

K – 6

Health Curriculum

Health Education is an integral part of the total education of every child from kindergarten through grade 12. Health Education instruction provides a positive impact that can help students achieve in all curricular areas. Through this curriculum, students will focus on wellness, decision-making and refusal skills, as well as, participate in alcohol, tobacco and drug education.

The health education curriculum, written to the New Jersey Core Curriculum Content Standards, addresses various components of health education instruction that build from year to year. Each curricular unit includes interdisciplinary and technology connections to bridge learning in various content areas. While some of the skills are repeated at various grade levels, the content grows and addresses the students' needs at each level.

Kindergarten

Personal Health

- Proper hand washing technique
- Proper dental health care
- How germs spread
- Benefits of a good night's sleep

Personal Safety

- How to dial 911
- Personal information (name, address and phone number)
- Steps on what to do when encountering a stranger
- Fire safety procedures

Feelings and Responsibility

- Identify specific feelings by name
- Ways each person is unique and special
- The definition of teasing and bullying

Grade 1

Personal Health

- How germs are spread
- Learn about different types of food allergies
- Explore the types of foods kids with peanut, seafood, milk, egg, soy, or wheat allergies must avoid
- Method to floss their teeth

The Senses

- Basic body parts (eyes, ears, nose, mouth, hands) and their sensory functions
- Investigate how the different senses (sight, hearing, smell, taste, and touch) provide information
- Sight: The eyes and brain are both involved in sight.
- Hearing: The ears and the brain are both involved in hearing.
- Smell: The nose and the brain are both involved in smell.
- Taste: The tongue, mouth, nose, and brain are involved in taste.
- Touch: The layers of the skin and the brain are involved in touch.
- That the five senses work together to help us survive in our environment. (Hearing- directions that the teacher gives, Sight- reading, Taste- our snack)
- The five senses are important because they help protect us from things in our environment. (ex.: Smell- smoke, Hearing- a train coming, Sight- a car coming).
- Vocabulary related to the five senses.

Personal Safety

- How to dial 911
- Steps on what to do when encountering a stranger
- Explain and demonstrate how to get out of a smoky room safely
- Identify how smoke can hurt the body
- Explain and demonstrate what to do if their clothing catches on fire
- Learn the importance of wearing a bike helmet

Mental, Emotional and Social Health

- Define these feelings: angry, embarrassed, worried, excited, surprised, sad
- Recognize the feelings and perspectives of others
- Identify good character traits.

Nutrition

- Identify nutritionally desirable foods.
- Distinguish between healthy and unhealthy foods

- Identify healthy snack choices
- Identify the different food groups.
- Summarize the benefits of eating a variety of whole grains, fruits, and vegetables, and low-fat dairy products.
- Identify foods and beverages high in added sugar and generate examples of appealing healthy alternatives.

Grade 2

Personal Health

- Proper eye care
- Importance of physician “check-ups”
- Protection techniques from the sun

Alcohol, Tobacco and other Drugs

- Analyze the dangers of using tobacco products.
- Explain why one should not use tobacco or look-alike products.
- Identify forms of tobacco, such as smoke or smokeless.
- Describe the effects of tobacco use and non-use, including second-hand smoke, on the body.
- Demonstrate a personal commitment not to use tobacco.

Personal Safety

- Discuss how to prevent injury while at play
- Give an example of a trusted adult
- Discuss how to be safe in the virtual world
- Demonstrate how to care for a bump, scrap or cut

Mental, Emotional and Social Health

- Explain the term disability
- Define difference and similarity
- Recognize bullying behaviors and
- Demonstrate steps to take if someone is being bullied.

Nutrition

- Identify the amount of food from each food group of Myplate needed each day to achieve and maintain good health.
- Summarize the benefits of healthy eating.
- Demonstrate the ability to plan an appealing, healthy meal and design an opportunity for an enjoyable physical activity.
- Identify the body signals that tell people when they are hungry and when they are full.
- Define satiety

Grade 3

Personal Health and Safety

- Explain that personal health decisions and health habits influence health and wellness throughout life.
- Describe strategies to improve or maintain personal health and well-being (e.g., daily hygiene practices, sun protection, dental health, sleep).
- Explain how childhood illness can be prevented and treated, including common health problems that should be detected and treated early.
- Identify characteristics of valid health information and health-promoting products and services.
- Describe the transmission of Lyme disease;
- List steps to take to prevent Lyme disease (with a focus on doing a tick check every day); and
- Recognize symptoms of Lyme disease.
- Describe asthma as something that makes breathing hard for children with asthma.
- Explain that asthma can be controlled so that children can live active lives.
- Describe asthma as something that cannot be passed from one person to another like a cold.
- Identify two things that can make asthma worse, such as furry or feathered pets, colds, playing hard, and cigarette smoke.

Alcohol, Tobacco, and other Drugs

- Analyze the dangers of using tobacco products.
- Predict and summarize the dangers of experimenting with tobacco.
- Summarize why household products are harmful if ingested or inhaled.
- Research how alcohol moves through the body and how various organs are affected.
- Identify both the short- and long-term effects of alcohol and tobacco use.

Mental, Emotional and Social Health

- Compare and contrast behaviors that promote and hinder friendships.
- Demonstrate how to effectively and respectfully express opinions that differ from others.
- Demonstrate compassion for all living things and respect for other people's property.
- Explain how self-control is a valuable tool in avoiding health risks.
- Summarize qualities and benefits of a healthy relationship.

Nutrition

- Explain why some foods are healthier to eat than others.
- Demonstrate the ability to select a nutritious breakfast and describe the importance of eating breakfast daily.
- Compare and contrast the health effects of nutritious and non-nutritious beverages.
- Explain and analyze the nutrient and caloric information found on a Nutrition Facts Label.
- Identify foods low in sugar and high in calcium and describe the health benefits of each.

- Differentiate between a portion and a serving and explain how to plan meals and snacks using appropriate portion sizes.

Skeletal System

- Identify at least three functions of the Skeletal System.
- Identify technical names of the major bones in the Skeletal System.
- Name the shapes and physical characteristics of bones, naming the four major shapes of bone.
- Discuss the importance of calcium
- Name the three types of joints
- Demonstrate how joints allow us to move, and identify that different joints perform different functions.

Grade 4

Personal Health and Safety

- Explain that personal health decisions and health habits influence health and wellness throughout life.
- Identify problems associated with and measures to control common childhood diseases or conditions such as asthma, allergies, diabetes, and epilepsy.
- Identify personal protection equipment needed for sports and recreational activities.
- Recognize health and safety rules to be used in the home and community
- Ways to avoid potentially dangerous and threatening situations

Alcohol, Tobacco and other Drugs

- Describe how the family influences personal health practices and behaviors.
- Identify how peers can influence healthy and unhealthy behaviors.
- Describe how the school and community can support personal health practices and behaviors. analyze the dangers of using tobacco products.
- Predict and summarize the dangers of experimenting with tobacco.
- Summarize why household products are harmful if ingested or inhaled.
- Research how alcohol moves through the body and how various organs are affected.
- Identify both the short- and long-term effects of alcohol and tobacco use.

Endocrine System and Puberty

- Describe the physical and emotional changes that take place during puberty.
- Identify the main parts of the endocrine system.
- Describe the functions and workings of the endocrine system
- Identify the way the endocrine and nervous systems work together to regulate various body activities.

Mental, Emotional and Social Health

- Compare and contrast behaviors that promote and hinder friendships.
- Demonstrate how to effectively and respectfully express opinions that differ from others.
- Demonstrate compassion for all living things and respect for other people's property.
- Summarize qualities and benefits of a healthy relationship.
- Define stress and demonstrate positive stress management strategies.
- Predict physical and emotional reactions to stressful situations.
- Identify family, school, and community resources as sources of social support to reduce or prevent stress.

Muscular System

- Identify and demonstrate how muscles, tendons and ligaments work together.

- Identify which major muscles make up the different sections of the body.
- Discuss how exercise aids in maintaining muscle health

Grade 5

Personal Health and Safety

- Explain that personal health decisions and health habits influence health and wellness throughout life.
- Define personal values and predict how values can affect health behavior
- Evaluate the importance of sleep and rest in relationship to proper growth and development.
- Evaluate the reliability of health information sources.

Alcohol, Tobacco, and other Drugs

- Analyze the dangers of using tobacco products.
- Identify both the short- and long-term effects of alcohol and tobacco use.
- Explain reasons why individuals choose not to use alcohol.
- Demonstrate effective use of assertive refusal skills when declining alcohol, tobacco and other drugs.
- Understand safety precautions for using OTC and prescription medications
- Locate resources from home, school, and community that provide valid health information.

Circulatory and Respiratory Systems

- Describe the location of the heart in the body and it's function
- Describe the parts and function of the respiratory system.
- Discuss how a healthy lifestyle affects the circulatory and respiratory systems.
- Discuss how proper eating and physical activity can reduce the risk of high blood pressure, heart disease and high cholesterol and other health conditions.
- Describe how the circulatory and respiratory system work together

Mental, Emotional and Social Health

- Compare and contrast behaviors that promote and hinder friendships.
- Demonstrate how to effectively and respectfully express opinions that differ from others.
- Interpret stereotyping and discrimination as limiting and hurtful behaviors and demonstrate how to address these behaviors in a positive manner
- Demonstrate compassion for all living things and respect for other people's property.
- Summarize qualities and benefits of a healthy relationship.
- Differentiate between positive and negative stress and demonstrate effective ways to deal with each.
- Identify family, school, and community resources as sources of social support to reduce or prevent stress.
- Identify feelings of depression and sadness for which someone should seek help.
- Create and demonstrate methods for resolving conflict without violence or avoidance.

Nutrition

- Discuss factors that influence food choices.
- Develop strategies to support achievement of short-and long-term goals
- Demonstrate the ability to select a nutritious breakfast and describe the importance of eating breakfast daily.
- Compare and contrast the health effects of nutritious and non-nutritious beverages.
- Explain and analyze the nutrient and caloric information found on a Nutrition Facts Label.
- Identify foods low in sugar and high in calcium and describe the health benefits of each.
- Differentiate between a portion and a serving and explain how to plan meals and snacks using appropriate portion sizes.

Grade 6

Personal Health and Safety

- Explain that personal health decisions and health habits influence health and wellness throughout life.
- Define personal values and predict how values can affect health behavior
- Evaluate the importance of sleep and rest in relationship to proper growth and development.
- Evaluate the reliability of health information sources.

Alcohol, Tobacco and other Drugs

- Analyze the dangers of using tobacco products.
- Identify both the short- and long-term effects of alcohol and tobacco use.
- Explain reasons why individuals choose not to use alcohol.
- Demonstrate effective use of assertive refusal skills when declining alcohol, tobacco and other drugs.
- Understand safety precautions for using OTC and prescription medications
- Locate resources from home, school, and community that provide valid health information.

Digestive System

- Describe the function of the digestive system in the human body.
- List the organs of the digestive system.
- Describe the pathway of food and nutrients through the digestive system
- Explain the importance of good health in relationship to the body.

Mental, Emotional, and Social Health

- Compare and contrast behaviors that promote and hinder friendships.
- Demonstrate how to effectively and respectfully express opinions that differ from others.
- Interpret stereotyping and discrimination as limiting and hurtful behaviors and demonstrate how to address these behaviors in a positive manner
- Demonstrate compassion for all living things and respect for other people's property.
- Summarize qualities and benefits of a healthy relationship.
- Demonstrate refusal and negotiation skills.
- Identify the differences between aggressive, assertive, and passive behaviors are.
- Identify what a relationship and personal responsibility are.
- Identify feelings of depression and sadness for which someone should seek help.
- Create and demonstrate methods for resolving conflict without violence or avoidance.

Nutrition

- Discuss factors that influence food choices.
- Develop strategies to support achievement of short-and long-term goals
- Demonstrate the ability to select a nutritious breakfast and describe the importance of eating breakfast daily.
- Compare and contrast the health effects of nutritious and non-nutritious beverages.
- Explain and analyze the nutrient and caloric information found on a Nutrition Facts Label.
- Identify foods low in sugar and high in calcium and describe the health benefits of each.
- Differentiate between a portion and a serving and explain how to plan meals and snacks using appropriate portion sizes.
- Discuss how a healthy diet can reduce the risk of high blood pressure, heart disease and high cholesterol and other health conditions.