

Horizons

Preschool-12

Scope & Sequence



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What Makes Horizons Effective?

Engaging lessons and a variety of activities make learning fun, and complete teacher materials make it easy to ensure your student's progress. Since teacher/student interaction is an integral part of this program, both the teacher and student materials are necessary for a comprehensive exposure to concepts.

Not every child learns as easily with one given method of presentation. Therefore, Horizons incorporates a balance of the best methods of instruction.

Higher Reasoning Abilities

Analytical reasoning skills are used in making daily decisions. Beginning with the introduction of each concept, Horizons teaches these thinking skills to help students gain a complete understanding of the concept. Students begin to reason from the principles taught in Horizons lessons and apply them to real-life situations.

"Hands-On" Learning (Manipulatives)

Some students can better visualize the application of principles by physically demonstrating them. Hands-on learning, or tactile memory, is included in Horizons through the use of manipulatives. Teacher's Guides contain daily lists of activities and inexpensive materials which can be used for hands-on learning.

Memorization and Drill

Horizons Mathematics stresses memorization of basic math facts and computational skills. Students will progress rapidly when they can instantly recall basic math facts. A built-in repetition/review cycle makes the process simple to follow. Drill is used to reinforce the concepts being introduced.

Language Skills

Horizons language curricula contain concepts designed to encourage and enrich basic language proficiency. The colorful and comprehensive lessons in the Phonics and Reading, Spelling and Vocabulary, and Penmanship programs make learning communication basics fun. Vocabulary is broadened while learning spelling skills. Practicing spelling, printing, and cursive writing help younger children learn written communication. The Phonics and Reading program builds essential skills needed in the early elementary years.

What Makes Horizons Teacher's Guides so Unique?

The Teacher's Guide Is Complete and User-friendly

The sequence of each Horizons Teacher's Guide will take you step-by-step through an entire year. It contains activities not found in the student texts that are important for the accomplishment of the curriculum objectives. It also contains many extra features that you can choose to customize or adapt to your own style of teaching.

Concepts and Objectives Are Clearly Defined and Simply Stated

The concepts covered in each lesson are defined and listed in the order in which they appear. Expectations for student performance and progress are given for each lesson. Should a student fall behind, diagnosis and remedy are easily accomplished. There are even helps like the Appearance of Concepts table to tell you exactly where each concept is used.

Readiness Evaluation Test Included

A readiness evaluation test is included in the Teacher's Guide for Math Grades 1-6. This test is designed to help you know the strengths and weaknesses of each student at the beginning of each grade level.

Complete Daily Lesson Guides Eliminate Teacher Guesswork

Each activities section provides detailed instructions that take the guesswork out of teaching. The items in this section of the Teacher's Guide directly correlate to the activities in the student book. Instructional examples are provided for activities. Materials and equipment needed to teach are clearly listed.

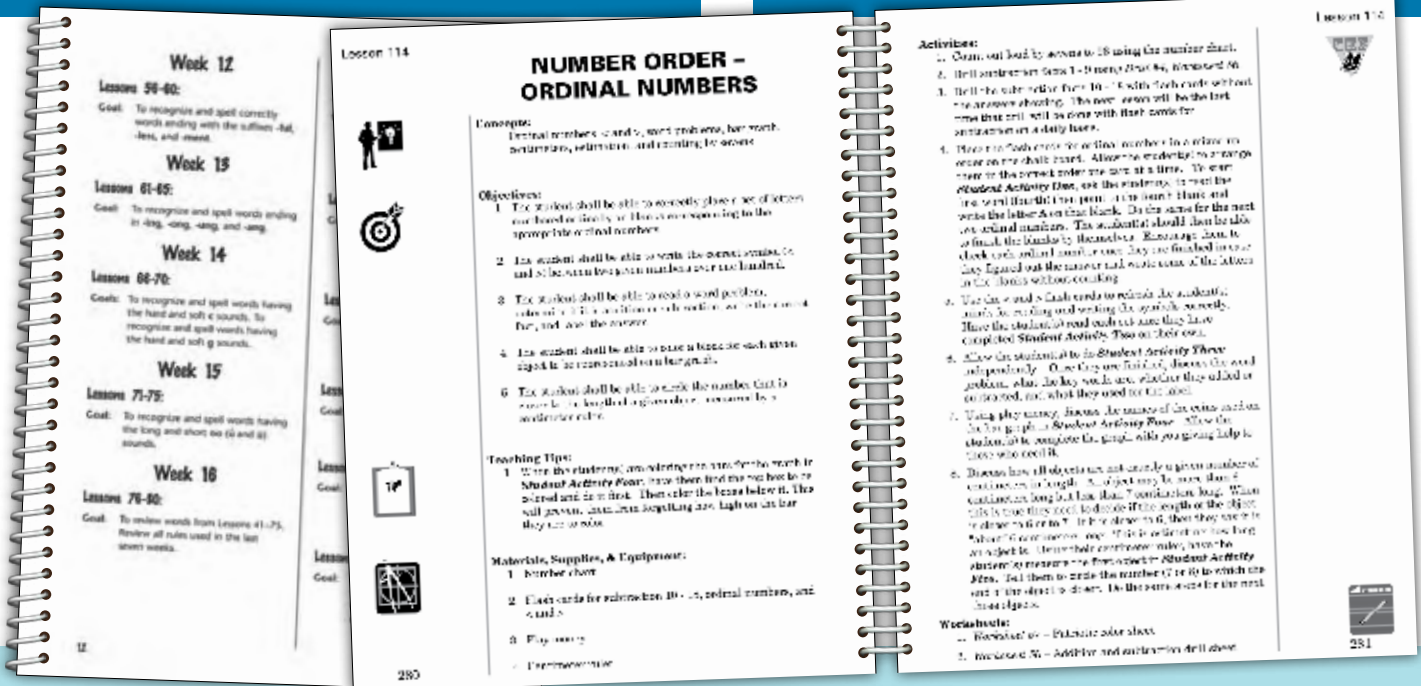
Teaching Tips Help the Veteran and the Novice Teacher

Any teacher can be a "pro" by using these step-by-step tips on activities for each lesson. Whether you're an experienced teacher or a novice, you'll appreciate the hours of time-saving organization this resource provides.

Worksheets Provide Proper Drill and Practice

Reproducible worksheets provide drill for initial learning, extra practice, or individual challenges. Easy access to answers for the student lessons is provided in a handy format in your Teacher's Guide.

Note: These details do not pertain to Horizons Physical Education and Health.



Horizons Preschool

Based upon the most perfect source available—the Bible—Horizons Preschool allows you and your students to study the world around you from the viewpoint of the Creator. Lessons begin with a Bible concept and flow into an organized selection of learning activities and academic subjects. Students gain the important knowledge that God is the beginning of all things and get a perspective of the world which can be gained in no other way.

What makes Horizons Preschool so effective?

- Enhances development through multi-sensory activities
- Develops a foundation in phonics and mathematics
- Theme of activities planned in a sequential manner
- Promotes character qualities, citizenship, and community awareness
- Adapts to a variety of daily schedules and program objectives with a flexible organizational structure
- Reinforces concepts with games, songs, poems, drama, and multimedia
- Preparation for kindergarten in a Christian environment
- Aligns closely to state objective requirements



Lessons 1-30

- Days 1-3 of Creation: God, Jesus, Holy Spirit, light, darkness, air, clouds, dry land, and rocks
- Finger and action activities, spatial concepts, lists, sort, rhyme, describe, and classify
- Letter recognition Aa-Ii, numerals 1-6, and oral counting 1-10
- Recognize red, green, blue, black, white, yellow, and identify triangle, circle, and square
- Recognize first name and trace first two letters of first name
- Color, glue, stamp, draw, shape, fold, trace, cut, and paint
- Self space, general space, ball activities, ribbon sticks, rhythm, run, skip, and jump

Lessons 31-60

- Days 3-4 of Creation: soil, grasses, seeds, trees, fruits, vegetables, sun, weather, day, night, seasons, and hour
- Sort, solve puzzles, finger activities, label, and vocabulary development
- Letter recognition Jj-Ss, numerals 7-10 and 0, and oral counting 0-10
- Recognize purple, orange, and gray, and identify rectangle and star
- Trace letters of first name and write the first letter of first name
- Glue, shape, paint, draw, solve puzzles, construct, color, and stamp
- Jump, crawl, ribbon sticks, hopscotch, stretch, and exercise

Lessons 61-90

- Day 4 of Creation: seasons, earth's rotation & tilt, moon, stars, constellations, astronomy, planets, comets, and meteors
- Action rhymes, stories, verbalize concepts, answer questions, rhyme, naming, comparing, vocabulary development, and grouping
- Letter recognition Ss-Zz, letter sounds Aa-Bb, and numerals 10-12
- Oral counting 0-20, telling time to the hour, and addition $1 + 1$
- Identify star, heart, and oval, review colors, and write first name with a guide
- Cut, shape, glue, draw, interpret, cut, assemble, and trace
- Walk, skip, hop, balance beam, launch board, ballet, and fire safety

Lessons 91-120

- Days 5-6 of Creation: fish, climate, ocean creatures, amphibians, eggs, birds, and mammals
- Comparison, action rhymes, role play, imitate, describe, finger play, rhyme, classify, vocabulary development, and alphabetical order
- Letter sounds Cc-Ii, and blend letter sounds Aa-Hh
- Write first name without a guide
- Addition $2 + 1$, $3 + 1$, $4 + 1$, and identify diamond and pictograph
- Shape, color, cut, glue, label, and draw
- Catch, jump, ribbon dance, throw, and fine motor skills

Lessons 121-150

- Day 6 of Creation: reptiles, insects, man, cells, senses, bones, digestion, breathing, and muscles
- Size relationships, comparison, guessing, role play, describe, alphabetize, and chart
- Letter sounds Jj-Rr and blend letter sounds Aa-Rr
- Write home address and phone number, and type one's name
- Addition $5 + 1$, subtraction $2 - 1$, $3 - 1$, and review shapes
- Mold, string, shape, paint, draw, stamp, cut, glue, and trace
- Crawl, walk, jumping jacks, bowling, crouch & jump, ride tricycles, and ring toss

Lessons 151-180

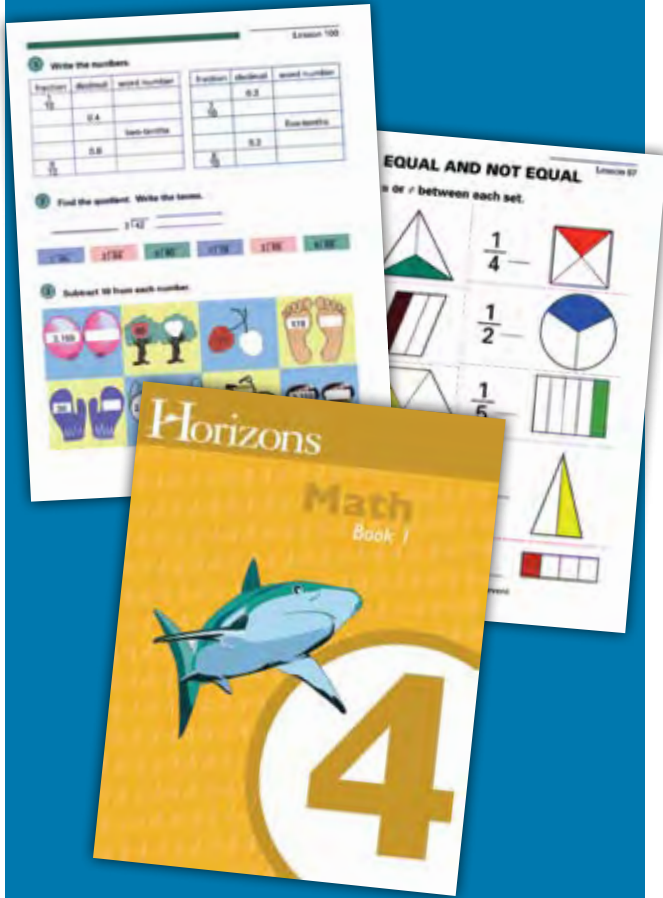
- Days 6-7 of Creation: Blood, circulation, brain, body parts, occupations, health & safety, music, work, rules, helpers, friends, and family
- Noah's flood: obedience, promises, and flood
- Letter sounds Ss-Zz, blend letter sounds Aa-Zz, and initial sound of shape words
- Write home address and phone number
- Subtract $4 - 1$, $5 - 1$, $6 - 1$
- Cut, glue, shape, draw, color, paint, and decorate
- Ring toss, swinging, bowling, dribble, kick, throw, rhythm sticks, ball rolling, tag, and tumbling

Horizons Mathematics for Grades K-6

Horizons Mathematics provides a balanced and well organized approach to primary math through analytical reasoning, manipulatives (hands-on learning), memorization, and drill. Every concept, from addition and subtraction to graphs and estimation, follows a deliberate pattern of introduction and gradual development to ensure student success. Fundamental concepts already learned in earlier units are reviewed in subsequent grade levels for true mastery. Every math concept follows a deliberate pattern of gradual development in each grade level, as well as throughout all seven grade levels.

What makes Horizons Mathematics so effective?

- Effective use of manipulatives
- Looking at concepts “from all angles”
- Systematic practice with variety
- Each lesson begins with a new concept or an expansion of a previously covered concept
- Full color illustrations help with understanding abstract material
- Method of study is consistent throughout the program



Kindergarten

- Counting by 1's, 5's, 10's, 2's, 4's, to 100
- Recognition of all families to 100
- Writing of all families to 100
- Value of all single-digit numbers
- Naming the number that comes after for all families to 100
- Naming the number that comes before for all families to 100
- Naming the number that comes between for all families to 100
- Place value for 1's, 10's
- Recognition of ordinal numbers, even and odd numbers

Numbers, Order, & Value

- Adding a single digit to all families without regrouping
- Subtracting a single digit from all families without regrouping

Addition & Subtraction

- Recognition, value, and use of the penny, nickel, dime, quarter, half dollar, and dollar
- Naming time on the hour, half-hour, quarter-hour and 5 minutes, and recognition of digital time hours and minutes
- Naming the days of the week, the months of the year, and the seasons
- Reading lengths in inches and centimeters, perimeter in inches
- Identify and count cup, quart, gallon, and liter

Ratios, Measurement, & Decimals

- Comparisons of items and quantities that are different, pairs, twins, belong together, tall, short, long, larger number and smaller number
- Recognition of whole, 1/2, 1/3, and 1/4

Fractions & Comparison

- Recognition of black, yellow, green, red, blue, brown, orange, and purple
- Recognition of circle, square, triangle, rectangle, octagon, cone, sphere, and cylinder
- Recognition of the direction and position of right, left, up, down, top, bottom, middle, inside, outside, first, next, last, front, and back

Equations, Colors, & Geometry

- Read and complete bar graphs and pictographs
- Determine what comes next

Graphs, Estimation, & Solving

Multiplication & Division

Grade 1

Numbers, Order, & Value

- Counting by 1's, 2's, 5's, 10's, 3's, 6's, 9's, 4's, 8's, and 7's to 100; by 1's from 100-200; even and odd numbers; tally marks; word numbers to 100; one-to-one correspondence
- Ordinal numbers to 10; the number that comes between, after, or before a given number
- Distinguish between big and little, large and small, tall and short, less than and greater than, long and short, equal and not equal
- Place value for 1's, 10's, 100's

Addition & Subtraction

- Facts from 1-18, two double and triple digit numbers, three single and double digit numbers, horizontal and vertical addition, addition with carrying in 1's, word problems
- Facts from 1-18, two double and triple digit numbers without borrowing, horizontal and vertical subtraction, word problems

Ratios, Measurement, & Decimals

- Months of the year and days of the week
- Hour, half hour, quarter hour
- Penny, nickel, dime, quarter, dollar, adding
- Inches, centimeters, dozen, ounce, cup, pint, quart, gallon, pound

Fractions & Comparison

- $\frac{1}{2}$, $\frac{1}{3}$, $\frac{1}{4}$, $\frac{1}{5}$, $\frac{1}{6}$, $\frac{1}{8}$
- Groups

Equations, Colors, & Geometry

- Circle, square, triangle, oval, diamond, octagon, sphere, cylinder, cube, and cone

Graphs, Estimation, & Solving

- Bar graphs
- Numbers, events
- Rounding number on number line, height, length, quantity

Multiplication & Division

Grade 2

- Counting by 1's, 5's, 10's, 2's, 3's, 6's, 9's, 4's, 8's, and 7's to 100; by 1's from 100-999; even and odd numbers; tally marks; word numbers to 999; Roman numerals
- Ordinal numbers to 100; the number that comes between, after, or before a given number
- Distinguish between greater than and less than, equal and not equal
- Place value for 1's, 10's, 100's, and 1,000's

- Carrying in 1's, 10's, and 100's columns; two and three numbers single, double, triple, and four digit; four numbers, single and double digit; horizontal and vertical addition; word problems; word sentences; equations
- Borrowing in the 1's and 10's columns; two single, double, triple, and four digit numbers; horizontal and vertical subtraction; word problems and sentences; equations

- Months of the year, days of the week, abbreviations
- Hour, half hour, quarter hour, five minutes, equivalents
- Penny, nickel, dime, quarter, half dollar; one, five, ten, and twenty dollar bills; counting, adding, subtracting, and multiplying money
- Inches, centimeters, linear equivalents, English weights equivalents, liquid measure equivalents, dozen, optical illusion, map reading
- Fahrenheit thermometer

- Fractional part of whole, fractional part of a set, fraction words
- Groups
- Comparison of two numbers

- Circle, square, triangle, rectangle, oval, diamond, octagon, pentagon, hexagon, sphere, cylinder, cube, cone, pyramid, symmetry
- Recognize and find area, perimeter, volume

- Bar graphs, line graphs, pictographs, grids
- Numbers, shapes, objects, events
- Rounding number, height, length, time

- Multiplication facts 0-10, word problems

Grade 3

- Word numbers to 1,000,000; expanded and standard form; counting by 1's, 2's, 3's, etc.; Roman numerals; properties of one and zero
- Ordinal numbers, before and after, greater than and less than, equal and not equal, estimation, rounding number to ten and hundred, order principle, parenthesis, distributive property, positive and negative numbers
- Place value for 1's, 10's, 100's, 1,000's, 10,000's, 100,000's, and 1,000,000's

- Addend, sum, carrying to 4-digits, estimate answers, word problems and sentences, equations
- Difference, minuend, subtrahend, borrowing, estimate answers, word problems, equations

- Months of the year, days of the week, abbreviations, and word problems
- Hour, half hour, quarter hour, five minutes, minute, A.M. and P.M., equivalents, estimate time, word problems, elapsed time
- Penny, nickel, dime, quarter, half dollar; one, five, ten, twenty dollar bills; count, adding, subtracting, multiplying; add and subtract horizontally and vertically; round; word problems
- English linear, liquid, weight and equivalents; Metric linear, liquid, weight and equivalents; dozen, map reading
- Fahrenheit and Celsius
- Decimal expressed in the tenths; relationship of fraction, mixed number, and decimal; add and subtract horizontal to vertical; multiply single digit multiplier by dollars and cents

- Fractional part of whole, fractional part of a set, fraction words, equivalent fractions, mixed numbers, renaming
- Comparison of two numbers and word problems

- Circle, square, triangle, rectangle, oval, diamond, octagon, pentagon, hexagon, sphere, cylinder, cube, cone, pyramid, trapezoid, rhombus, parallelogram, rectangular prism; symmetry, congruent and similar shapes, line, line segment, endpoint, ray, angles
- Recognize and find perimeter, area of rectangle, square
- Find volume of cube, rectangular prism

- Bar graphs, line graphs, pictographs, circle graphs, grids

- Multiplication facts 1-10; word problems; multiplicand, multiplier, product and factor; 2, 3, and 4-digit multiplicand with single digit multiplier with and without carrying; multiplying by 10's, 100's, and 1,000's
- Division facts 1-10, 1 and 2-digit quotients without and with regrouping, with and without remainder

Grade 4

- Word numbers through hundred billion; expanded form; even and odd numbers; Roman numeral; divisibility; prime and composite; prime factorization
- Place value for 1's, 10's, 100's, 1,000's, 10,000's, 100,000's, 1,000,000's, 10,000,000's, 100,000,000's, 1,000,000,000's, 10,000,000,000's, and 100,000,000,000's
- Ordinal numbers through 100; rounding to the nearest tenth, hundredth, thousandth; greater than and less than; equal and not equal

- Addition properties and terms; addition with 2, 3, 4, 5, and 6-digit numbers with carrying; equations; horizontal to vertical; column addition; missing addends; estimating; and adding money
- Subtraction properties and terms; subtraction with 2, 3, 4, 5, and 6-digit numbers with borrowing; equations; horizontal to vertical; estimating; subtracting money

- Review telling time; A.M. and P.M.; determine century; time equivalents; elapsed time; calendar; time zones
- Standard and metric linear, liquid, and weight equivalents; temperature reading and understanding Fahrenheit and Celsius; millimeter, centimeter, decimeter, meter, decameter, hectometer, and kilometer
- Fractions to decimals; word numbers to hundredth's place; comparing and ordering decimals; adding decimals vertically and horizontally; subtracting decimals; estimating decimals; estimating decimals with money
- Definition of a ratio; writing simple ratios; multiply and divide to find equal ratios

- Fractional part of a whole; word fractions; part of a set; equivalent fractions; reducing fractions; adding and subtracting fractions with like and unlike denominators; adding and subtracting mixed numbers

- Shapes and solids; symmetry; congruent and similar figures
- Lines: line segment, ray, endpoint, parallel, intersecting, and perpendicular lines
- Angles: rays, vertex, acute, obtuse, right
- Circles: diameter, radius
- Finding the perimeter, area, and volume of an object
- Addition, subtraction, multiplication, and division of equations

- Bar, line, pictographs, circle
- Coordinate graphs
- Comparing graphs

- Multiplication properties and terms; 3-digit times a single digit; multiplying by 10's, 100's, and 1,000's; 2-digit times a 2-digit and 3-digit times a 3-digit number; missing factors; money by 2-digit number; estimating products
- Division properties and terms; 1-digit divisor, 1-digit quotient with and without remainders; zeros in the quotient; averaging

Numbers, Order, & Value

Addition & Subtraction

Ratios, Measurement, & Decimals

Fractions & Comparison

Equations, Colors, & Geometry

Graphs, Estimation, & Solving

Multiplication & Division

Grade 5

Numbers, Order, & Value

- Number theory through hundred billion; review expanded form through hundred billion; review Roman numbers; divisibility; prime and composite; prime factorization; introduction to factor trees and exponents
- Place value to hundred billions
- Rounding to the nearest tenth, hundredth, and thousandth; greater than and less than; equal and not equal

Addition & Subtraction

- Addition properties, terms, and facts; addition with 2, 3, 4, 5, and 6-digit numbers; equations; column addition; missing addends; estimating; adding money; more than one operation
- Subtraction properties, terms, and facts; subtraction with 2, 3, 4, 5, and 6-digit numbers; equations; estimating; subtracting money; more than one operation

Ratios, Measurement, & Decimals

- Time; A.M. and P.M.; century; equivalents; elapsed time; calendar; time zones
- Counting change
- Standard and metric linear, liquid, and weight equivalent; temperature reading and understanding Fahrenheit and Celsius; millimeter, centimeter, decimeter, meter, decameter, hectometer, and kilometer
- Understanding percentages; finding percents; percents and decimals; percents and fractions; discount and sales tax; fractions as percent
- Writing simple ratios

Fractions & Comparison

- Least common multiples; adding and subtracting fractions with unlike denominators; adding and subtracting mixed numbers; renaming; multiplying and dividing fractions; multiplying and dividing two fractions; reducing

Equations, Colors, & Geometry

- Shapes, solids and diagonals; symmetry; congruent and similar figures; congruent segments and angles
- Circles: diameter, radius, chord
- Compass; protractor; types of triangles; classifying polygons
- Perimeter, area, volume, and surface area
- Addition, subtraction, multiplication, and division of equations

Graphs, Estimation, & Solving

- Mean, mode, and median
- Problem solving; logical reasoning; choosing an operation
- Probability with one variable
- Calculator math

Multiplication & Division

- Multiplication terms, facts and properties; 3-digit times 3-digit numbers; exponents; missing factors; money by 2-digit number; multiplying by 10's, 100's, and 1,000's
- Division terms, facts, and properties; 3-digit quotients with remainders; averaging with remainders; dividing money; estimating quotients; zeros in the quotient

Grade 6

- Word numbers through hundred trillion; scientific notation; base 2 numbers; order of operations; square roots
- Integers on a number line; opposite integers; comparing integers; adding integers; subtracting integers; multiplying integers; dividing integers
- Rounding to tenth, hundredth, and thousandth

- Addition properties, terms, and facts; addition with 2, 3, 4, 5, and 6-digits; missing addends
- Subtraction properties, terms, and facts; subtraction with 2, 3, 4, 5, and 6-digits
- Adding and subtracting money
- Counting change
- Adding and subtracting equations

- Standard and metric linear, liquid, and weight equivalent; temperature reading and understanding; Fahrenheit and Celsius; millimeter, centimeter, decimeter, meter, decameter, hectometer, and kilometer
- Word numbers to hundred thousandths; extend quotient to tenths, hundredths, thousandths; interpret the remainder; divide by a decimal; divide and multiply by 10, 100, 1,000; repeating decimals
- Write simple ratios; cross products; use cross products to solve for "n"; ratio as a percent; equal ratios

- Simplify before you multiply reciprocals; divide a whole number by a fraction; round an estimate with fractions; divide a fraction by a whole number; divide by a mixed number

- Construct a perpendicular bisector; bisect an angle; construct a regular hexagon; construct an equilateral triangle; construct a right triangle; construct a square; construct a parallelogram
- Writing equations for word problems

- Mean, mode, median; graphing in all four quadrants
- Choosing an operation; multiple step problems; draw a picture; find a pattern; use a chart, table, menu, schedule
- Writing checks, budgeting, banking, savings, understanding interest; using charts and tables

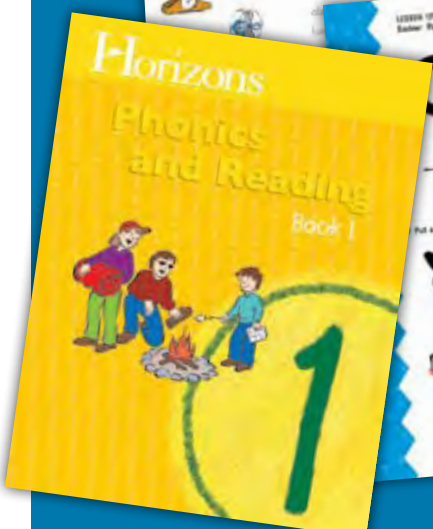
- Multiplication properties, terms and facts; missing factors; exponents; 4-digit by 4-digit; 5-digit by 5-digit
- Division properties, terms, and facts; estimating quotients; averaging with remainders; 4-digit divisor

Horizons Phonics and Reading

Horizons Phonics and Reading is an effective way to encourage reading at an early age and begin to teach phonetically-based word recognition. Reading skill develops as the students master the phonics concepts. The curriculum starts with the fundamentals of phonics and letter recognition and develops to the memorization of phonics/spelling rules and word relationship. Lessons explore the phonetic sounds and guide the students as they practice the concepts, helping the student become a proficient reader one step at a time.

What makes Horizons Phonics and Reading so effective?

- Basic concepts are approached in several ways to emphasize material
- Focus on concepts one at a time
- Identify concepts through picture association and alphabet stories
- Creative and colorful approach
- Review of previous material helps students achieve mastery
- Brightly illustrated readers emphasize comprehension and language skills



Kindergarten

- Letter recognition
- Consonant digraphs: th, ch, wh
- Consonant sounds
- Short vowel sounds

Lessons 1-30

- Consonant digraph: sh, tch, ch
- Silent "e" with "a", "o", "u", and "i"
- Consonant blends: bl, br, cl, cr, dr, fl, ck, gr, gl, sp
- Suffix -ing
- Consonant endings: nd, nt, ng, nk

Lessons 31-60

- Consonant blends: sc, sk, pl, pr, sl, sm, sn, scr, fr, tr beginnings; sk, mp, lp, lt, lf, ft, lk endings
- Double vowels: ai, ea, ee, oa

Lessons 61-90

- Consonant blends: tw, sp, st, spl, spr beginnings; tch, sp, st, lt, lf, ft endings
- Vowel plus "r": ar, or, er, ir, ur
- Plurals: s, es, y into ies
- Double vowels: ee, oa, ai, ea
- Digraphs: ay, ey, ow, ou

Lessons 91-120

- Diphthongs: ou, aw, au, ew, oy, oi, ow, ay, ey
- Proper nouns - Creative writing
- Letter "y"
- Vowel diphthongs
- Silent letters: w, k, b, g, gh, gn
- Endings with "le"
- Syllables
- Non-phonetics: alk, ph, old, ost, olt, ild, ind

Lessons 121-160

Grade 1

Lessons 1-30

- Consonant and vowel sounds
- Silent “e”
- Consonant digraphs: th, ch, wh, bt, ph, gm, mn, ck, gh, gn, ch, tch, hn, kn, mb
- Vowel pairs: oa, ee, ie, ay, ai, ea, oe
- Consonant blends: cl, cr, bl, br, fl, gr, gl, sp, nd, nt, ng, nk, sk, mp, lp
- Suffixes: -ful, -ly, -less, -ness, -y, -en, -able
- Capitalization and punctuation

Lessons 31-60

- Consonant digraphs: mb, wh, wr, gn, hn, kn, ch
- Consonant blends: sc, scr, pl, sm, pr, tr, fr, sn, lk, lt, lf, ft, tw, sr
- Words with “x”
- Contractions: will plus not, have; am plus us, are, is
- Compound words
- Suffixes: -ing, -ed, -s, -es, -ful, -ness, -less, -ly, -y, -en, -able, -er, -est

Lessons 61-90

- Long vowels
- Writing lessons: story, letter, and personal narrative
- Vowel diphthongs
- Prefixes: re-, un-, dis-
- Beginning consonant blends with “r”, “l”, and “s”

Lessons 91-120

- “Y” as a vowel
- Consonant digraph checkups
- Writing lessons: report, thank-you note, and personal experience narrative
- Syllables: words with prefixes, suffixes, and compound words
- Synonyms, antonyms, and homonyms
- Alphabetical order to second letter

Lessons 121-160

- Words with the sounds “f” and “s”
- Writing lessons: imaginative story, poem, journal entry, and friendly letter
- Checkup: contractions, “r” controlled vowels, prefixes, suffixes, capitalization and punctuation, and plural words
- Irregular plurals
- Possessives

Grade 2

- Consonant, short vowel, and schwa sounds
- Syllables
- Consonant digraphs: ck, th, sh, ch, tch/ch
- Final consonant blends: ct, ft, lt, nt, pt, rt, st, xt, lb, ld, lf, lk, lm, lp, mp, nk, nc, nd, rd, sk, sp, ng, ing
- Comparative endings: -er, -est
- Initial consonant blends: br, cr, dr, fr, gr, pr, tr, sc, sk, sl, sm, sn, sp, st, sw, bl, cl, fl, gl, pl, sl, dw, gw, sw, tw
- Final triple consonant blends: dge, ble, cle, dle, fle, gle, kle, ple, sle, tle, zle, lse, lve, nce, nge, nse, ckle, nch, lch, nth, rch, rth, tch, mpt, mpse

- Medial triple blend tch
- Compound words
- Initial triple consonant blends: spl, spr, str, shr, squ, scr, thr
- Final “e” and VC/Vopen long vowels
- Long vowel digraphs: ai, ay, ee, ea, ey, ie, ei, igh, ey, uy, oa, oe, ow, ou, ough, ue, ui, ea, eigh, ei, ey, oo, ou
- Wild Colt long vowels: old, ild, olt, ost
- Plurals: -s, -es, no spelling changes
- Inflected endings: -ed, -ing

- Initial triple consonant blends: sch, chr
- Vowel diphthongs: ou, ow, oi, oy, ew
- R-controlled: ar, ur, er, ir, or, wor, ear, yr, our, eer, ere, ear, ier, eir, air, ear, ar, are, eir, ere, wore, war, ore, oar, oor, our
- Digraphs: kn, wr, wh, ng, tch, qu, gu
- Final adjacent clusters: rk, rm, rn, rt
- Medial double letters cc with both hard and soft c
- Short vowel digraphs: oo, ea, ai, ui
- Short /aw/, spelled qua, wa, o, all, alt, alk, au, ough, aw, augh

- Short u, spelled o, o_e, oo, ou
- Silent letters: mn, gm, mb, gh, sc, ps, sw, wh, wr, rh, kn, gn, hn, pn, bt, pt
- Consonant sounds: -ck, -ic, -sk, -rk, -ke, -ge, -dge, -du, ph, gh, lf, ci, si, ti, ce, s, ss, ex-
- Alphabetical order to the third letter
- Inflected endings -ed, -s, -es, -ing, with spelling changes
- Irregular (Variant) plurals
- Comparative endings -er, -est, with spelling changes

- Possessives: singular, plural
- Suffixes: -ly, -ful, -ness, -less, -y, -en, -able/ible
- Prefixes: re-, un-, dis-, pre-, mis-, non-
- Syllabication and accents
- Antonyms, synonyms, homographs, and homophones
- Silent t: ten, tle, ter
- Rhyming words
- Two syllable words with first or second syllable accents
- Three syllable words with various syllable accents
- Difficult and irregular words of one syllable
- Contractions: will, not, have, has, had, am, is, are, us, would

Horizons Penmanship

Horizons Penmanship helps students build a strong foundation in communication skills through a wide variety of lessons and activities that practice spelling, vocabulary, penmanship, and creative writing. The printing style used in Horizons is traditional manuscript and the cursive style is Zaner-Bloser simplified cursive.

What makes Horizons Penmanship so effective?

- Can be used as stand-alone or enrichment programs
- Encourages spelling skills by learning new vocabulary
- Learn correct formations of letters and writing formats
- Writing Bible verses encourages Scripture memorization
- Practice written communication through a variety of methods
- Colorful cartoon characters help students approach material in an entertaining way



Lessons 1-40

- Line and circle practice
- Half-circle, letters, simple word practice
- Letters, numbers, simple word practice
- Letters, words, upper-case letter practice

Lessons 41-80

- Matthew 19:19 & Psalm 16:1
- Psalm 106:1 & Matthew 5:3
- Revelation 22:20 & Luke 2:14
- Luke 2:16 & Isaiah 60:1

Lessons 81-120

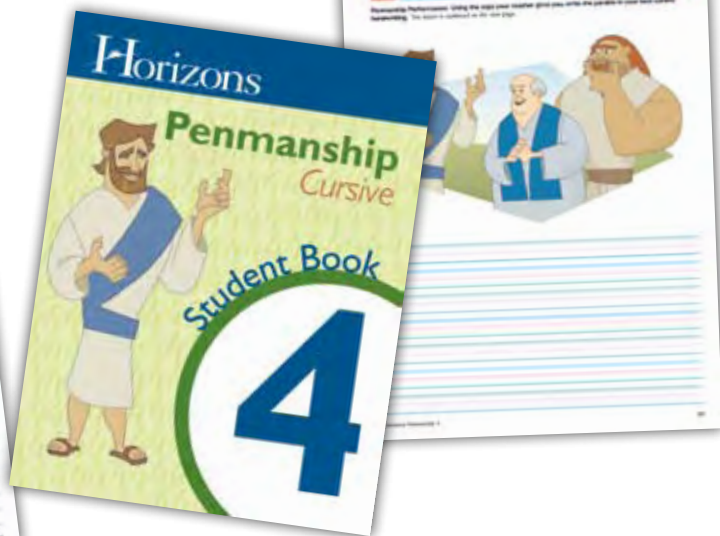
- Matthew 11:28 & Psalm 138:1
- Luke 23:42, 46
- Matthew 28:5-6 & Psalm 27:1
- Psalm 100:1-3

Lessons 121-160

- Psalm 100:4-5
- The Lord's Prayer, Matthew 6:9-10
- The Lord's Prayer, Matthew 6:11-12
- The Lord's Prayer, Matthew 6:13

Subject Features:

- Tracing and copying letters and words
- Tracing and copying sentences
- Practice lower- and upper-case letters
- Practice punctuation and numbers
- Copying Bible verses



Grade 2

Lessons 1-40

- Review lower- and upper-case letters, Psalm 19:1
- “Night” & “My Heart Leaps Up” poems
- Genesis 9:13-14
- Psalm 147:7, 8-9, “Who Has Seen the Wind” poem

Lessons 41-80

- “The Wind” poem, I Kings 19:11
- “Spring Morning” poem, Matthew 6:28-29
- “I Wandered Lonely as a Cloud” & “Oh, Fair to See” poems
- Song of Songs 2:11-12, Psalm 23:1-2

Lessons 81-120

- “Spring Morning” poem, Psalm 148:7-8
- Psalm 148:7, 9-10, “When Fishes Set Umbrellas Up” poem
- “The Kitten and the Falling Leaves” & “The Tiger” poems
- “The Eagle” & “A Bird Came Down the Walk” poems

Lessons 121-160

- “Written in March” & “Spring Morning” poems
- “Written in March” poem, Psalm 90:2
- Psalm 98:7-9
- Isaiah 2:2, Psalm 150:1, 6

Subject Features:

- Tracing and copying letters and words
- Tracing and copying sentences
- Practice lower- and upper-case letters
- Copying poems and Bible verses
- Transition to cursive writing

Grade 3

- The Story of Noah, Genesis 6:9-10, 13-14, 17-18
- The Story of Noah, Genesis 6:19, 21-22; 7:7, 18, 23-24
- The Story of Noah, Genesis 8:1, 3-4, 6-9
- The Story of Noah, Genesis 8:10-13, 18-19

- The Story of Noah, Genesis 9:8, 11, 13, 15; 11:1-3
- The Story of Noah, Genesis 11:4-9
- The Story of Abraham’s Test, Genesis 22:1-5
- The Story of Abraham’s Test, Genesis 22:5b-9

- The Story of Abraham’s Test, Genesis 22:10-14
- The Story of Abraham’s Test, Genesis 22:15-18; 37:2a, 3-4
- The Story of Joseph, Genesis 37:5-10
- The Story of Joseph, Genesis 37:18-19, 21-24

- The Story of Joseph, Genesis 37:26-28, 35-36
- The Story of Joseph, Genesis 41:44, 46, 56-57
- The Story of Joseph, Genesis 42:1-4, 8-10
- The Story of Joseph, Genesis 43:15; 45:4-5, 7

- Tracing letters and words
- Defining words in a sentence on a blank line
- Practice writing sentences
- Practice manuscript sentences
- Practice writing quotations
- Writing sentences and answering questions



Horizons

Grade 4

- Jesus Speaks in Parables, Parable of the Mustard Seed
- Parables of the Hidden Treasure and the Lost Sheep
- Parables of the Lost Coin and the Good Shepherd, Part 1
- Parable of the Good Shepherd, Parts 2 & 3

- Parable of the Good Samaritan, Parts 1 & 2
- Parables of the Good Samaritan, Part 3 & the Lost Son, Part 1
- Parable of the Lost Son, Parts 2 & 3
- Parable of the Lost Son, Parts 4 & 5

- Parable of the Lost Son, Parts 6 & 7
- Parable of the Sower, Parts 1 & 2
- Parable of the Sower, Parts 3 & 4
- Parable of the Pharisee and Tax Collector

- Parable of the Weeds, Parts 1 & 2
- Parable of the Weeds, Parts 3 & 4
- Parables of the Weeds, Part 5 & the Unmerciful Servant, Part 1
- Parable of the Unmerciful Servant, Parts 2 & 3

- Tracing letters and words
- Defining words in a sentence on a blank line
- Practice printing sentences
- Practice writing quotations
- Writing sentences and answering questions (cursive & manuscript)

Grade 5

- Gettysburg Address by Abraham Lincoln, Parts 1 & 2
- Gettysburg Address by Abraham Lincoln, Parts 3 & 4
- Thanksgiving Proclamation by George Washington, Parts 1 & 2
- Thanksgiving Proclamation by George Washington, Parts 3 & 4

- Thanksgiving Proclamation by George Washington, Parts 5 & 6
- Thanksgiving Proclamation, Part 7, & Kennedy Inaugural Address, Part 1
- Inaugural Address by President John F. Kennedy, Parts 2 & 3
- Inaugural Address by President John F. Kennedy, Parts 4 & 5

- Inaugural Address by President John F. Kennedy, Parts 6 & 7
- Inaugural Address by President John F. Kennedy, Parts 8 & 9
- Inaugural Address by President John F. Kennedy, Parts 10 & 11
- Inaugural Address by President John F. Kennedy, Parts 12 & 13

- Inaugural Address by President John F. Kennedy, Parts 14 & 15
- Inaugural Address by President John F. Kennedy, Parts 16 & 17
- Kennedy Inaugural Address, Part 18, & Roosevelt Third Inaugural Address, Part 1
- Third Inaugural Address by Franklin Delano Roosevelt, Parts 2 & 3

- Practice letter strokes and joinings
- Maintain manuscript skills
- Practice writing quotations
- Write cursive from manuscript & manuscript from cursive examples
- Self-evaluation of penmanship
- Write unpracticed historical document quotations

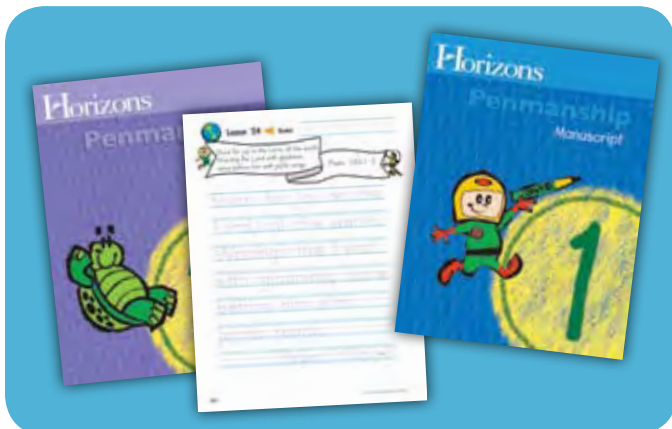
**Lessons
1-40**

**Lessons
41-80**

**Lessons
81-120**

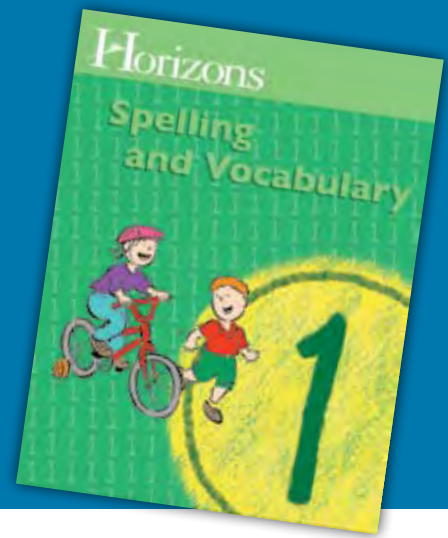
**Lessons
121-160**

**Subject
Features:**



Horizons Spelling and Vocabulary

An exciting and motivating presentation of typical spelling concepts. Horizons Spelling and Vocabulary is designed around a weekly schedule with a variety of practice formats. Like other Horizons products, there is a 160-lesson Horizons Student Book and Teacher's Guide. The Teacher's Guide includes daily lesson plans, making this an easy spelling curriculum to teach and administer. The complete set includes a student dictionary that lists all of the words and definitions used in the student lessons. A similar scope and sequence and lesson format makes this material an excellent companion to Horizons Phonics and Reading Grade 1 and 2. This phonics-based product will encourage students to improve and develop spelling and vocabulary skills.



Grade 1

Lessons 1-30

- Recognize and spell words with short vowels
- Hard and soft c and g
- Recognize and spell words with long vowel sounds

Lessons 31-60

- Recognize and spell words with long vowel sounds
- Distinguish between ks and x sounds
- Recognize, spell, and understand contractions
- Recognize and spell plural words ending in -s and -es
- Recognize and spell words used in comparisons ending with the suffixes er and est

Lessons 61-90

- Recognize and learn to spell words with the suffixes: ful, ing, and ness
- Recognize and spell words with silent letters (-igh, -mb, -ck, kn-, -gn, wr-, wh-)
- Recognize and spell words with the long and short oo
- The three sounds of ea, ie, and ee
- Recognize and spell words with diphthongs

Lessons 91-120

- Spelling compound words
- Recognize and spell words with l and r consonant blends
- Recognize and spell words with beginning of s blends
- Recognize and spell words beginning with sh and th
- Recognize and spell words with -ch and -ck sounds
- Recognize and spell words beginning with wh- and words ending in -tch

Lessons 121-160

- Recognize and spell synonyms
- Recognize and spell antonyms
- Recognize and spell homophones
- Recognize and spell ar and or
- Recognize and spell ir, er, and ur
- Recognize and spell words with the sounds: qu, ph, gh, igh, and ould
- Recognize and spell words ending in -ed and -ing

Grade 2

- Review and study initial, medial, and final consonant sounds
- Review division of words into symbols
- Recognize and spell words with short and long a, i, u, o, and e sounds
- Recognize and spell compound words

- Recognize and spell words with r blends and words using y as consonant/vowel
- Recognize and spell words with consonant digraphs sh, ch, wh, and th
- Recognize contractions and the words they represent
- Recognize and spell plurals of words ending in -s and -es
- Recognize and spell correctly the plural of words ending in -fe
- Recognize and spell correctly words ending with suffixes -ful, -less, and -ment

- Recognize and spell words ending in -ing, -ong, -ung, and -ang
- Recognize and spell words with soft and hard c and g sounds
- Recognize and spell words with long and short oo sounds
- Recognize and spell words with different ow and ou sounds
- Recognize different spellings of the "er" sound in words (-er, -ir, -ur, wor, ear)

- Recognize and spell words with s blends
- Recognize and spell homophones
- Recognize and spell words with k sound of qu and ch
- Recognize and spell words with silent letters gn, kn, and sc
- Recognize and spell the z sound of s
- Recognize and spell comparative words ending in -er and -est

- Recognize and spell words with l blends
- Recognize and spell irregular plurals
- Recognize and spell words ending in -x and -xes
- Recognize and spell the three different sounds of the ending -ed
- Recognize and spell number words
- Recognize and spell words ending in -le
- Recognize and spell words with the prefixes un- and en-

Horizons Physical Education

Encourage physical activity for life! Students love exercising with Horizons Physical Education. This motivating, activity-based curriculum teaches motor skills, anatomy, age appropriate games, exercise techniques, and lifelong health and fitness practices. Available for PreK-12th grade, this comprehensive curriculum gives students a complete, well-rounded education and teaches healthy living from a Christian perspective.

What makes Horizons Physical Education so effective?

- Connects health fitness, motor proficiency, decisional learning, and intellectual learning
- Provides age appropriate learning goals and outcomes
- Includes materials and ideas for evaluation and health fitness tests
- Features diagrams and clear instructions for activities
- Contains a Christian worldview throughout the curriculum



Grades PreK-2

- Develop sensorimotor body and manipulative object control skills
- Teach movement and fitness understanding
- Promote core values: honor God, give your best effort, share, care, play fair
- Rehearse sensorimotor body control skills
- Explore creative movement skills
- Build fitness awareness: muscles, heart, and lungs
- Teach about muscles and movement/cardiovascular functions
- Develop quality in manipulative object control skills
- Develop specific motor abilities
- Produce combination body and object control skills
- Internalize the fitness feeling—regular exercise
- Teach the importance of exercise and play
- Integrate physical education with other learning

Grades 3-5

- Develop quantity in manipulative object control skills
- Develop specific motor abilities
- Produce creative movements
- Produce combination body and object control skills
- Develop specialized sport skills
- Teach about muscles: strength and flexibility
- Promote core values: honor God, give your best effort, share, care, play fair
- Develop game and sport skills
- Perform creative movements
- Build strength, flexibility, muscular, and cardiorespiratory endurance
- Teach sport rules of play
- Integrate physical education with other learning

Grades 6-8

- Teach game and sport tactics
- Refine creative movements
- Build total fitness
- Practice playship
- Stabilize team sport skills
- Learn team sport tactics
- Play competitive sports and express self through creative and physically active movements
- Learn basic health fitness concepts
- Build aerobic cardiorespiratory and muscular fitness
- Practice responsible actions in sports and fitness
- Integrate physical education with other learning

Grades 9-12

- Express self through competitive sports play and creative movement
- Learn recreational game and sport skills
- Build a physiologically sound personal health fitness program
- Make fitness and sportive play decisions
- Refine carryover sport and creative movement skills
- Use recreational sport and creative movement skills
- Learn about human movement
- Establish lifetime health fitness maintenance habits

Horizons Health

Equip your child for healthy living! Hands-on Horizons Health, for Kindergarten through 8th grade, provides teachers with a sequential, comprehensive health education program written from a Christian perspective. Teach students how to take responsibility for personal health, develop proper manners and attitudes, and sharpen decision-making skills. Curriculum themes include: human growth and development, nutrition facts, disease prevention, and safety. Flexible student lessons can be easily integrated with other subjects or taught separately.

What makes Horizons Health so effective?

- Courses are comprehensive, covering 11 themes from growth and development to safety and first aid
- Teacher's Guides include a list of needed materials, objectives, background information, lesson overviews, and related activities
- Gives you the flexibility to teach health 2 to 3 days per week
- Contains a Christian worldview throughout the curriculum



Growth & Development

- Growth awareness
 - Five senses and corresponding body parts
 - Primary/secondary teeth
-
- Review of five senses
 - Naming external body parts
 - Joints
 - Four main organs: brain, heart, stomach, lungs
 - Interrelationship of body parts
 - Growth predictions
 - Primary/secondary teeth
-
- Growth awareness
 - Introduction to body systems
 - Function and interdependence of senses
 - Function and basic structure of eyes and ears
 - Visual/hearing impairments
-
- Overview of body systems: skin, muscular, skeletal, digestive, respiratory, circulatory, nervous, excretory (main parts and interrelationships)
 - Growth and development problems (special populations)
-
- Miracle of life
 - Hereditary factors
 - Structure and function of blood
 - The immune system
 - Hair, skin, and nails
 - Structure and function of teeth
 - Digestive system: parts of, process of digestion
 - Cells/tissues/organs/systems
 - Functions and kinds of cells
-
- Respiratory system
 - Variations in growth rates
 - Endocrine system
 - Physical, emotional, and social changes of puberty
 - Reproductive system
-
- Fetal development
 - Stages of life
 - Processes by which cells receive nutrients and oxygen: diffusion, filtration, osmosis
 - Review of main body systems, main parts and functions
 - Hereditary and environmental factors
 - Impairments
-
- Characteristics of stages of life
 - Review of interdependence of body systems
 - Changes of puberty
 - Review of reproductive system
 - Impairments
 - Identifying learning styles

Disease Prevention

- Germs and disease
 - Preventing spread of germs
 - Effect of smoke on lungs
-
- Defining communicable/noncommunicable disease
 - Preventing spread of germs
 - Immunizations
 - Health checkups
 - Effect of smoking on lungs
-
- Disease symptoms
 - Defining bacteria and viruses
 - How germs enter body
 - Effects of nicotine, alcohol, and caffeine on body
 - Identifying eye problems
-
- Communicable and chronic diseases
 - AIDS transmission through blood and hypodermic needles
 - Immunizations, proper food storage, and cleanliness as ways to control disease
-
- Care of skin
 - Diseases of digestive system
 - Lack of nutrients and disease
 - Alcoholism
 - Long term/short term effects of smoking
 - Review HIV transmission through blood, needles
-
- Main classes of pathogens
 - Chain of infection
 - Some common communicable diseases
 - Preventing respiratory diseases
 - Sexually transmitted diseases, including characteristics, transmission, and prevention of HIV infection
-
- Preventing cardiovascular disease
 - Risk factors of cardiovascular disease
 - Diseases of muscular, skeletal, and nervous systems
 - Hereditary and environmental factors in disease
 - Alcoholism and cirrhosis
 - Anorexia and bulimia
 - AIDS/HIV
-
- Biblical view of disease
 - Lifestyle choices and disease
 - Eating disorders
 - Suntanning
 - Sexually transmitted diseases, including HIV/AIDS
 - Review reducing risk of communicable and acquired diseases
 - Understanding reality of health problems

Substance Use/Abuse	Nutrition	Emotional/Mental Health	
<ul style="list-style-type: none"> Defining medicine Rule: only adults give medicine Consulting adult before using any unknown substance Choosing a smoke-free environment 	<ul style="list-style-type: none"> Food for energy and growing Plant and animal food sources Eating a variety of foods 	<ul style="list-style-type: none"> Created unique Differences and similarities Main feelings Situations and feelings Responding to others' feelings 	Grade K
<ul style="list-style-type: none"> Differentiating drugs and medicines Symbols for hazardous substances Identifying some drugs 	<ul style="list-style-type: none"> Food and body energy Four food groups Eating from all food groups Eating healthy snacks Diet and tooth health 	<ul style="list-style-type: none"> Created unique Alike and different Naming and exploring feelings Body language Dealing with feelings Ways to deal with anger Developing empathy 	Grade 1
<ul style="list-style-type: none"> Identifying common drugs: alcohol, tobacco, and caffeine Products containing caffeine Effect of caffeine on body How alcohol affects physical reactions Differentiating prescription and over-the-counter drugs Reasons for using medicine 	<ul style="list-style-type: none"> Four food groups Limiting extras Daily serving requirements Balanced eating Cleanliness and food handling Eating breakfast Smart snacks for teeth 	<ul style="list-style-type: none"> Identifying individual gifts/interests Blessing others with our gifts Review of main feelings Identifying a variety of feelings Feelings and actions Developing empathy Saying no and feelings 	Grade 2
<ul style="list-style-type: none"> Defining terms Proper use vs. misuse of substances Influence of advertising on use of over-the-counter medicines Dosages Labels for information Tolerance and addiction Harmful effects of tobacco, smoking 	<ul style="list-style-type: none"> Classifying foods Combination foods Define nutrition needed for growth, maintenance, repair of body Limited nutritional value of some foods Healthy snacks Diet and tooth decay 	<ul style="list-style-type: none"> Self-awareness and acceptance Appreciating diversity Identifying and expressing feelings Emotions and body feelings How feelings affect thoughts and actions Dealing with specific emotions: fear, hurt, anger, being left out Humor and feelings 	Grade 3
<ul style="list-style-type: none"> Review of terms: drugs, medicines, substance, prescription, OTC Side effects of medications Avoiding misuse of OTCs Harmful effects of tobacco, alcohol, marijuana, cocaine Defining alcoholism Refusal skills 	<ul style="list-style-type: none"> Six major classes of nutrients: fats, carbohydrates, water, minerals, vitamins, protein Function of nutrients Serving size Lack of nutrients and diseases Good food, good times 	<ul style="list-style-type: none"> Self-knowledge and knowledge of God Being saints and sinners Individual differences as part of God's plan Using gifts to serve How others affect self-concept Showing appreciation for others Handling and expressing feelings Avoiding self-putdowns Making decisions 	Grade 4
<ul style="list-style-type: none"> Review of terminology Demonstrating effect of smoking on lungs Refusal skills 	<ul style="list-style-type: none"> Review of main nutrients and their sources Vitamins, minerals, and their functions Function of water Individual nutrition requirements Nutrition deficiencies and health Influences on eating patterns 	<ul style="list-style-type: none"> Growing up Identifying individual strengths Range of feelings Developing feelings vocabulary Ways of dealing with emotions Expressing feeling without blaming Overall wellness and emotions Dealing with anger in healthy ways 	Grade 5
<ul style="list-style-type: none"> Chemical dependency and its effects Steroids Results of substance use Societal pressure to use substances Resisting alcohol advertising Strategies for resisting pressure 	<ul style="list-style-type: none"> Criteria for proper food selection Diet analysis Nutrients: carbohydrates, proteins, fats Reducing salt and sugar Results of unbalanced diet Eating disorders 	<ul style="list-style-type: none"> New life in Christ Patterns of life: inherited and acquired characteristics Handling ups and downs of feelings Interaction of feelings, thoughts, and actions Identifying and managing stress Recognizing influences Decision making and peer influence 	Grade 6
<ul style="list-style-type: none"> Alcohol, tobacco, drug abuse (student research) Decision-making and refusal skills 	<ul style="list-style-type: none"> Proper nutrition and dieting 	<ul style="list-style-type: none"> Identifying self as God's image bearer child Self-talk and self-confidence Discovering, accepting, and developing gifts Using gifts to serve God/community Influence of media on self-concept Decision-making values/strategies Setting goals Being assertive 	Grades 7&8

	Social Health/Interpersonal Skills	Family Life/Human Sexuality	Personal Health
Grade K	<ul style="list-style-type: none"> • Minding manners • Manners and feelings • Listening to each other • Ways to share • Cooperating 	<ul style="list-style-type: none"> • Families—part of God’s plan • Similarities/differences among families • Gender differences • Feelings and family • Our families and God’s family • Dealing with death 	<ul style="list-style-type: none"> • Good health choices • Dressing to stay healthy • Exercise and rest • Cleanliness and health • Care of teeth: brushing and checkups
Grade 1	<ul style="list-style-type: none"> • Purpose of good manners • Practicing good manners • Active listening steps • Sharing • Practicing cooperation 	<ul style="list-style-type: none"> • Living things reproduce • Families—part of God’s plan • Kinds of families • Contributing to family life • Family changes • Death and Christian hope • Christian families in context of God’s family 	<ul style="list-style-type: none"> • Making healthy choices • Staying fit • Eating from all food groups • Tooth care: plaque, brushing, checkups, diet • Grooming and health
Grade 2	<ul style="list-style-type: none"> • Communicating with others • Developing social skills/manners • Showing appreciation • Helping others • Active listening • Selfish/un-selfish attitudes • Importance of cooperating 	<ul style="list-style-type: none"> • Families provide basic needs • Human sexuality, a gift of God • Exploring gender differences/similarities • Resolving conflicts • Family rules • New beginning and forgiveness • Family heritage and traditions • Dealing with death 	<ul style="list-style-type: none"> • Good health habits • Keeping fit and active • Avoiding too much TV • Getting enough sleep • Eating a balanced diet • Eating healthy snacks and breakfast • Review of good grooming habits • Tooth care: brushing, flossing, snacks
Grade 3	<ul style="list-style-type: none"> • Developing friendships • Factors that affect friendships • Kinds of friendships • Showing kindness toward others • Laughing with, not at • Active listening • Resolving conflicts 	<ul style="list-style-type: none"> • God’s law of love as the basis of family living • Depending on family members • Communicating in families • Living patterns and culture • Life cycle and the family • Sexual identity, an integral part of a person • Dealing with death 	<ul style="list-style-type: none"> • Benefits of fitness • Being physically fit: flexibly, endurance, strength • Good posture • Oral hygiene • Eating healthy foods • Benefits of sleep
Grade 4	<ul style="list-style-type: none"> • Belonging to groups other than family • Showing respect for others • Accepting differences • Communication skills • Working out problems in interpersonal relationships 	<ul style="list-style-type: none"> • Institution of marriage/family • Responsibility and family life • Family and the wider community • Communicating • Death and dying 	<ul style="list-style-type: none"> • Components of personal health • Building physical fitness • Importance of cleanliness • Posture • Sleep and rest
Grade 5	<ul style="list-style-type: none"> • Wise ways in relationships (proverbs) • Forgiveness and maintaining friendships • Respecting others • Resolving conflicts • Social skills • Cooperative skills 	<ul style="list-style-type: none"> • Wellness in family relationships • Family’s impact on members’ development • Foundation of marriage • Changes during puberty • Authority/freedom in family life • Death and dying 	<ul style="list-style-type: none"> • Concept of wellness • Review of personal health practices • Keeping a healthy balance • Inventory of health habits • Fitness and overall health • Exercise and respiratory endurance
Grade 6	<ul style="list-style-type: none"> • Identifying social support network • Factors that build up or break down relationships • Erecting barriers: prejudice, discrimination, labeling • Communication: basic elements, verbal/nonverbal, active listening • Deciding to care about others 	<ul style="list-style-type: none"> • Stages of life/development • Courtship, marriage intimacy • Beginning of human life • Fetal development and birth process • Being a Christian family • Societal pressures and family life • Changes in adolescence and family life • Death/dying 	<ul style="list-style-type: none"> • Healthy lifestyle • Benefits/components of fitness • Weight, strength, posture, obesity, losing healthfully • Care of skin, eyes, and ears • Importance of sleep/rest • Oral hygiene • Personal cleanliness/disease prevention • Setting health goals
Grades 7&8	<ul style="list-style-type: none"> • Biblical view of community • Types of love • Living in community • Dealing with internal/peer pressure • Using peer pressure positively • Friendship • Dealing with conflict • Communication 	<ul style="list-style-type: none"> • Family life • Sexuality vs. sex • Biblical view of sexuality • Myths of sex and sexuality • Changes in puberty • Chastity and abstinence • Healthy male-female relationships • Sexual abuse 	<ul style="list-style-type: none"> • Healthy lifestyle choices • Influence of fashion on ideas of beauty • Dieting and health • Physical fitness and overall wellness • Review components of health fitness • Review personal hygiene concepts

Community Health	Consumer Health	Safety/First Aid	
<ul style="list-style-type: none"> • Health helpers • Smoke in environment 		<ul style="list-style-type: none"> • Rules and safety • Poison safety • Medicine and safety • Traffic safety • Strangers and safety • Fire safety: basic rules • Emergency phoning • Appropriate/inappropriate touch 	Grade K
<ul style="list-style-type: none"> • Defining pollution • Causes of air pollution • Health helpers • Immunizations 	<ul style="list-style-type: none"> • Health checkups 	<ul style="list-style-type: none"> • Medicine safety • Poison safety: basic rules and household poisons • Safety and strangers • Review of fire safety • Car passenger safety • Dealing with emergencies • Appropriate/inappropriate touch 	Grade 1
<ul style="list-style-type: none"> • Noise pollution 	<ul style="list-style-type: none"> • Aid for visual and hearing impaired 	<ul style="list-style-type: none"> • Care of eyes and ears • Review of stranger education and fire safety • Home escape plan • Seatbelts • Emergency phoning • Preventing sexual abuse: appropriate/inappropriate/confusing touch • Good and bad secrets 	Grade 2
<ul style="list-style-type: none"> • Health agencies • Role of community workers in safety 	<ul style="list-style-type: none"> • Influence of aid on use of substances • Labels as a source of information • Reasons for using common health products 	<ul style="list-style-type: none"> • Risk-taking • Bicycle safety • Water safety • Electrical appliances • Preventing sexual abuse: appropriate/inappropriate touch, trickery, self-protection, sources of help • Action plan for an emergency • First aid: scrapes, nosebleeds, burns, blisters 	Grade 3
<ul style="list-style-type: none"> • Effect of contaminated food, water, air 		<ul style="list-style-type: none"> • Accidents-emotional, decisional factors • Review of basic safety rules • Playground safety • Bicycle safety • Fire safety, flame hazards • Home alone • Preventing sexual abuse: definition, touch continuum, self-protection 	Grade 4
<ul style="list-style-type: none"> • Air pollution • Water pollution and health • Community health resources 	<ul style="list-style-type: none"> • Advertising and food choices 	<ul style="list-style-type: none"> • Taking responsibility for safety of self and others • Basic emergency first aid • Rescue breathing • Preventing sexual abuse: defining sexual abuse, saying no assertively, sources of help 	Grade 5
<ul style="list-style-type: none"> • Community problems caused by substance abuse • Treatment for alcoholism • Community health resources 	<ul style="list-style-type: none"> • Getting correct health care 	<ul style="list-style-type: none"> • Taking responsibility for safety of self and others • Safety in extreme hot or cold weather • Safety and natural disasters • Review of basic safety rules • Home hazard check • Defining/preventing sexual abuse • Self-protection, sources of help 	Grade 6
<ul style="list-style-type: none"> • Community resources for getting help for substance abuse/other health problems 	<ul style="list-style-type: none"> • Evaluating advertisements • Media sales techniques 	<ul style="list-style-type: none"> • Review of basic safety and first aid • Responding in emergencies • Preventing sexual abuse • Identifying and practicing self-protection skills 	Grades 7&8



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