



# HAMILTON TOWNSHIP SCHOOL DISTRICT

## Office of Curriculum & Instruction

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

Anthony Scotto  
Director of Curriculum & Instruction

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### 2023-2024 Health Syllabus 3rd 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><b><u>Health &amp; Wellness</u></b> •Health services and support in our community</p> <p><b><u>Emotional Health</u></b> •Dealing with rejection and loss •Conflict resolution</p> <p><b><u>Social &amp; Sexual Health</u></b> •Different family structures •Family values</p>	<p><b><u>Nutrition</u></b> •MyPlate •Nutrient dense food choices •Healthy food choices around the world</p> <p><b><u>Substance Awareness &amp; Prevention</u></b> •Difference between prescription and OTC •Effects of alcohol on the brain</p> <p><b><u>Physical Fitness</u></b> •Physical, social, emotional, and intellectual benefits of regular physical activity</p>	<p><b><u>Personal Safety</u></b> •Internet Safety •Safety rules at home: independent home safety, emergency safety plan •Fire safety: fire escape plan</p> <p><b><u>Body Systems</u></b> •Digestive system •How food moves through digestive system</p> <p><b><u>Hygiene</u></b> •Body odor, skincare, haircare</p>
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*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 \_\_\_\_\_