KIDS TAKE HEART CURRICULUM

A program of The Hope Heart Institute.

WASHINGTON STATE EDUCATION STANDARDS
HEALTH & FITNESS
EALR/GLE ALIGNMENT

	ANATOMY UNIT				FITNESS UNIT							NUTRITION UNIT				STRESS/GOAL-SETTING UNIT							
	Heart=Muscle	Circulation Simulation	Lard Lesson	Sticky Blood	Finding Your Pulse	Food Pyramid Relay	Heart Parts Activity	Carbon Snatcher Activity	Falling Fork Activity	How's Your Breathing Activity	ECRs & Daily Amounts	Gregory, The Terrible Eater	Portion Distortion	Eyeball Estimates	Food=Fuel	What Is Stress?	Emotions Behind Stress	Emotional Antonyms	Forgiveness & Turning the Tide	Attitude Check	Self-Care Assessment	Self-Esteem	Goal-Setting
EALR 1.0 – The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness and nutrition			X	X	X	X	X	X	X	X	X	X	X	X	X								
Component 1.2 – Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities.						X	X	X	X	X													
GLE 1.2.1 - Applies safety rules and procedures in a variety of physical activities necessary to maintain a save learning environment.						X	X	X	X	X													
GLE 1.2.2 - Applies social skills necessary for effective participation in physical activities.						X	X	X	X	X													
Component 1.3 – Understands the components of health-related physical fitness, and interprets information from feedback, evaluation, and self assessment in order to improve performance.					X	X	X	X	X	X	X												
GLE 1.3.1 - Applies and analyzes the components of health-related physical fitness.					X	X	X	X	X	X	X												
Component 1.5 – Understands relationship of nutrition and food nutrients to body composition and physical performance.			X	X								X	X	X	X								
GLE 1.5.1 - Understands and analyzes how the body's function and composition are affected by food consumption.			X	X								X	X	X	X								
GLE 1.5.2 - Applies and analyzes information from dietary evaluation and self-assessment in order to improve performance.												X											
EALR 2.0 – The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.	X	X	X	X	X						X	X	X	X	X	X		X			X		
Component 2.2 – Understands stages of growth and development.	X	X																					
GLE 2.2.1 - Recognizes and understands the structure and function of body systems.	X	X																					
Component 2.3 – Understand the concepts of prevention and control of disease.			X	X	X						X	X	X	X	X								
GLE 2.3.2 - Understands how to prevent or reduce the risks of non-communicable disease.			X	X	X						X	X	X	X	X								
Component 2.4 – Acquires skills to live safely and reduce health risks.																X	X	X	X	X	X		
GLE 2.4.1 - Understands abusive and risky situations and illustrates safe behaviors to prevent injury to self and others at home, school, and in the community.																X		X			X		
GLE 2.4.3 - Understands positive and negative effects of stress and stress management techniques.																X	X	X	X	X	X		
EALR 3.0 – The student analyzes and evaluates the impact of real-life influences on health.																X	X	X	X	X	X	X	
Component 3.3 – Evaluates the impact of social skills on health.																	X	X	X	X	X		
GLE 3.3.1 - Understands and applies necessary social skills to promote health and safety.																	X	X	X	X	X		
Component 3.4 – Understands the impact of emotions on health.																X	X	X	X		X	X	
GLE 3.4.1 - Understands emotions, how they affect self and others and applies a variety of emotional response strategies.																X	X	X	X		X	X	
EALR 4.0 – The student effectively analyzes personal information to develop individualized health and fitness plans.																							X
Component 4.1 – Analyzes personal health and fitness information.																							X
GLE 4.1.1 – Understands, applies and analyzes daily health and fitness habits.																							X
Component 4.2 – Develops and monitors a health and fitness plan.																							X
GLE 4.2.1 – Applies and creates goals for improving health and fitness practices.																							X