

# 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 that can be used for hands-on learning.

## Memorization and Drill

Horizons Math stresses memorization of basic math facts and computational skills. Students 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 that 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 takes 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

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 Evaluations Diagnose Proper Placement

A readiness evaluation test is included in the teacher's guide for Math Grades 1-6. This test helps you know the strengths and weaknesses of each student at the beginning of each grade level. The Horizons Pre-Algebra Readiness Evaluation helps parents determine if their child is ready to begin studying math at the pre-algebra level.

## Daily Lesson Guides Eliminate 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.

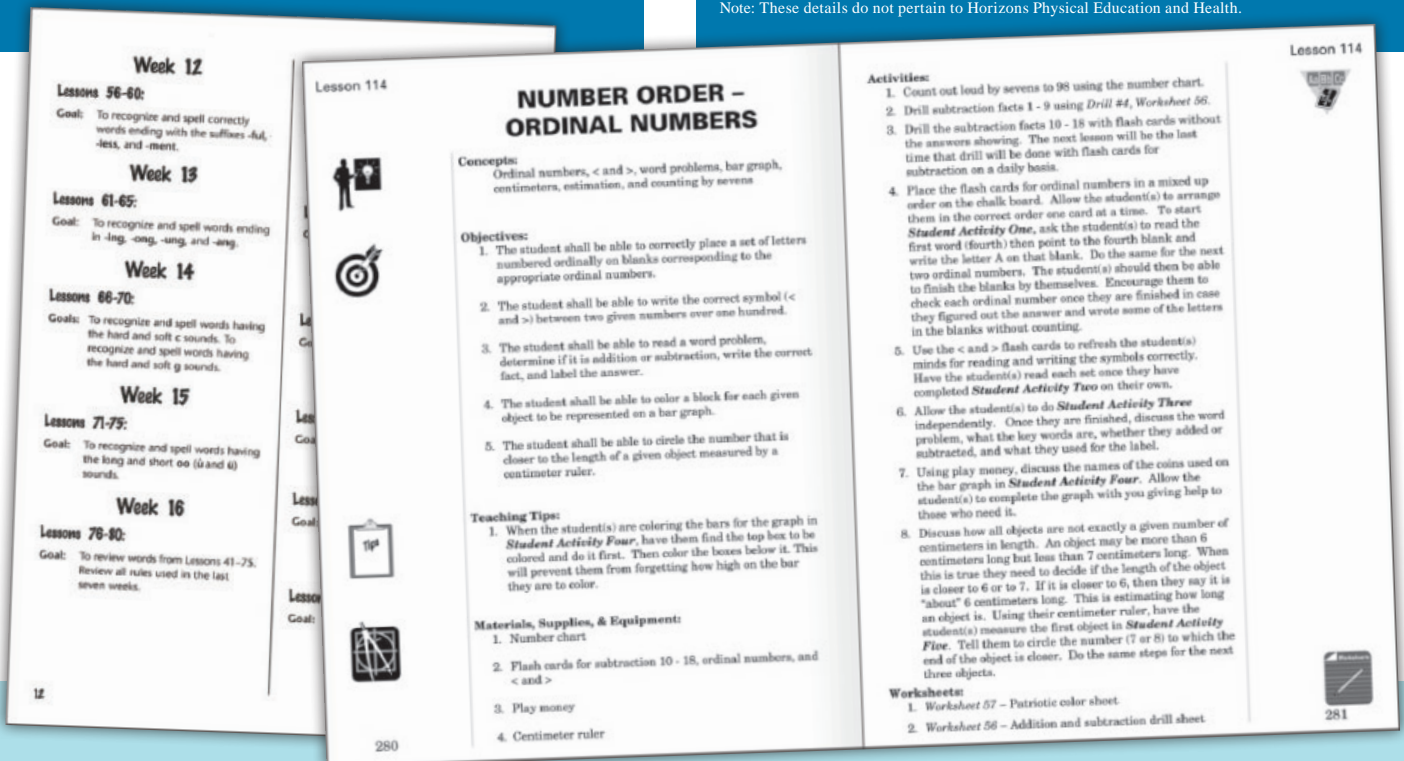
## Teaching Tips Help Veteran and Novice Teachers

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, and 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 perfect source of 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 they get a perspective of the world that cannot be gained in any 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, and 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 and 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, and 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 & jum, 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

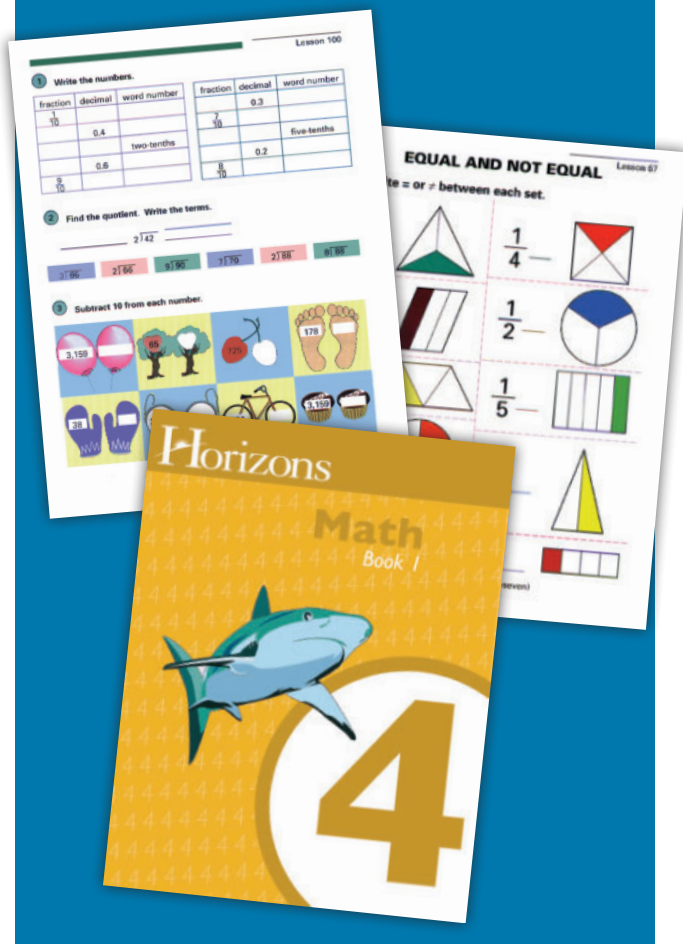


# Horizons Math for Grades K-6

Horizons Math provides a balanced and 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 Math 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 1s, 5s, 10s, 2s, and 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 and 10's
- Recognition of ordinal numbers; even and odd numbers

- 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 days of the week, months of the year, and seasons
- Reading lengths in inches and centimeters and 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,  $\frac{1}{2}$ ,  $\frac{1}{3}$ , and  $\frac{1}{4}$

## 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

- Counting by 1s, 2s, 5s, 10s, 3s, 6s, 9s, 4s, 8s, and 7s to 100, by 1s from 100-200, even and odd numbers, tally marks, word numbers to 100, and one-to-one correspondence
- Ordinal numbers to 10 and 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, and equal and not equal
- Place value for 1's, 10's, and 100's

- 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, and word problems
- Facts from 1-18, two double and triple-digit numbers without borrowing, horizontal and vertical subtraction, and word problems

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

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

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

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

## Grade 2

- Counting by 1s, 5s, 10s, 2s, 3s, 6s, 9s, 4s, 8s, and 7s to 100, by 1s from 100-999, even and odd numbers, tally marks, word numbers to 999, and Roman numerals
- Ordinal numbers to 100 and the number that comes between, after, or before a given number
- Distinguish between greater than and less than and 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 with 1-4 digits, four numbers with 1-2 digits, horizontal and vertical addition, word problems, word sentences, and equations
- Borrowing in the 1's and 10's columns, two numbers with 1-4 digits, horizontal and vertical subtraction, word problems and sentences, and equations

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

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

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

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

- Multiplication facts 0-10 and word problems

### Numbers, Order, & Value

### Addition & Subtraction

### Ratios, Measurement, & Decimals

### Fractions & Comparison

### Equations, Colors, & Geometry

### Graphs, Estimation, & Solving

### Multiplication & Division

## Grade 3

### Numbers, Order, & Value

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

### Addition & Subtraction

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

### Ratios, Measurement, & Decimals

- 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, and elapsed time
- Penny, nickel, dime, quarter, half dollar; one, five, ten, twenty dollar bills; counting, adding, subtracting, multiplying; adding and subtracting horizontally and vertically; rounding; and word problems
- English linear, liquid, weight, and equivalents; Metric linear, liquid, weight, and equivalents; dozen and map reading
- Fahrenheit and Celsius
- Decimal expressed in the tenths; relationship of fractions, mixed numbers, and decimals; add and subtract horizontal to vertical; and multiply single digit multiplier by dollars and cents

### Fractions & Comparison

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

### Equations, Colors, & Geometry

- Circle, square, triangle, rectangle, oval, diamond, octagon, pentagon, hexagon, sphere, cylinder, cube, cone, pyramid, trapezoid, rhombus, parallelogram, and rectangular prism; symmetry, congruent and similar shapes, lines, line segments, endpoints, rays, and angles
- Recognize and find perimeter and area of rectangles and squares
- Find volume of cubes and rectangular prisms

### Graphs, Estimation, & Solving

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

### Multiplication & Division

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

## Grade 4

- Word numbers through hundred billion, expanded form, even and odd numbers, Roman numerals, divisibility, prime and composite, and 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, and thousandth; greater than and less than; and 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; and subtracting money

- Review telling time; a.m. and p.m.; determine century; time equivalents; elapsed time; calendar; and 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, and right
- Circles: diameter and radius
- Finding the perimeter, area, and volume of an object
- Addition, subtraction, multiplication, and division of equations

- Bar, line, pictograph, and circle
- Coordinate graphs
- Comparing graphs

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

## Grade 5

- 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 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

- 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 percents
- Writing simple ratios

- 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

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

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

- Multiplication terms, facts and properties; 3-digit times 3-digit numbers; exponents; missing factors; money by 2-digit number; multiplying by 10s, 100s, 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, and median; graphing in all four quadrants
- Choosing an operation; multiple step problems; draw a picture; find a pattern; use a chart, table, menu, and 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

### Numbers, Order, & Value

### Addition & Subtraction

### Ratios, Measurement, & Decimals

### Fractions & Comparison

### Equations, Colors, & Geometry

### Graphs, Estimation, & Solving

### Multiplication & Division



# Horizons Pre-Algebra

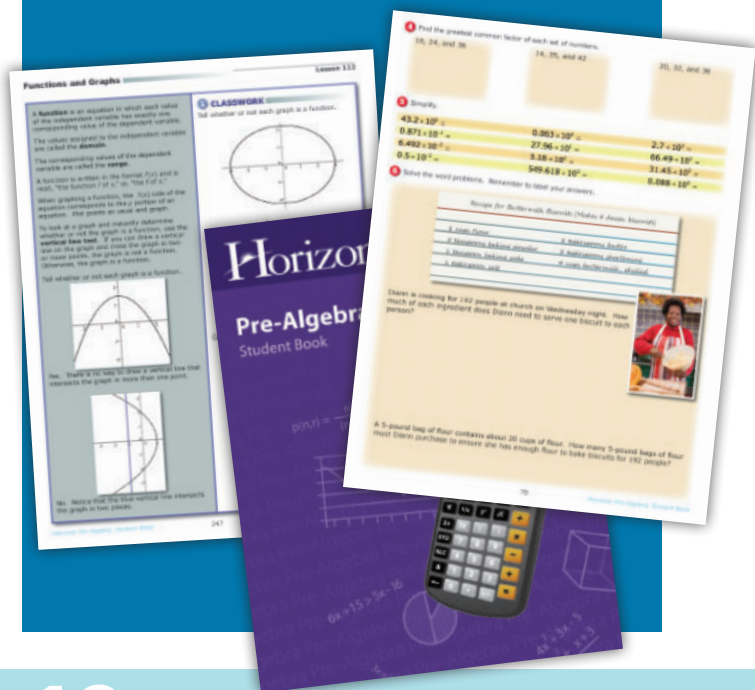
Prepare students for advanced math with Horizons Pre-Algebra! Building on the Horizons K-6 math series, this hands-on course reviews whole numbers, decimals, fractions, percents, roots, and exponents before introducing students to concepts in algebra, trigonometry, geometry, and real-life applications. Recommended for students in 7th or 8th grade, this course prepares students for a high school course in Algebra I.

## What makes Horizons Pre-Algebra so effective?

- Contains human interest interviews with ordinary people who use math on a daily basis.
- Features college test prep questions that prepare students for standardized math testing.
- Includes hands-on materials to assist visual and kinesthetic learners in concept mastery.
- Reinforces new concepts with extra exercises for additional practice.
- Integrates personal interest themes into many of the word problems.

“ We just started Horizons Pre-Algebra after trying another company, and we are so delighted. The pages are updated to make them look appropriate for this age range. They have also included real-life examples of missionaries and others using their math skills, a great example for those who want to know, ‘When will I ever need to use this?’ The teachers guide is very concise and easy to follow. What a difference it makes in our homeschool! ”

— Amy J., Washington



## Lessons 1-40

- Addition and subtraction of decimals, fractions, mixed numbers
- English-Metric conversions and equivalents
- Equations and inequalities with one variable
- Negative exponents, powers of negative numbers, product of powers, power of a power, power of a product
- Like terms, number terminology
- Multiplication and division by powers of 10
- Multiplications and division of decimals and fractions
- Order of operations, simplifying expressions, factors
- Prime factorization, GCF, LCM, divisibility tests
- Signed numbers, absolute value
- Squares and square roots, cubes and cube roots

## Lessons 41-80

- Combined probabilities, mutually exclusive events
- Commission, discount, mark-up, sale price, profits, and royalties
- Dependent events, independent events, expected value
- Five-number summary, box-and-whisker plots, stem-and-leaf plots
- Frequency distribution, histogram
- Multiplication and division of mixed numbers
- Multiplication principle of counting, permutations and combinations
- Percent decrease and increase
- Percents greater than 100 and less than 1
- Probability and odds, odds against and odds in favor
- Ratios and proportions, scale drawings
- Simple interest, compound interest
- Writing and solving proportions

## Lessons 81-120

- Adjacent, complementary, and supplementary angles, transversals
- Congruent triangles and polygons, symmetry
- Functions, graphs of functions
- Graphing coordinate points, linear equations, and inequalities
- Mass, density, velocity, weight
- Nets of solid figures
- Parts of a circle, tangents
- Perimeter and area of circle, square, rectangle, triangle, rhombus, parallelogram, trapezoid
- Slope, y-intercept, slope-intercept form
- Solving one-variable equations and inequalities
- Solving two-variable equations, adding and subtracting equations
- Two-variable equations with dependent and independent variables
- Volume, surface area, and lateral area of prism, cube, cylinder, cone, pyramid, sphere

## Lessons 121-160

- Adding and subtracting polynomials
- Algebra tiles
- Binomials, FOIL method, trinomials
- Dividing monomials and polynomials
- Dividing polynomials by monomials and binomials
- Multiplying monomials and polynomials
- Polynomial expressions
- Pythagorean formula, right triangles
- 30-60-90 and 45-45-90 triangles
- Compressions, dilations, reflections, rotations, translations
- Cosine, sine, tangent

# 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 grades PreK-12, 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 and 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
- 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 fitness maintenance habits

# Horizons Phonics and Reading

Horizons Phonics and Reading is an effective way to encourage reading at an early age and begin to teach phonetic-based word recognition. Reading skills develop as 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 relationships. Lessons explore the phonetic sounds and guide students as they practice the concepts, helping them become proficient readers 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 digraphs: 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

- 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

- 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

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

- “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

- 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 VCOpen 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

**Lessons  
1-30**

**Lessons  
31-60**

**Lessons  
61-90**

**Lessons  
91-120**

**Lessons  
121-160**



# 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 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



## Grade 1

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

### Lessons 1-40

- 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 41-80

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

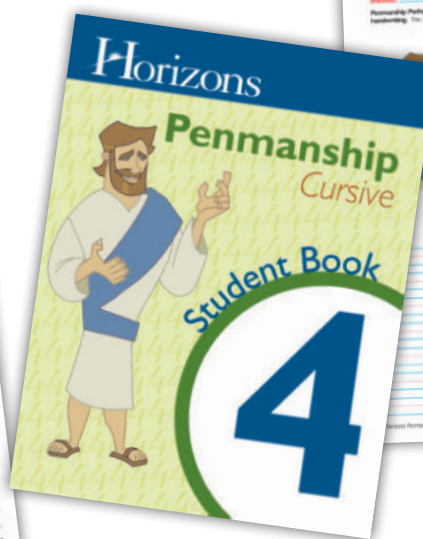
### Lessons 81-120

- 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

### Lessons 121-160

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

### Subject Features





## Grade 2

- 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

- “The Wind” poem and I Kings 19:11
- “Spring Morning” poem and 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

- “Spring Morning” poem and 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

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

- 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 22:1-5a
- 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

**Lessons  
1-40**

**Lessons  
41-80**

**Lessons  
81-120**

**Lessons  
121-160**

**Subject  
Features**



# Horizons

## Grade 4

### Lessons 1-40

- Jesus Speaks in Parables and the 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

### Lessons 41-80

- 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

### Lessons 81-120

- 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

### Lessons 121-160

- 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

### Subject Features

- 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

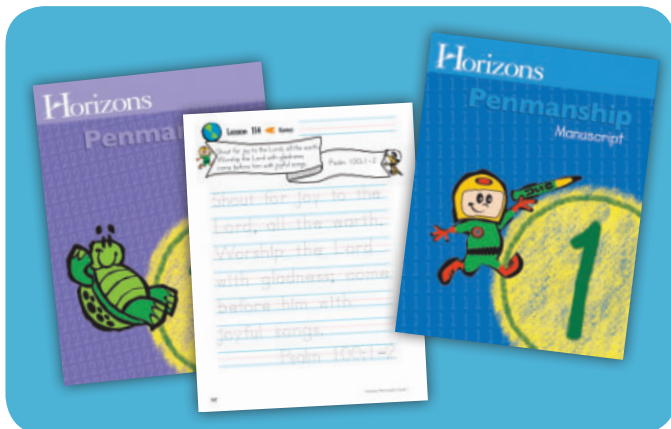
- Gettysburg Address by Abraham Lincoln, Parts 1 & 2
- Gettysburg Address by Abraham Lincoln, Parts 3 & 4
- Thanksgiving Proclamation by George Washington, Parts 1 & 2
- Thanksgiving Proclamation by George Washington, Parts 3 & 4

- 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

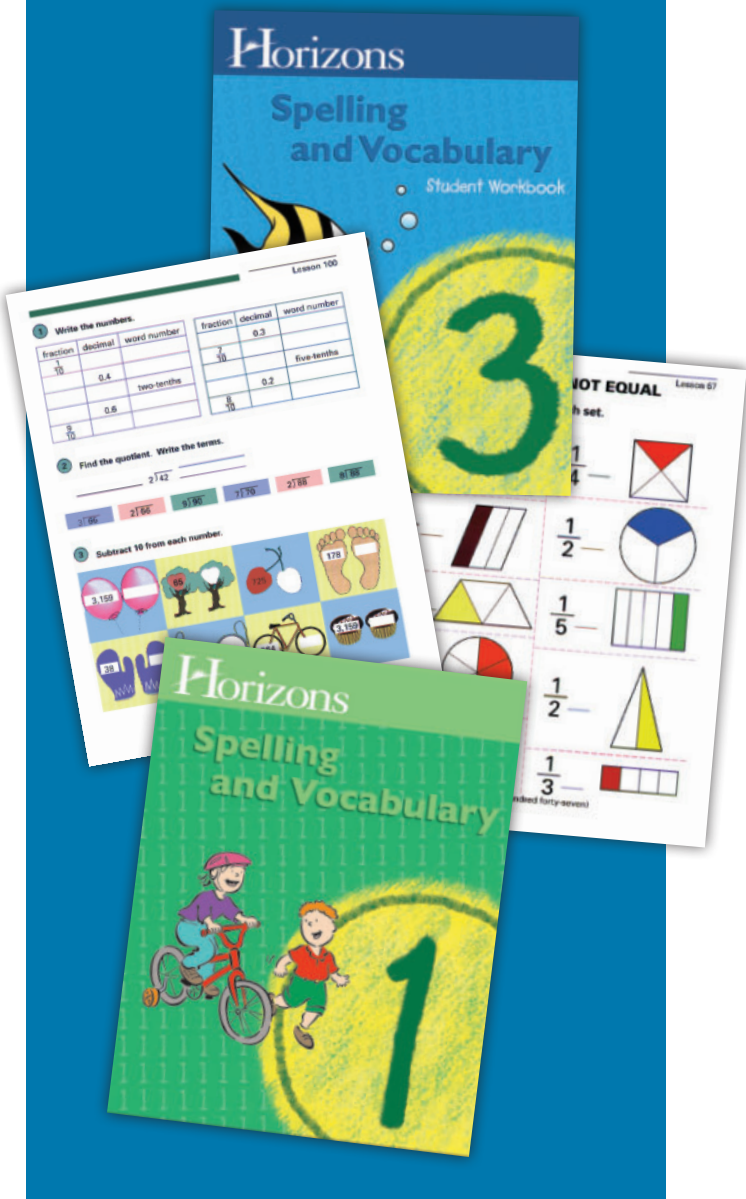
- Practice letter strokes and joinings
- Maintain manuscript skills
- Practice writing quotations
- Write cursive from manuscript & manuscript from cursive examples
- Self-evaluation of penmanship
- Write unpracticed historical document quotations



Alpha Omega Publications®

# Horizons Spelling and Vocabulary for Grades 1-3

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 make this material an excellent companion to Horizons Phonics and Reading for grades 1 and 2. This phonics-based product encourages students to improve and develop spelling and vocabulary skills.



## Grade 1

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

### Lessons 1-30

- 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 31-60

- 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 61-90

- 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 91-120

- 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

### Lessons 121-160

## Grade 2

### Lessons 1-30

- 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

### Lessons 31-60

- 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

### Lessons 61-90

- 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)

### Lessons 91-120

- 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

### Lessons 121-160

- 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-

## Grade 3

- Review, study, and spell words with consonant blends: cl, br, dr, and fr
- Review, study, and spell words with consonant blends and digraphs: th, rd, ch, and sh
- Review, study, and spell words with long and short a sounds
- Review, study, and spell words with long and short e sounds
- Review, study, and spell words with long and short i sounds

- Review, study, and spell words with long and short o sounds
- Review, study, and spell words with the ô sound spelled a, au, aw, or augh
- Review, study, and spell words with a silent e after a long vowel sound
- Review, study, and spell words with -ing endings
- Review, study, and spell regular plurals

- Review, study, and spell number words
- Review, study, and spell homonyms
- Review, study, and spell words with silent letters mb, kn, wr, and ck
- Review, study, and spell words with the ou and oi sounds

- Review, study, and spell words with the s and j sounds
- Review, study, and spell words with double ee and oo
- Review, study, and spell words with the gh letter combination
- Review, study, and spell words with irregular verb tenses
- Review, study, and spell words with prefixes un-, re-, dis-, and pre-

- Review, study, and spell words with suffixes -ly, -ful, and -ness
- Review, study, and spell contractions
- Review, study, and spell multi-syllable words
- Review, study, and spell multi-syllable words with double consonants
- Review, study, and spell words with consonant doubling before -ed and -ing
- Review, study, and spell compound words
- Review, study, and spell words with ea
- Review, study, and spell words with silent e at the end



# Horizons Health

Equip your child for healthy living! With hands-on Horizons Health for grades K-8, teachers and students receive 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, and 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, and 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 and 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



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

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

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





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