



HAMILTON TOWNSHIP SCHOOL DISTRICT

Office of Curriculum & Instruction

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

Anthony Scotto
Director of Curriculum & Instruction

2022-2023 Health Syllabus 3rd Grade Topics Aligned to the 2014 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 risk 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> -Intro to the Health Triangle- Physical, Social, and Mental Health</p> <p><u>Social Emotional Learning/Character Ed</u> -developing positive self-image -assertive communication -teamwork and cooperation</p> <p><u>Community & Diversity</u> -friends -bullying -support systems</p>	<p><u>Nutrition</u> -MyPlate (Food Groups) -nutrition facts label -high-fiber/low-fat foods -nutrient-dense foods -healthy foods around the world</p> <p><u>Substance Awareness & Prevention</u> -prescription and over-the-counter drugs -alcohol -nicotine addiction -media influence</p> <p><u>Fitness</u> -aerobic, muscle and bone-strengthening activities -muscle and joints -daily physical activity</p>	<p><u>Safety</u> --avoid taking risks --safe internet use --safety rules at home and 9-1-1 --car safety</p> <p><u>Body Systems</u> -Basics of the Skeletal System -heart and lung function</p> <p><u>Hygiene</u> -growth spurts - Body odor and how to treat it</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 _____