



HAMILTON TOWNSHIP SCHOOL DISTRICT

Office of Curriculum & Instruction

Scott R. Rocco, Ed.D.
Superintendent of Schools

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Director of Curriculum & Instruction

2023-2024 Health Syllabus 1st Grade Topics Aligned to the 2020 Standards

This curriculum is designed to give students in Grades K-5 the opportunity to develop health knowledge, practice life skills, and work to achieve health goals that protect them from risky behaviors. Upon completion, students will ascertain knowledge, comprehension, and application of health, fitness, and safety skills in the following areas: mental, emotional, physical, family, and social health; growth and nutrition; personal health and safety; drugs and disease prevention; community and environmental health. Learning these concepts and skills empowers students to assume lifelong responsibility to develop physical, mental, social, and emotional wellness, while supporting a safe, healthy lifestyle, and active lifestyle.

<p><u>Health & Wellness</u></p> <ul style="list-style-type: none"> • Review what "Well" means • Intro to the dimensions of Health: Mental, Emotional, Physical, Social <p><u>Emotional Health</u></p> <ul style="list-style-type: none"> • Showing good character • Healthy and Unhealthy decisions • Identifying Emotions • Identify ways to solve problems <p><u>Community Health</u></p> <ul style="list-style-type: none"> •Community Helpers • People in the community who help keep them healthy and safe (ie- home and school) • Finding help and health facts 	<p><u>Nutrition</u></p> <ul style="list-style-type: none"> • Kindergarten Review • Proper portion size • Benefits of water consumption • High sugar diet <p><u>Substance Awareness & Prevention</u></p> <ul style="list-style-type: none"> •Review Kindergarten lesson • Effects of tobacco use: personal hygiene • Prescription medicine vs Over The Counter (OTC) Medicine <p><u>Fitness</u></p> <ul style="list-style-type: none"> •Benefits of regular physical activity • Being physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles). •Focus- Flexibility 	<p><u>Safety</u></p> <ul style="list-style-type: none"> •Review Kindergarten content • Safe Choices: Home, School, Community, and Indoor / Outdoor Play • Warning Signs, labels, and Symbols •Safety in the community (Bicycle, Weather, Pedestrian, Traffic, Insect repellent, UV Precaution (Sunscreen)) <p><u>Body Systems</u></p> <ul style="list-style-type: none"> •Heart & Lungs: • What is the structure and function of the heart function;• What happens to the heart during exercise • What is heart rate •How to take Pulse. • What is the importance of the heart • How does blood travel through the heart and to the rest of the body <p><u>Hygiene</u></p> <ul style="list-style-type: none"> •Healthy Habits • Self-care practices that support wellness
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Please return the bottom portion of this form to your child's school

I have reviewed my child's health syllabus and am aware of topics covered in their Health Education. I am also aware that if I wish to opt out my child(ren) from any portions of the family life/sexual health portion of the curriculum, I am to complete the opt out form via PowerSchool.

Student Name: _____ Health Teacher: _____

Parent/Guardian Signature _____ Date _____