Health and Physical Education Department



Implementing this curriculum is the shared responsibility of parents, school, and community.

We know that parents and families provide the most important Family Life education for their children.

This curriculum is based upon our basic human values: truth, equality, honesty, dignity, self-respect, responsibility, and respect for others. It is intended to be inclusive of all families in the community.

All About Life: Scope and Sequence – Grade 1

Grade 1. [September]. Relationships – Ground Rules

Grade 1. [September]. Lesson 1 – RELATIONSHIPS – Alike and Different

Grade 1. [November].Lesson 2 – ABOUT MYSELF – Talk

Grade 1. [January]. Lesson 3 – KEEPING HEALTHY – Staying Healthy

Grade 1. [March]. Lesson 4 – GROWING AND CHANGING – Changing Families

Grade 1. [May]. Lesson 5 – ABOUT MYSELF – Letting Go