

Elementary Health Curriculum

Grades K-4



August, 2023

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NYS Health Learning Standards

Standard 1: Personal Health and Fitness. Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Standard 2: A Safe and Healthy Environment. Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Standard 3: Resource Management. Students will understand and be able to manage their personal and community resources.

National Health Education Standards

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Breakdown of Lessons per Grade

- **Kindergarten:** 6/45 minute lessons per school
- **1st Grade:** 6/45 minute lessons per school
- **2nd Grade:** 6/45 minute lessons per school
- **3rd Grade:** 10/45 minute lessons per school
- **4th Grade:** 10/45 minute lessons per school

- **Total Number of Lessons per school**
 - 38 Lessons per school
 - 45 minutes a lesson
 - 10 weeks at each school

- **Will also help with the collaboration of the following programs:**
 - RAP Week (fall semester)
 - Mental Health Awareness Week (spring semester)
 - Monthly awareness programs (ex: Healthy Heart Month - February)
 - Collaboration with other disciplines such as PE, Counseling,
Library and/or Classroom Teachers

Kindergarten

Objective:

These lessons are meant as an introduction to health education. They are the very basic foundations for kindergarteners to understand and recognize how to identify safe and healthy behaviors in school and outside of school. These lessons will also introduce skills to making new friends and finding adults they can trust and talk to.

Lessons (6 total):

- **Lesson #1: Personal Health and Safety**

- Learn personal safety through the use of “No, Go and Tell”
- When to go for help and who and where to ask for help
- The importance of basic traffic/outdoor safety practices

- **Lesson #2: Personal Hygiene**

- Importance of washing your hands, brushing your teeth, and proper bathing
- Importance of covering wounds and proper disposal of bandaids
- Understanding the basics about universal precautions

- **Lesson #3: Bullying and Relationships**

- How to recognize and identify bullying and how to respond
- Learning to accept differences in others/being unique
- Communication skills for making friends/conflict resolution

- **Lesson #4: Substance Use**

- What is the difference between OTC and prescription medications
- When to take medicine and who are the people you can take medicine from

- **Lesson #5: Problem Solving/Decision Making**

- Definition of a decision and the importance of making good decisions
- Possible consequences of negative decisions
- Learning how to set short-term goals and following through

- **Lesson #6: Nutrition**

- Understanding healthy food choices and healthy nutrients
- Importance of drinking water for your body
- How nutrition impacts our energy levels

1st Grade

Objective:

These lessons will build upon the health lessons from kindergarten. Students will understand the importance of basic healthy lifestyles needed to maintain wellness as they grow. They will develop the knowledge and respect for themselves and others as well as who the trusted adults are in their lives. Students will also begin to understand how to use coping skills in conflicting situations. Students will learn that decisions have both positive and negative consequences as well.

Lessons (6 total):

- **Lesson #1: Personal Health and Safety**

- Knowledge of Outdoor Safety
- Learn personal safety through the use of “No, Go and Tell”
- Identify your trusted adults and community helpers (teachers; emergency responders; etc.)

- **Lesson #2: Personal Hygiene**

- Differences between illnesses that are transmitted and not transmitted for person to person
- Introduction to the immune system
- The importance of covering your cuts, scratches, coughs and sneezes to protect yourself and others (universal precautions)

- **Lesson #3: Bullying and Relationships**

- Healthy friendships, relationships, and being respectful
- Communication: Learning to use your words appropriately
- Understanding the differences between bullying and teasing

- **Lesson #4: Substance Use**

- Understand where medicines come from and their purpose
- The differences between OTCs and prescription medications
- Who can give you medicine and how to take it safely

- **Lesson #5: Problem Solving/Decision Making**

- Healthy/unhealthy decision making and consequences
- Identifying and dealing with feelings/conflict resolution
- Understanding negative emotions and how to manage them in healthy ways

- **Lesson #6: Nutrition**

- Learning how to make healthy food choices with healthy nutrients
- The importance of sleep and hydration for proper body function
- How nutrition affects our growth and energy levels

2nd Grade

Objective:

These lessons will reinforce prior knowledge and further the understanding of health concepts needed to maintain a healthy life. New skills and concepts will include the introduction to the immune system and germ prevention and infection. Students will build upon previous knowledge about friendship making skills and building relationships. They will also learn the importance of making good decisions, including healthy decisions related to various substances and technology. A deeper understanding of ways to keep their bodies safe will be introduced at this level.

Lessons (6 total):

- **Lesson #1: Personal Health and Safety**

- The difference between a safe touch and an unsafe touch
- When and how you should talk to someone about getting help
- The importance of respect for oneself and others

- **Lesson #2: Personal Hygiene**

- Understanding universal precautions and healthy hygiene habits
- What is the Immune System, it's function, and how to keep it strong
- Where are pathogens found/prevention of pathogens entering our body

- **Lesson #3: Bullying and Relationships**

- How and when to talk to a trusted adult about bullying
- Behaviors that promote healthy social growth and development
- Understanding consequences of our words and actions

- **Lesson #4: Substance Use**

- Learning the differences between a drug and medicines
- Understand where medicines come from and their purpose
- The difference between use and abuse

- **Lesson #5: Problem Solving/Decision Making**

- Knowing the difference between healthy and unhealthy decisions
- Benefits of positive decisions and consequences of negative ones
- How social media and technology can influence our decisions

- **Lesson #6: Nutrition**

- Understanding the importance of healthy nutrients
- Understanding that food is fuel for the body and brain
- Understanding the purpose of healthy food choices

3rd Grade

Objective:

These lessons will continue to expand upon prior knowledge and move toward application and practical skills. Students will begin to recognize how mental, social and physical health are all connected and impact overall health and wellness. Students will understand the importance of communication skills, refusal skills and conflict resolution in order to improve their relationships and self-esteem. Students will identify stress and stressors and how to implement healthy stress management techniques. Students will also learn how to keep their bodies healthy through proper hygiene, nutrition, and avoiding harmful substances such as drugs.

Lessons (10 total):

- **Lesson #1: Personal Health and Safety**

- Understanding the Health Triangle (mental, social and physical)
- Understanding the importance of injury prevention
- Knowing the consequences of risky behaviors for your health

- **Lesson #2: Personal Health and Safety**

- The importance of respect for oneself and others
- Who to go to for help in school, at home, and in the community
- The importance of understanding what is a safe and unsafe touch

- **Lesson #3: Personal Hygiene & Exocrine System**

- The impact hygiene has on your overall health
- Introduction to wearing deodorant, washing your body and wearing clean clothes everyday
- Introduction to sweat glands and where body odor comes from

- **Lesson #4: Diseases**
 - How pathogens enter your body and can cause illnesses
 - Understanding the difference between communicable and non-communicable diseases
 - Understanding the immune system and how the body fights diseases
- **Lesson #5: Communication and Bullying**
 - Different forms of bullying (ex: social media platforms) and their impact on mental and social health
 - Understanding the impact of bullying behavior on one's health
 - Consequences of your words and actions on yourself and others
- **Lesson #6: Communication/Conflict Resolution**
 - Demonstrating refusal skills and alternative solutions
 - Identifying nonviolent strategies to manage or resolve conflict
 - Understanding how our communication skills affect relationships and the impact on mental and social health
- **Lesson #7: Stress**
 - Understanding how stress, anxiety, and the fight or flight response affects your body
 - Understanding the difference between good and bad stress
 - Demonstrating how to utilize a variety of stress management strategies
- **Lesson #8: Substance Use and Abuse**
 - Defining what is a drug and the difference between use and abuse
 - Understanding how drugs affect the brain and body
 - Understanding the long-term consequences of use and abuse

- **Lesson #9: Substance Abuse**

- Understanding legal substances, illegal substances, and addiction
- Identifying the impact of substance abuse/misuse on goal setting
- Short-term and long-term consequences of drug use

- **Lesson #10: Nutrition**

- Understanding what are essential nutrients and their importance
- Understanding the need for calories in our bodies for energy
- Introduction to MyPlate.gov (a resource for nutrition information)

4th Grade

Objective:

These lessons will equip students with additional skills and tools to empower them to continue making safe and healthy choices. As they get ready to enter into a new building next year, their understanding of community resources in and out of the school setting will be reinforced. Students will deepen their knowledge of the different dimensions of health and how their choices affect their overall health and well-being. Students will learn to take responsibility for their health and actions in areas such as relationships, hygiene, and nutrition. As they get ready to move into middle school, they will implement healthy strategies regarding stress management, peer pressure, and good decision making skills. Students will also learn how to implement strategies such as refusal skills, coping mechanisms, and communication skills with regards to substance use and abuse. They will also understand the differences between compassion, empathy, ignorance and arrogance and recognize the importance of acceptance of others.

Lessons (10 total):

- **Lesson #1: Personal Health and Safety**

- The Wellness Wheel and the different dimensions of health
- Understanding how actions can impact different areas of wellness
- Recognizing and reporting emergency situations

- **Lesson #2: Personal Health and Safety**

- The importance of respect for oneself and others
- The importance of understanding what is a safe and unsafe touch
- The benefits of the buddy system/personal safety without adults

- **Lesson #3: Personal Hygiene & Exocrine System**

- The importance of using deodorant, washing your body, and wearing clean clothes
- Introduction to the pituitary gland as the master gland in the body
- The changes in the body due to the endocrine system, including mood shifts and development growth

- **Lesson #4: Diseases**

- How the immune system functions
- Prevention and treatment of communicable and non-communicable diseases
- Recognizing decisions that promote healthy behavior and disease prevention

- **Lesson #5: Communication and Bullying**

- Ways to deescalate a situation using positive strategies
- Understanding the positive and negative consequences of our actions and reactions
- Importance of positive peer groups and the effect of peer pressure on decision-making and goals

- **Lesson #6: Communication/Conflict Resolution**

- Understanding the difference between compassion, empathy, ignorance, and arrogance
- Recognizing the difference between teasing and bullying behavior
- How to communicate and ask for help to improve personal health

- **Lesson #7: Stress**

- Identifying personal stressors and their effects on the body
- Understanding the difference between stress and anxiety
- Demonstrating coping mechanisms to help reduce stress and resolve conflicts and other life situations to remain healthy

- **Lesson #8: Substance Use and Abuse**

- How drug use/abuse affects the growth and development of our bodies and brains
- Understanding short and long-term consequences of use/abuse
- Recognizing the legal, social, and academic impacts of drug use

- **Lesson #9: Substance Abuse**

- Understanding how to seek help for yourself, family or friends
- Recognizing when to report misuse or abuse to a trusted adult
- Practicing refusal skills and strategies to stay drug free

- **Lesson #10: Nutrition**

- Learning to read and understand food labels
- Understanding how nutrition and hydration affects our mood and energy levels
- Introduction to the digestive system

