



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 4th 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> •Communicable disease transmission prevention •Lyme disease •Influenza</p> <p><u>Emotional Health</u> •How to cope with rejection, loss, separation, or difficult learning environments. •Bullying and Teasing, Identifying inappropriate behaviors</p> <p><u>Social & Sexual Health</u> •Gender roles and stereotypes</p>	<p><u>Nutrition</u> •Nutrition Facts Label •Healthy Fast Food Choices•Balancing food and physical activity for health</p> <p><u>Substance Awareness & Prevention</u> •Legal/Illegal drugs •Refusal Skills •Media literacy</p> <p><u>Physical Fitness</u> •Health-related fitness goals (cardiorespiratory endurance 'heart & lungs', muscular strength, muscular endurance, flexibility, body composition, nutrition)</p>	<p><u>Personal Safety</u> •Internet Safety •Recognition of Health Emergencies • Intro to First Aid procedures • Stroke Recognition</p> <p><u>Body Systems</u> •Skeletal system</p> <p><u>Personal Growth & Development</u> •Healthy/Unhealthy relationships with friends and family -Common values of family, familial support • Hygiene- Puberty- Always Changing/Always Growing program <i>See below more additional information</i></p>
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Family Life & Puberty

The *Always* changing and growing program is a growth and development lesson dealing with adolescent puberty and the normal changes they are or will be experiencing as their bodies grow. The lesson will be introduced in fourth grade and be a lesson of reinforcement for 5th grade. Girls and boys are separated for these lessons and they will learn about their own puberty experience.

Boys Lesson		Girls Lesson	
Puberty Changes That Happen to Boys Body Growth Skin Care Hair Care	Decision Making Sweat Male Reproductive System	Puberty Body Growth Breast Growth Skin Care	Hair Care Sweat Vaginal Discharge Your Period Period Protection

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 _____