



# HAMILTON TOWNSHIP SCHOOL DISTRICT

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Superintendent of Schools

## Office of Curriculum & Instruction

Anthony Scotto  
Director of Curriculum & Instruction

### 2023-2024 Health Syllabus Kindergarten 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></p> <ul style="list-style-type: none"> <li>• Activities to Stay Healthy</li> <li>• Explain what 'well' means</li> <li>• What makes us healthy</li> </ul> <p><b><u>Emotional Health</u></b></p> <ul style="list-style-type: none"> <li>• Identifying various emotions</li> <li>• Expressing Emotions in a positive way</li> <li>• Recognizing emotions of others</li> <li>• Healthy communication</li> <li>• Working cooperatively with others</li> <li>• Problem-Solving solutions</li> </ul> <p><b><u>Community Health</u></b></p> <ul style="list-style-type: none"> <li>• Identify community helpers who help keep you healthy and safe.</li> <li>• When and How to call 911</li> </ul>	<p><b><u>Nutrition</u></b></p> <ul style="list-style-type: none"> <li>• Intro to MyPlate • Food groups • Go, Slow, Whoa Foods • Healthy and unhealthy habits</li> <li>• Meal vs Snack</li> </ul> <p><b><u>Substance Awareness &amp; Prevention</u></b></p> <ul style="list-style-type: none"> <li>• Medicine (helpful, harmful) • Unknown substances and peer influence • Identify a trusted adult</li> </ul> <p><b><u>Fitness</u></b></p> <ul style="list-style-type: none"> <li>• Benefits of regular physical activity • Being physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).</li> <li>• Focus- Cardiovascular Endurance</li> </ul>	<p><b><u>Personal Safety</u></b></p> <ul style="list-style-type: none"> <li>• Staying safe at home (dangerous objects, telephone safety, fire safety, toys safety, water safety) • Staying safe at school (class, hallway, cafeteria, recess, safety drills)</li> </ul> <p><b><u>Body Systems</u></b></p> <ul style="list-style-type: none"> <li>• The heart and lungs- relate to fast heartbeat and fitness</li> </ul> <p><b><u>Hygiene</u></b></p> <ul style="list-style-type: none"> <li>• What is Hygiene? • How do we practice good hygiene • Washing hands • Brushing teeth</li> <li>• Bathing/Showering</li> </ul>
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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 \_\_\_\_\_