Interview of the sector of

0

CC

ts Reading Physical Education

nonics Reading Physical Educati

chool Spelling Vocabulary Math Penmanship Phonics Reading Phys school Spelling Vocabulary Math Penmanship Phonics Reading Physical Educatio

Contents

What Makes Horizons Effective?	3
What Makes the Teacher's Guides So Unique?	3
Horizons Preschool	4
PreK 3 & PreK 4	4
Horizons Math	0
Kindergarten	5
Grades 1 & 2	6
Grades 3 & 4	7
Grades 5 & 6	8
Pre-Algebra	9
Algebra I 10	0
Horizons Physical Education	1
Grades PreK-12 1	1
Horizons Phonics and Reading	4
Kindergarten 12	2
Grades 1 & 2 1.	3
Grade 3	4
Horizons Penmanship	7
Grade 1 1:	5
Grades 2, 3, & 4	6
Grades 5 & 6 1'	7
Horizons Spelling and Vocabulary	9
Grade 1	8
Grades 2 & 3	9
Horizons Health	3
Kindergarten - Grade 8 20-2.	3





804 N. 2nd Ave. E. Rock Rapids, IA 51246-1759 © 2015 Alpha Omega Publications, a division of Glynlyon, Inc. All rights reserved.

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 each of the math teacher's guides to help you know the strengths and weaknesses of each student at the beginning of each grade level. For example, the Horizons Pre-Algebra Readiness Evaluation and the Horizons Algebra I Readiness Evaluation help parents determine if their child is ready to begin studying upper-level math. For more information or to download free placement tests for Horizons Math, visit www.aophomeschooling.com/horizons_tests.

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.

Answer Keys Are Clear and Easy to Use

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

Grades PreK 3 & PreK 4

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, and drama
- Preparation for kindergarten in a Christian environment
- Aligns closely to state objective requirements



PreK 3

Lessons 1-20 (20 weeks)

- Old Testament Bible stories
- Letters represent sounds and form words, letters Aa-Ff, pre-writing
- Count 1-10, identify circle, square, rectangle, oval, triangle, and diamond
- Recognize green, yellow, red, blue, orange, black, white, and purple
- Match animals, colors, and shapes
- Size relationships, positions, amounts, sorting, patterns, order
- Family members, body parts, parent's names, phone number, address
- Personal hygiene, household safety, sun protection, outdoor safety
- Walk, climb, jump, button, hop, toss, row

Lessons 21-40 (20 weeks)

- New Testament Bible stories
- Letters Gg-Zz, pre-writing, counting 1-10, numerals 1-10
- Shapes, shadows, star, colors, sorting, patterns, opposites, sequence
- Organizing, spatial reasoning, measure, seasons, times of day
- · Laundry safety, fire safety, water safety, weather
- Run, throw, balance, jump, hop, climb over, crawl under, kick



Lessons 1-60

- Days 1-4 of Creation: God, Jesus, Holy Spirit, light, dark, air, clouds, rocks, soil, grass, seeds, trees, fruits, vegetables, sun, weather, day, night, hour
- Finger and action activities, spatial concepts, lists, sort, rhyme, describe, label, classify, solve puzzles
- Letter recognition Aa-Ss, vocabulary, numerals 0-10, oral counting 0-10
- Recognize red, green, blue, black, white, yellow, purple, orange, and gray
- Identify triangle, circle, square, rectangle, and star
- Recognize first name and trace letters of first name
- Color, glue, stamp, draw, shape, fold, trace, cut, paint
- Self space, general space, ball activities, ribbon sticks, rhythm, run, skip,
- jump, crawl, hopscotch, stretch, exercise

Lessons 61-120

- Days 4-6 of Creation: seasons, Earth's rotation and tilt, moon, stars, constellations, astronomy, planets, comets, meteors, fish, climate, ocean creatures, amphibians, eggs, birds, mammals
- Action rhymes, stories, verbalize concepts, answer questions, rhyme, naming, comparing, grouping
- Letter recognition Ss-Zz, letter sounds Aa-Ii, blend letter sounds Aa-Hh, write first name, alphabetical order, vocabulary development
- Oral counting 0-20, numerals 10-12, telling time to the hour, addition 1 + 1, 2 + 1, 3 + 1, and 4 + 1, identify diamond, pictographs
- Identify star, heart, and oval, review colors, role play, imitate, describe, finger play, classify
- Cut, shape, glue, label, draw, interpret, cut, assemble, trace
- Walk, skip, hop, balance beam, launch board, ballet, fire safety, catch, jump, ribbon dance, throw, fine motor skills

Lessons 121-180

- Days 6-7 of Creation: blood, circulation, brain, body parts, occupations, health, safety, music, work, rules, helpers, friends, family, reptiles, insects, man, cells, senses, bones, digestion, breathing, muscles
- Noah's flood: obedience, flood, promises
- Size relationships, comparison, guessing, role play, describe, chart
- Letter sounds Jj-Zz, blend letter sounds Aa-Zz, alphabetize
- Write home address and phone number, type one's name
- Addition 5 + 1, subtraction 2 1, 3 1, 4 1, 5 1, 6 1
- Mold, string, shape, paint, draw, stamp, cut, glue, trace, decorate
- Crawl, walk, jump, bowling, ride tricycles, ring toss, swinging, dribble, kick, throw, rhythm sticks, tag, tumbling

Horizons Preschool



Grade 1	Grade 2	
 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 	 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 	Numbers, Order, & Value
 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 	 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 	Addition & Subtraction
 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 	 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 	Ratios, Measurement & Decimals
 1/2, 1/3, 1/4, 1/5, 1/6, and 1/8 Groups 	 Fractional part of a whole, fractional part of a set, and fraction words Groups Comparison of two numbers 	Fractions & Comparison
• Circle, square, triangle, oval, diamond, octagon, sphere, cylinder, cube, and cone	 Circle, square, triangle, rectangle, oval, diamond, octagon, pentagon, hexagon, sphere, cylinder, cube, cone, pyramid, and symmetry Recognize and find area, perimeter, and volume 	Equations, Colors, & Geometry
 Bar graphs Numbers and events Rounding number on number line, height, length, and quantity 	 Bar graphs, line graphs, pictographs, and grids Numbers, shapes, objects, and events Rounding number, height, length, and time 	Graphs, Estimation, & Solving
	• Multiplication facts 0-10 and word problems	Multiplication & Division

	Grade 3	Grade 4
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 	 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, 10,000,000,000's, 10,000,000,000's, 10,000,000,000's Ordinal numbers through 100; rounding to the nearest tenth, hundredth, and thousandth; greater than and less than; and equal and not equal
Addition & 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 	 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
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 	 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
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 	• 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
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 	 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
Graphs, Estimation, & Solving	• Bar graphs, line graphs, pictographs, circle graphs, and grids	 Bar, line, pictograph, and circle Coordinate graphs Comparing graphs
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 	 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	Grade 6	
 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 	 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 	Numbers, Order, & Value
 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 	 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 	Addition & Subtraction
 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 	 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 	Ratios, Measurement, & Decimals
• 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	• 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	Fractions & Comparison
 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 	 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 	Equations, Colors, & Geometry
 Mean, mode, and median Problem solving, logical reasoning, and choosing an operation Probability with one variable Calculator math 	 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 	Graphs, Estimation, & Solving
 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 	 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 	Multiplication & Division

Horizons Pre-Algebra

Grade 7

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 Horizons 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.
- Reproducible worksheets provide drill for initial learning, extra practice, and individual challenges

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 teacher's 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 Algebra I

Grade 8

Help your child formulate a better understanding of math with Horizons Algebra I. This hands-on course prepares students to approach and solve problems following a logical succession of steps. Algebraic concepts covered are applied to practical, everyday uses and lay the groundwork for upper-level math skills. Topics include exponents and powers, absolute value, radical expressions, multiplying and dividing monomials and polynomials, the FOIL method, and factoring trinomials, as well as writing, solving, and graphing linear and quadratic equations.

What makes Horizons Algebra I so effective?

- Contains sports and real-world situations where algebra is used on a daily basis.
- Prepares students for standardized math testing with college test prep questions.
- Assists visual and kinesthetic learners in concept mastery with hands-on materials.
- Reinforces new concepts with extra exercises for additional practice.
- Provides a thorough assessment with periodic tests and quarterly exams.
- Reproducible worksheets provide drill for initial learning, extra practice, and individual challenges

If Horizons Math lays a strong foundation and is an incredibly easy course to use whether a parent is 'mathy' or not. Written with homeschoolers in mind, Horizons has reviews built in, but no busy work and no extras that you have to weed through just looking for the basic lesson.

– Laura W., Tennessee



Lessons 1-40

- Number terminology, order of operations, signed numbers
- Distributive property, properties of equality, powers of 10
- Factoring, prime numbers, absolute value, scientific notation
- Greatest common factor, least common multiple
- Exponents, roots, rational exponents
- Algebraic expressions and equationsAdding and subtracting polynomials
- Adding and subtracting polynomials
 Multiplying and dividing monomials
- Radical expressions, rationalizing the denominator
- Multiplying and dividing radicals, y-intercept, intercepts
- Coordinate plane, solving, writing, and graphing linear equations
- Slope, standard form, slope-intercept form, point-slope form
- Horizontal, vertical, perpendicular, and parallel lines

Lessons 41-80

- Writing linear equations from graphs
- · Inequalities, graphing linear inequalities
- · Systems of equations, multiplying rational expressions
- Multiplying and dividing a polynomial by a constant
- · Adding and subtracting linear equations, linear combinations
- Multiplying a polynomial by a monomial
- · Multiplying binomials and monomials
- The FOIL method, multiplying and dividing polynomials
- Special products of binomials, factoring by grouping
- Dividing a polynomial by a monomial or binomial
- Dividing a monomial by a monomial
- Factoring common monomials, special products, and trinomials
- · Adding and subtracting rational expressions

Lessons 81-120

- · Multiplying and dividing rational expressions
- · Complex fractions, complex rational expressions
- Quadratic equations
- Solving quadratic equations by factoring, taking roots, and completing the square
- · Quadratic formula, discriminant, zeros of a function
- · Functions, domain, range, relations
- Quadratic functions, parabolas, conic sections
- · Graphing parabolas, directrix, focus, axis of symmetry, vertex
- Radicals in quadratic equations
- · Graphing quadratic inequalities
- · Money, simple interest, motion, mixtures
- Ratios, direct and inverse variation

Lessons 121-160

- Inequalities on a number line
- · Conjunctions and disjunctions
- · Inequalities, compound inequalities
- · Bounded and unbounded solutions, extraneous solutions
- Systems of linear inequalities, graphing quadratic inequalities
- · Exponential growth, compound interest, exponential decay
- Graphs of exponential functions
- · Work, motion, and investment problems, distance formula
- Square roots without a calculator, ratios, proportions
- Pythagorean Theorem, hypotenuse, literal equations
- Length of a segment, middle of a segment, midpoint formula
- Radicals, quadratic equations with radicals

Horizons Physical Education

Grades PreK-12

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 in four different teacher's guides for grades PreK-12, this comprehensive curriculum gives students a complete, well-rounded education and teaches healthy living from a Christian perspective. Each of the teacher's guides is an instructional tool for directing a physical education program.

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
- Explore activities for individual fitness and team sports



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 Physical Education

Horizons Phonics and Reading

Grades K-3

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

Horizons

- Review of previous material helps students achieve mastery
- Brightly illustrated readers emphasize comprehension and language skills



Horizons Phonics and Reading

Grade 1	Grade 2	
 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, 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 	Lessons 1-30
 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 	 Medial triple blend tch Compound words Initial triple consonant blends: spl, spr, str, shr, squ, scr, thr Final "e" and VCVopen 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 	Lessons 31-60
 Long vowels Writing lessons: story, letter, and personal narrative Vowel diphthongs Prefixes: re-, un-, dis- Beginning consonant blends with "r," "l," and "s" 	 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 	Lessons 61-90
 "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 	 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 	Lessons 91-120
 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 	 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 121-160

Horizons Phonics and Reading



14

Horizons Phonics and Reading

Horizons Penmanship

Grades 1-6

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
- Cross-curricular approach encourages Bible memorization (Grades 1-4), studies history (Grade 5), and promotes creative writing (Grade 6)
- Practice written communication through a variety of methods
- Colorful illustrations help students approach material in an entertaining way
- Reproducible sheets include guidelines for extra practice





Horizons Penmanship

	Grade 2	Grade 3	Grade 4
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 	 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 	 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	 "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 	 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 	 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	 "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 	 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 	 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	 "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 	 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 	 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 and copying letters and words Tracing and copying sentences Practice lower and upper-case letters Copying poems and Bible verses Transition to cursive writing 	 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 	 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)

Horizons Penmanship

16

Grade 5	Grade 6		Harizons
 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 	 Aesop's Fable, The Crow and the Pitcher, Parts 1 & 2 Aesop's Fable, The Four Oxen and the Lion, Parts 1 & 2 Aesop's Fable, Androcles and the Lion, Parts 1 & 2 Aesop's Fable, Androcles and the Lion, Parts 3 & 4 	Lessons 1-40	Penmanship Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cursive Cur
 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 	 A Persian Proverb, Parts 1 & 2 African Proverbs, Parts 1 & 2 An Epigram of Homer Medieval Riddles, Parts 1, 2 & 3 	Lessons 41-80	Horizons Penmanship Carsive
 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 	 Medieval Riddles, Part 4 Thomas Jefferson's Rules for the Good Life, Parts 1 & 2 Native American Blessings, Native American Proverbs and Wise Sayings Cherokee Blessing and Cherokee Prayer, Native American Prayer 	Lessons 81-120	
 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 	 My Creed, Parts 1 & 2 My Creed, Part 3 The Desiderata, Parts 1 & 2 The Desiderata, Parts 3, 4, & 5 	Lessons 121-160	daeddraedd argeneddaet ywagla argelei areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areseleny areselen
 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 	 Practice letter strokes and joinings Maintain manuscript skills Write words from other languages Write from dictation Self-evaluation of penmanship Write unpracticed words of wisdom 	Subject Features	den workbook

Horizons Penmanship

Horizons Spelling and Vocabulary

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. This phonics-based product encourages students to improve and develop spelling and vocabulary skills.

Horizons

765 2765 9795 7770 2788 9788

orizons

and vocabulary

Spelling

Spelling

and Vocabulary

C

• Student Workbook

2

13-



- 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

8 Hori

Horizons Spelling and Vocabulary

Lessons

121-160

	Grade 2	Grade 3
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 	 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
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 	 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
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) 	 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
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 	 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-
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- 	 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 Spelling and Vocabulary

19

Horizons Health

Grades K-8

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		Disease Prevention	
	 Growth awareness Five senses and corresponding body parts Primary/secondary teeth 	 Germs and disease Preventing spread of germs Effect of smoke on lungs 	
	 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 	 Defining communicable/noncommunicable disease Preventing spread of germs Immunizations Health checkups Effect of smoking on lungs 	
	 Growth awareness Introduction to body systems Function and interdependence of senses Function and basic structure of eyes and ears Visual/hearing impairments 	 Disease symptoms Defining bacteria and viruses How germs enter body Effects of nicotine, alcohol, and caffeine on body Identifying eye problems 	
	 Overview of body systems: skin, muscular, skeletal, digestive, respiratory, circulatory, nervous, excretory (main parts and interrelationships) Growth and development problems (special populations) 	 Communicable and chronic diseases AIDS transmission through blood and hypodermic needles Immunizations, proper food storage, and cleanliness as ways to control disease 	
	 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 	 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 	
	 Respiratory system Variations in growth rates Endocrine system Physical, emotional, and social changes of puberty Reproductive system 	 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 	
	 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 	 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 	
	 Characteristics of stages of life Review of interdependence of body systems Changes of puberty Review of reproductive system Impairments Identifying learning styles 	 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 	

20

	Substance Use/Abuse	Nutrition	Emotional/Mental Health
Grade K	 Defining medicine Rule: only adults give medicine Consulting adult before using any unknown substance Choosing a smoke-free environment 	 Food for energy and growing Plant and animal food sources Eating a variety of foods 	 Created unique Differences and similarities Main feelings Situations and feelings Responding to others' feelings
Grade 1	 Differentiating drugs and medicines Symbols for hazardous substances Identifying some drugs 	 Food and body energy Five food groups Eating from all food groups Eating healthy snacks Diet and tooth health 	 Created unique Alike and different Naming and exploring feelings Body language Dealing with feelings Ways to deal with anger Developing empathy
Grade 2	 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 	 Five food groups Limiting extras Daily serving requirements Balanced eating Cleanliness and food handling Eating breakfast Smart snacks for teeth 	 Identifying individual gifts and 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 3	 Defining terms Proper use v. misuse of substances Influence of advertising on use of over-the-counter medicines Dosages Labels for information Tolerance and addiction Harmful effects of tobacco and smoking 	 Classifying foods Combination foods Define nutrition needed for growth, maintenance, and repair of the body Limited nutritional value of some foods Healthy snacks Diet and tooth decay 	 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, and being left out Humor and feelings
Grade 4	 Review of terms: drugs, medicines, substance, prescription, OTC Side effects of medications Avoiding misuse of OTCs Harmful effects of tobacco, alcohol, marijuana, and cocaine Defining alcoholism Refusal skills 	 Six major classes of nutrients: fats, carbohydrates, water, minerals, vitamins, and protein Function of nutrients Serving size Lack of nutrients and diseases Good food, good times 	 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 5	 Review of terminology Demonstrating effect of smoking on lungs Refusal skills 	 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 	 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 6	 Chemical dependency and its effects Steroids Results of substance use Societal pressure to use substances Resisting alcohol advertising Strategies for resisting pressure 	 Criteria for proper food selection Diet analysis Nutrients: carbohydrates, proteins, and fats Reducing salt and sugar Results of unbalanced diet Eating disorders 	 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
Grades 7 & 8	 Alcohol, tobacco, drug abuse (student research) Decision-making and refusal skills 	• Proper nutrition and dieting	 Identifying self as an image bearer and child of God Self-talk and self-confidence Discovering, accepting, and developing gifts Using gifts to serve God and your community Influence of media on self-concept Decision-making values and strategies Setting goals Being assertive

	Social Health/Interpersonal Skills	Family Life/Human Sexuality	Personal Health
Grade K	 Minding manners Manners and feelings Listening to each other Ways to share Cooperating 	 Families as part of God's plan Similarities and differences among families Gender differences Feelings and family Our families and God's family Dealing with death 	 Good health choices Dressing to stay healthy Exercise and rest Cleanliness and health Care of teeth: brushing and checkups
Grade 1	 Purpose of good manners Practicing good manners Active listening steps Sharing Practicing cooperation 	 Living things reproduce Families as 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 	 Making healthy choices Staying fit Eating from all food groups Tooth care: plaque, brushing, checkups, and diet Grooming and health
Grade 2	 Communicating with others Developing social skills and manners Showing appreciation Helping others Active listening Selfish and unselfish attitudes Importance of cooperating 	 Families provide basic needs Human sexuality, a gift of God Exploring gender differences and similarities Resolving conflicts Family rules New beginning and forgiveness Family heritage and traditions Dealing with death 	 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, and snacks
Grade 3	 Developing friendships Factors that affect friendships Kinds of friendships Showing kindness toward others Laughing with and not at Active listening Resolving conflicts 	 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 	 Benefits of fitness Being physically fit: flexibly, endurance, and strength Good posture Oral hygiene Eating healthy foods Benefits of sleep
Grade 4	 Belonging to groups other than family Showing respect for others Accepting differences Communication skills Working out problems in interpersonal relationships 	 Institution of marriage and family Responsibility and family life Family and the wider community Communicating Death and dying 	 Components of personal health Building physical fitness Importance of cleanliness Posture Sleep and rest
Grade 5	 Wise ways in relationships (proverbs) Forgiveness and maintaining friendships Respecting others Resolving conflicts Social skills Cooperative skills 	 Wellness in family relationships Family's impact on members' development Foundation of marriage Changes during puberty Authority and freedom in family life Death and dying 	 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	 Identifying a 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 	 Stages of life and development Courtship and 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 and dying 	 Healthy lifestyle Benefits and components of fitness Weight, strength, posture, obesity, losing healthfully Care of skin, eyes, and ears Importance of sleep and rest Oral hygiene Personal cleanliness and disease prevention Setting health goals
Grades 7 & 8	 Biblical view of community Types of love Living in community Dealing with internal/peer pressure Using peer pressure positively Friendship Dealing with conflict Communication 	 Family life Sexuality v. sex Biblical view of sexuality Myths of sex and sexuality Changes in puberty Chastity and abstinence Healthy male-female relationships Sexual abuse 	 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

22

Community Health	Consumer Health	Safety/First Aid	
• Health helpers • Smoke in environment		 Rules and safety Poison safety Medicine and safety Traffic safety Strangers and safety Fire safety: basic rules Emergency calls Appropriate and inappropriate touching 	Grade K
 Defining pollution Causes of air pollution Health helpers Immunizations 	• Health checkups	 Medicine safety Poison safety: basic rules and household poisons Safety and strangers Review of fire safety Car passenger safety Dealing with emergencies Appropriate and inappropriate touching 	Grade 1
• Noise pollution	• Aid for visual and hearing impaired	 Care of eyes and ears Review of stranger education and fire safety Home escape plan Seatbelts Emergency calls Preventing sexual abuse: appropriate, inappropriate, and confusing touching Good and bad secrets 	Grade 2
Health agenciesRole of community workers in safety	 Influence of aid on use of substances Labels as a source of information Reasons for using common health products 	 Risk-taking Bicycle safety Water safety Electrical appliances Preventing sexual abuse: appropriate and inappropriate touching, trickery, self-protection, and sources of help Action plan for an emergency First aid: scrapes, nosebleeds, burns, and blisters 	Grade 3
• Effect of contaminated food, water, and air		 Accidents: emotional and decisional factors Review of basic safety rules Playground safety Bicycle safety Fire safety and flame hazards Home alone Preventing sexual abuse: definition, touch continuum, and self-protection 	Grade 4
 Air pollution Water pollution and health Community health resources 	• Advertising and food choices	 Taking responsibility for safety of self and others Basic emergency first aid Rescue breathing Preventing sexual abuse: defining sexual abuse, saying "no" assertively, and sources of help 	Grade 5
 Community problems caused by substance abuse Treatment for alcoholism Community health resources 	• Getting correct health care	 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 and preventing sexual abuse Self-protection and sources of help 	Grade 6
• Community resources for getting help for substance abuse and other health problems	 Evaluating advertisements Media sales techniques 	 Review of basic safety and first aid Responding in emergencies Preventing sexual abuse Identifying and practicing self-protection skills 	Grades 7 & 8

Horizons Scope & Sequence AR8237 -Mar 'I5 Printing



800-622-3070

ISBN 978-0-7403-0110-0 917807401 301100