



Essential Questions

- 1) What are the different food groups?
- 2) What are ways to stay active?
- 3) How can we encourage others to stay goal oriented?

Vocabulary

exercise, nutrition, fitness, active

Spanish Vocabulary

ejercicio, nutrición, aptitud física, activo

Educational Curriculum Calendar Guide



The first day of each month the KWL (K-Know, W-Want to know, L-Learned) Chart is created. This assesses the students' knowledge on the monthly idea and is updated throughout the month.



Two exploration days are planned each month to explore the students' interests based on discussion of the KWL Chart.



The third Wednesday of this month is dedicated to anti-bullying activities, using the Teaching Tolerance curriculum.



The last Friday of this month will incorporate a STEAM (Science, Technology, Engineering, Art & Math) activity.

May 2025

Big Idea: Having Healthy Habits

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 What is a goal?
5 Building a food group pyramid	6 Collaging my dinner plate	7 What is a positive affirmation?	8 	9 Why is it important to wash our hands?
12 Turning our emotions "Inside Out"	13 What makes us human?	14 Discovering the importance of dental hygiene	15 Learning about the five senses	16 Participating in a challenging obstacle course
19 Graphing our daily schedules	20 Practicing the art of yoga	21 What does a healthy personality look like?	22 Investigating how to stay hydrated in the warm weather	23
26 Closed for Memorial Day	27 How do we practice our gross motor skills while playing outdoors?	28 Comparing & contrasting our favorite sports	29 Creating a healthy recipe	30 Cooking up a healthy snack!