### FIRST TRIMESTER

<table>
<thead>
<tr>
<th>Dates</th>
<th>Textual References</th>
<th>To Demonstrate Proficiency by the End of the Quarter Students Will…. (with eligible content references):</th>
</tr>
</thead>
</table>
| Marking Period Starts: 9/7/17 | Unit: Healthy Mind Unit Title: Social and Emotional Health Health Education Skills: Analyzing Influences, Interpersonal Communication SEL Skills: Self-Awareness, Self-Management, Social Relations | **Content/skill SWBAT statement (corresponding standards):**  
  - Identify and describe different kinds of feelings (K.AI.K1) *MM SE Lesson 4*  
  - Show respect and caring for others, including being polite and courteous (K.AI.S1, NHES 2.2.1) *MM SE Lesson 1*  
  - Identify strategies to making friends (K.AI.S1, NHES 2.2.1) *MM SE Lesson 3*  
  - Describe how family and friends influence personal feelings and behaviors (K.AI.K2b, NHES 2.2.1) *MM SE Lesson 4*  
  - Identify ways to manage strong feelings, and respond in effective ways to teasing (K.IC.K2b) *MM SE Lessons 5, 6* |
| Suggested Completion Date: 10/27/17 | Unit: Healthy Body/Safe Body Unit Title: Personal Health and Wellness Unit Skills: Decision Making, Health Advocacy, Goal Setting | **Content/skill SWBAT statement (corresponding standards):**  
  - Identify what is needed to prevent and control the spread of disease, such as a cold. (K.DM.S2, NHES 1.2.3) *MM PHW Lesson 1*  
  - Explain why hand washing, regular bathing and dental hygiene is important for illness prevention (K.DM.K2, K.HA.K1, NHES 1.2.4) *MM PWH Lesson 2*  
  - Demonstrate skills encouraging classmates to make positive choices (K.GM.S2) *MM Lesson 3* |
| Suggested Completion Date: 12/1/17 | Unit: Healthy Mind Unit Title: Social and Emotional Health Health Education Skills: Analyzing Influences, Interpersonal Communication SEL Skills: Self-Awareness, Self-Management, Social Relations | **Content/skill SWBAT statement (corresponding standards):**  
  - Identify and describe different kinds of feelings (K.AI.K1) *MM SE Lesson 4*  
  - Show respect and caring for others, including being polite and courteous (K.AI.S1, NHES 2.2.1) *MM SE Lesson 1*  
  - Identify strategies to making friends (K.AI.S1, NHES 2.2.1) *MM SE Lesson 3*  
  - Describe how family and friends influence personal feelings and behaviors (K.AI.K2b, NHES 2.2.1) *MM SE Lesson 4*  
  - Identify ways to manage strong feelings, and respond in effective ways to teasing (K.IC.K2b) *MM SE Lessons 5, 6* |
| First Marking Period Ends: 12/1/17 | Unit: Healthy Body/Safe Body Unit Title: Personal Health and Wellness Unit Skills: Decision Making, Health Advocacy, Goal Setting | **Content/skill SWBAT statement (corresponding standards):**  
  - Identify what is needed to prevent and control the spread of disease, such as a cold. (K.DM.S2, NHES 1.2.3) *MM PHW Lesson 1*  
  - Explain why hand washing, regular bathing and dental hygiene is important for illness prevention (K.DM.K2, K.HA.K1, NHES 1.2.4) *MM PWH Lesson 2*  
  - Demonstrate skills encouraging classmates to make positive choices (K.GM.S2) *MM Lesson 3* |

Assessments During This Period: Michigan Model for Health Kindergarten: Social and Emotional Health Students; Michigan Model for Health Kindergarten: Personal Health and Wellness Student Worksheets; Teacher Observation and Checklists
### SECOND TRIMESTER

**Overarching/general themes**

<table>
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| Marking Period Starts: 12/4/17 | Unit: Healthy Balance Unit Title: Nutrition Education and Physical Activity Unit Skills: Decision Making, Analyzing Influences, Accessing Resources, Goal Setting | Content/skill SWBAT statement (corresponding standards):  
  - Describe the benefits of drinking water throughout the day (K.DM.K1a)  *MM NPA Lesson 1*  
  - Explain where different foods come from and what happens to them before they arrive in your home (K.AI.K2)  *MM NPA Lesson 1*  
  - Explain the components of a healthy meal, including the five food groups (K.GM.K1)  *MM NPA Lesson 2*  
  - Give examples of healthy meals for breakfast, lunch and dinner (K.GM.K1)  *MM NPA Lesson 2*  
  - Describe how being physically active helps a person stay healthy and identify places to do physical activity (K.AR.K1a)  *MM NPA Lesson 3*  
  - Identify trusted adults and professionals who can help promote physical activity (K.AR.S1, NHES 3.2.1) |
| Suggested Completion Date: 3/16/18 |                     |                                                                                                                       |

**Second Marking Period Ends: 3/16/18**

**Assessments During This Period:** Michigan Model for Health Kindergarten: Nutrition Education and Physical Activity Student Worksheets; Teacher Observation and Checklists
## Third Trimester

### Overarching/general themes

**Dates** | **Textual References** | **To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):**
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**Marking Period Starts:** 3/19/18  
**Suggested Completion Date:** 4/13/18 | Unit: Healthy Body/Safe Body  
Unit Title: Personal Safety  
Unit Skills: Accessing Resources, Interpersonal Communication | - Identify when a situation is dangerous and needs to be reported to an adult (K.IC.K1a)  
*MM S Lesson 1*  
- Explain how to call 911 and when it is appropriate to do so (K.AR.K2b)  
*MM S Lesson 4*  
- Describe the characteristics of appropriate and inappropriate touch (K.IC.K1a)  
*MM S Lesson 5*  
- Identify parents and other trusted adults to tell if feeling uncomfortable about being touched (NHES 3.2.1)  
*MM S Lesson 5*  
- Demonstrate how to ask trusted adults at school and in the community for help (K.AR.S1, NHES 3.2.2)  

**Marking Period Starts:** 4/23/18  
**Suggested Completion Date:** 6/20/18 | Unit: Healthy Lifestyle  
Unit Title: Alcohol, Tobacco, and Other Drugs  
Unit Skills: Health Advocacy | **Content/skill SWBAT statement (corresponding standards):**  
- Describe the ways that over-the-counter and prescription medicines can be helpful and harmful (K.HA.K2a)  
*MM ATOD Lesson 1*  
- Explain what a poison is and how to identify which household items are safe and unsafe (K.HA.K2b)  
*MM ATOD Lesson 2*  

**Third Marking Period Ends:** 6/20/18

**Assessments During This Period:** Michigan Model for Health Kindergarten: Personal Safety Student Worksheets; Teacher Observation and Checklists; Michigan Model for Health Kindergarten: Alcohol, Tobacco and Other Drugs Student Worksheets; Teacher Observation and Checklists