

# Saluda County Schools Comprehensive Health Instructional Materials

**Health Education Curriculum:** Health Education will be taught in all grade levels. Health Education instruction will include the following topics: mental and emotional health, nutrition education, physical education, hygiene, growth and development, injury prevention and safety, and chronic diseases and reproductive health. Additional topics may be added as needed.

**Comprehensive Health Education:** Comprehensive Health Education is provided to all students in preschool through twelfth grade.

## Instructional materials used at each grade span:

### K – 5<sup>th</sup> Grade:

- State Provided [Erin's Law Materials](#)
- SC Health and Safety Education Standards- [SC Standards for Health and Safety](#)
- Fitness Gram
- Harcourt Health and Fitness, Houghton Mifflin Harcourt Publishing Company 2006 (State Department approved)

### 6<sup>th</sup> – 8<sup>th</sup> Grade:

- State Provided [Erin's Law Materials](#)
- SC Health and Safety Education Standards- [SC Standards for Health and Safety](#)
- Fitness Gram
- *Holt Decisions for Health textbooks*

### 9<sup>th</sup> – 12<sup>th</sup> Grade:

- State Provided [Erin's Law Materials](#)
- SC Health and Safety Education Standards- [SC Standards for Health and Safety](#)
- Fitness Gram
- *Glencoe Health*
- CPR and/or Automated External Defibrillator (AED) will be taught in PE 1 for all students