



## SCHOOL DISTRICT OF THE CHATHAMS CURRICULUM PROFILE

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### **CONTENT AREA(S): Health**

### **COURSE/GRADE LEVEL(S): 4th and 5th grade**

#### **I. Course Overview**

Grade 4/5 Health is designed to teach health standards aligned to the New Jersey Student Learning Standards. As a result, this curriculum is designed to promote each student's physical, emotional, and social development. The curriculum is based on a student centered and interactive style of teaching allowing the students to develop healthy and active lifelong behaviors. The curriculum is taught once every 6 day cycle.

#### **II. Standards**

2.1 Wellness All students will acquire health promotion concepts and skills to support a healthy active lifestyle.

2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

2.3 Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs and medicines and apply these concepts to support a healthy, active lifestyle.

2.4 Human Relationships and Sexuality: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and apply these concepts to support a healthy, active lifestyle.

#### **III. Learning Objectives**

2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle

- A. Personal Growth and Development
- B. Nutrition
- C. Diseases and Health Conditions
- D. Safety
- E. Social and Emotional Health

2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle

- A. Interpersonal Communication
- B. Decision-Making and Goal Setting
- C. Character Development
- D. Advocacy and Service
- E. Health Services and Information

**2.3 Drugs and Medicines:** All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle

- A. Medicines
- B. Alcohol, Tobacco, and Other Drugs
- C. Dependency/Addiction and Treatment

**2.4 Human Relationships and Sexuality:** All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle

- A. Relationships
- B. Sexuality
- C. Pregnancy and Parenting Learning Objectives

#### **IV. Essential Questions**

How do the physical, social, emotional, and mental dimensions of personal wellness interact?

How can a diet be healthy for one person and unhealthy for another?

How do mental health issues impact one's wellness?

How are unsafe behaviors a cause for injuries in all situations?

How is stress related to coping with bullying, loss and conflict?

How can verbal and nonverbal communication help with disagreements and conflict?

What are some effective decision making strategies and how can they be used to predict outcomes of healthy and unhealthy situations?

How can an individual's character and attitude negatively or positively impact them?

Where can you go to seek health services?

What are legal and illegal drugs?

How does peer pressure affect a person's ability to avoid or partake in drug use?

What are the different family types and dynamics?

How does puberty affect both the male and female genders?

#### **V. Key Performance and Benchmark Tasks**

By the end of 5th Grade, students will be able to....

- Understand the body systems and how they relate to wellness
- Utilize learned knowledge to choose a healthy diet
- Understand the importance of non-use of drugs, alcohol and tobacco
- Use learned knowledge to set health related goals
- Understand puberty and the changes that occur as a child enters that stage of their life.

- Understand relationships along with peer pressure and how to handle bullying and cyber bullying
- Have knowledge related to understanding one's feelings.

## **VI. Units of Study**

### A: Wellness

1. Growth and Development
2. Nutrition
3. Diseases and Health Conditions
4. Safety
5. Social and Emotional Health
6. Personal Health (including heart rate / pulse)

### B: Integrated Skills

1. Communication
2. Decision Making
3. Problem Solving
4. Planning and Goal Setting

### C: Drugs and Medicines

1. Medicines
2. Alcohol, Tobacco and Other Drugs

### D. Human Relationships and Sexuality

1. Anatomy (body systems)
2. Cells

## **VII. Instructional Materials**

Large and small group instruction, individual and group projects and assignments, technology (brainpop, dvd's, smartboard activities), assemblies and guest speakers (Chatham Emergency Squad; First Aid; Chatham High School Student Groups TATU and SADD)

*Revision Date: December 2016*