



HAMILTON TOWNSHIP SCHOOL DISTRICT

Office of Curriculum & Instruction

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Superintendent of Schools

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2023-2024 Health Syllabus 5th 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.

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| <p><u>Emotional Health</u></p> <ul style="list-style-type: none"> •Resiliency and Self Management skills •Coping Strategies for sadness, anger, anxiety, stress <p><u>Social & Sexual Health</u></p> <ul style="list-style-type: none"> •Difference between Sexual Orientation & Gender Identity-Self Image -Respect for all <p><u>Nutrition</u></p> <ul style="list-style-type: none"> •Meal planning •Six Major Nutrients •Staying hydrated | <p><u>Substance Awareness & Prevention</u></p> <ul style="list-style-type: none"> •Dangers of Vaping and other Tobacco Use •Signs of Substance Abuse •Community Resources for help <p><u>Physical Fitness</u></p> <ul style="list-style-type: none"> •Healthy Choices vs unhealthy choices; factors influence personal fitness and other healthy lifestyle choices (e.g., heredity, physical activity, nutrition, sleep, technology). | <p><u>Personal Safety</u></p> <ul style="list-style-type: none"> •Gang Violence Awareness <p><u>Body Systems</u></p> <ul style="list-style-type: none"> •Muscular system <p><u>Family Life</u></p> <ul style="list-style-type: none"> •Puberty review (Always Changing/Always Growing - Coed)-Difference between sexual intercourse and human reproduction-Different ways pregnancy can occur •Difference between pregnancy and parenting <i>See below for additional information</i> |
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Family Life & Puberty- The *always* changing & 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. Girls and boys are separated for these lessons, however, they will learn about the following topics from both sexes:

| Content regarding boys development | | Content regarding girls development | |
|---|--|--|---|
| 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 _____