue, organ, membrane, nucleus, ribosome, Golgi apparatus, lysosome		DNA (deoxyribonucleic acid), molecule, gene, inherit, heredity, chromosome, mutation, recessive, characteristic	adolescent, social, influence, independence, guidance, responsibility, emotions, values, mature, peer
Additional Learning: Vocabulary Skill & Drill	• Comprehensive multiple-choice quiz with vocabulary drawn from the Insides 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

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Grade 8				
Curriculum Themes:	Body Parts & Body Systems		Growth & Development	Healthy Habits & Relationships
Theme Topics:	the anatomy of a cell; different types of cells in the body; types of bones and muscles and examples of each; important organs, organ systems, and body systems		introduction to DNA, genetics, and heredity; learned traits/behavioral traits and inherited traits; how kids' feelings and interests may change as they grow	the ways that relationships may change from childhood to adolescence; learning to communicate effectively and maturely; how to cope with peer pressure
Key Terms:	cell, neuron, axon, dendrite, protein, tissue, organ, membrane, nucleus, ribosome, Golgi apparatus, lysosome		DNA (deoxyribonucleic acid), molecule, gene, inherit, heredity, chromosome, mutation, recessive, characteristic	adolescent, social, influence, independence, guidance, responsibility, emotions, values, mature, peer
Additional Learning: Vocabulary Skill & Drill	• Comprehensive multiple-choice quiz with vocabulary drawn from the Insides 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