



PERTH AMBOY PUBLIC SCHOOLS

DAY	TOPIC
	UNIT 1 FAMILY & COMMUNITY HEALTH
1	Launch Lesson: Decision Making in the Classroom
2	Decision Making (Environment)
3	The Meaning of Character
4	Relationship Skills
5	Interpersonal Communication: Cooperation and Conflict
6	Being a part of a Family: Members/ Decisions/ Responsibilities/ Different types of Families
7	Emergency Drills
8	Outdoor Safety: bike helmets, safe walking, pedestrian safety
9	Indoor Safety: seat belts/ car seats/ classroom behavior
10	Using 911
11	Warning Signs/ Symbols and their meaning
12	Identifying Community Helpers
13	Stranger Danger
14	Being Part of a Community
	UNIT 2 ALCOHOL, TOBACCO & OTHER DRUGS
15	Introducing Medicines: Use and Abuse
16	Introducing Alcohol: Use and Abuse
17	Introducing Tobacco and Vaping: Use and Abuse
18	Introducing Inhalants
	UNIT 3 WELLNESS
19	Introducing "Wellness" (Identify self-care practices that support wellness)
20	Social Emotional: identify basic social and emotional needs
21	Germs: Identification and Prevention
22	Personal Hygiene: Washing Hands/ Bathing/ Clean Tissues
23	Nutrition: How food Affects our bodies
24	Nutrition: Exploring Food groups
25	Nutrition: Health vs. Unhealthy snacks



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Scope and Sequence

Unit/Topic/Skill	Notes
FAMILY AND COMMUNITY HEALTH	
ALCOHOL, TOBACCO AND OTHER DRUGS	
WELLNESS	