



Health Education Curriculum – First Grade

Delaware law mandates that each school district have a sequential, skills-based K-12 Comprehensive Health Education that establishes a foundation of understanding the relationship between personal behavior and health. In compliance with state and federal mandates, the Capital School District is in the process of revising its Health Education Curriculum. The revised curriculum will focus on providing students with the personal and interpersonal skills necessary to “obtain, interpret, and understand basic health information and services and the competence to use such information and services in ways which are health enhancing.”

First Grade students will be taught the knowledge and skills necessary to:

- Avoid the use of non-medicinal drugs and inhalants.
- Understand and follow appropriate rules for receiving medicinal drugs.
- Act in a safe manner in situations involving water, traffic, fire, strangers, and bullies.
- Understand the diversity of family structures.
- Develop ways to communicate respect for oneself and others.
- Make positive choices regarding healthy physical activity and nutrition.

For more information about your child’s Health Education curriculum, please contact the Curriculum Office at 672-1951.