



# HAMILTON TOWNSHIP SCHOOL DISTRICT

## Office of Curriculum & Instruction

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

Anthony Scott  
Director of Curriculum & Instruction

### 2022-2023 Health Syllabus 5th 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><b><u>Health &amp; Wellness</u></b> Health Related Fitness Components: -Cardio-respiratory endurance; Muscular strength -Muscular Endurance; Flexibility; Body composition <b><u>Social Emotional Learning/Character Ed</u></b> -expressing emotions positively; using “I” messages avoid conflict; handling anger positively -differences -- techniques to maintain a positive self-image -- verbal and nonverbal communication -- peer influences on decision making <b><u>Community &amp; Diversity</u></b> -family forms -family values</p>	<p><b><u>Nutrition</u></b> -six major nutrients -fruits and vegetables -healthy snacks -energy imbalance <b><u>Substance Awareness &amp; Prevention</u></b> -caffeine -alcohol -tobacco/vaping -media influence <b><u>Fitness</u></b> -energy balance -aerobic, muscle-, bone-strengthening activities -preventing obesity -fitness fun</p>	<p><b><u>Safety</u></b> -- consequences of risky behaviors -- preventing sports injuries -- biking and skating safety -- car safety <b><u>Body Systems</u></b> -intro to the muscular system --relationship of personal health practices and behaviors on an individual’s body systems.</p>
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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 \_\_\_\_\_