



HAMILTON TOWNSHIP SCHOOL DISTRICT

Office of Curriculum & Instruction

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

Anthony Scotto
Director of Curriculum & Instruction

2023-2024 Health Syllabus 2nd 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 Kindergarten/1st grade content •Explore Physical Health and how to take care of your body •Explore Mental/Emotional/Social health and ways to stay socially healthy with friends, family and peers. <p><u>Emotional Health</u></p> <ul style="list-style-type: none"> •Recognizing and Managing emotions in a healthy way •Conflict Resolution •Character traits •Personal responsibilities •Coping with stressful situations •Self control •Friendships •Bullying <p><u>Community Health</u></p> <ul style="list-style-type: none"> •The Environment •Pollution •Climate Change 	<p><u>Nutrition</u></p> <ul style="list-style-type: none"> •Kindergarten/1st grade review •Why is too much oil, solid fat or added sugars bad for your body? <p><u>Substance Awareness & Prevention</u></p> <ul style="list-style-type: none"> •Review Kindergarten/1st grade lesson •Alcohol, Tobacco, Marijuana • What is addiction •How someone can get help <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- Muscular Endurance <p><u>Personal Safety</u></p> <ul style="list-style-type: none"> •Review 1st grade content, •Lyme Disease-Warning Signs, labels, and Symbols 	<p><u>Body Systems</u></p> <p><u>Basics of the Circulatory system:</u></p> <ul style="list-style-type: none"> •What is the structure and function of the circulatory system? •identify the main parts of the circulatory system. •Explain how the circulatory system works. <p><u>Hygiene</u></p> <ul style="list-style-type: none"> •Healthy self help skills •Prevent spreading of communicable diseases (Spreading germs) •Prevent health conditions (Lyme Disease) <p><u>Family Life</u></p> <ul style="list-style-type: none"> •Define reproduction •Ways parents care for their offspring- Healthy Relationship <p><u>Gender Stereotypes</u></p> <ul style="list-style-type: none"> •Identify gender stereotypes and gender role expectations •Effects of gender stereotypes •How to change gender stereotypes
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Please return the bottom portion of this form to your child's school

I have reviewed my child(ren)'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 _____