



PERTH AMBOY PUBLIC SCHOOLS

SCOPE AND SEQUENCE	
DAY	TOPIC
UNIT 1: FAMILY AND COMMUNITY HEALTH	
1	Launch Lesson (Decision Making in the Classroom)
2	Think before acting (decision making/ Things that influence decision making)
3	How character is reflected on thoughts, feelings and actions of oneself
4	Goal Setting: Selecting personal health goals
5	Relationship Skills: Establishing and maintaining Healthy Relationships
6	Relationship Skills: Conflict Resolution
7	Disability awareness
8	Differences in families locally and globally
9	Personal safety and Injury Prevention
UNIT 2: ALCOHOL, TOBACCO & DRUGS	
10	When do we take medicines and how to take it safely
11	Effects of tobacco on environment (nonsmokers)
12	What is alcohol?/ Effects of alcohol
13	Substances that should never be inhaled
14	Addiction / People can get help
UNIT 3: WELLNESS	
15	Different types of wellness: Physical, Emotional Social, Psychological
16	Feelings and actions can affect personal wellness
17	Strategies to prevent the spread of common diseases
18	Signs and Symptoms of diseases
19	Body Systems
20	How do Body Systems work together to support wellness
21	Compare and contrast physical differences in genders
22	Factors that contribute to mother having healthy baby
23	Nutrition: Explore how food affects our bodies
24	Nutrition: Healthy foods versus unhealthy foods
25	Nutrition: Comparing and Contrasting Food Labels



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Unit/Topic/Skill	Notes
Family and Community Health	
Alcohol, tobacco and Drugs	
Wellness	