Elementary Health Education Curriculum Outline

The BCPS elementary school comprehensive health education (CHE) curriculum is aligned with COMAR (13A.04.18.01), the National Health Education Standards (NHES), the MSDE health education framework, and Maryland State Legislative Educational Law. In order to provide the BCPS CHE instructional program with sufficient frequency and duration to meet the requirements of COMAR (13A.04.18.01), the State framework, and State Educational Law, all Grade 1 students should be provided with the proposed outline of lessons at a minimum.

The highlighted lessons are connected to Maryland State Legislative Educational Law. These lessons must be implemented with fidelity as provided in the BCPS Health Education Curriculum.

Grade 1 Health Education Curriculum

16 Conscious Discipline Lessons
24 Health Lessons

Unit One: A Safe and Healthy Return to School
Quarter 1: Weeks 1-4
Weeks 1-3 Start Smart Lessons (Conscious Discipline; 16 lessons)
Lesson 1 My Feelings and Choices
Lesson 2 Dealing with My Emotions
Lesson 3 Dealing with Bullies
Lesson 4 Staying Safe Around Strangers

Unit Two: A Healthier Me!
Quarter 2: Weeks 1-3
Lesson 1 Functions of Teeth
Lesson 2 Keeping Teeth Clean
Lesson 3 Life Skills: Making Decisions About Caring for Your Teeth
Lesson 4 Keeping Skin Clean and Healthy
Lesson 5 Exercise Body Benefits
Lesson 6 Staying Safe During Exercise
Lesson 7 My Plate
Lesson 8 Energy from Food
Lesson 9 Healthy Food Choices
Lesson 10 Pollution and Personal Health
Lesson 11 Health Services
Lesson 12 Summative Assessment

Unit Three: Keeping Myself Healthy
Quarter 3: Weeks 3-4
Lesson 1 Illness and Germs
Lesson 2 Disease Prevention
Lesson 3 Emergency Situations

Office of Health and Physical Education
Baltimore County Public Schools

Revised July 2022
Lesson 4       Safety Rules and Procedures  
Lesson 5       Medicine  
Lesson 6       Tobacco  
Lesson 7       Alcohol  
Lesson 8       Summative Assessment