
Elementary Health Curriculum Outline

Kindergarten

Health for Kindergarten provides foundational knowledge and skills necessary for young students to begin developing healthy habits and an understanding of their bodies and emotions. In this course, students will learn the importance of hygiene, emotional awareness, and community support.

- **Topics Covered:**
 - **Personal Growth & Development**
 - Learning healthy habits, such as hand-washing and hygiene
 - Identifying basic body parts (head, arms, legs, etc.)
 - Recognizing emotions and coping strategies for stress
 - **Healthy Living**
 - Understanding health-enhancing behaviors, including nutrition and sleep
 - Dressing appropriately for different weather conditions
 - Engaging in physical activity and understanding toileting practices
 - **Community Health Services**
 - Identifying trusted individuals in the community, school, and home
 - Learning how to seek help from these trusted figures when needed

Grade 1

Health for Grade 1 builds on foundational knowledge and skills necessary for students to understand their emotions, make healthy choices, and foster relationships. In this course, students will explore personal emotions, the responsible use of medication, and the dynamics of family and social relationships.

- **Topics Covered:**
 - **Personal Growth & Development**
 - Identifying and managing four basic emotions: happy, sad, angry, and worried/nervous
 - **Healthy Living**
 - Understanding the use of medication and drugs, including their potential benefits and harms
 - **Social and Sexual Health**
 - Recognizing that living things can reproduce and identifying offspring of various animals (e.g., baby for a human, calf for a cow)
 - Discussing how parents care for their offspring
 - Exploring qualities of healthy family and social relationships
 - **Community Health Services**
 - Discussing basic human emotions and identifying individuals for support, such as social workers and nurses



Grade 2

Health for Grade 2 expands on the foundation of personal well-being, healthy living, and social dynamics. In this course, students will explore concepts of wellness, the importance of physical activity, and how to navigate personal and social health.

- **Topics Covered:**
 - **Personal Growth & Development**
 - Defining health and wellness, emphasizing the role of physical activity in achieving well-being
 - Revisiting body parts learned in kindergarten and understanding biological differences
 - **Healthy Living**
 - Learning about the effects of malnutrition and the consequences of tobacco, drug, and alcohol abuse
 - **Social and Sexual Health**
 - Exploring how individuals express themselves, including discussions on gender roles and stereotypes
 - Understanding different family structures, including those of classmates
 - Learning healthy conflict resolution skills and strategies for managing disagreements while avoiding bullying
 - **Community Health & Services**
 - Understanding personal boundaries and recognizing signs of child abuse
 - Discussing how climate change impacts health and well-being

Grade 3

Health for Grade 3 focuses on emotional and social health, emphasizing self-management skills and the influence of family and societal norms on individual development. In this course, students will learn to recognize and express their emotions while understanding the dynamics of social interactions.

- **Topics Covered:**
 - **Emotional Health**
 - Developing self-management skills for recognizing, coping with, and expressing emotions effectively
 - **Social Health**
 - Understanding the potential impact of gender stereotypes on self-perception and interactions
 - Exploring the influence of family on a child's development and emotional well-being
 - Identifying forms of bullying, teasing, and harassment, and discussing strategies for addressing these issues
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Grade 4

Health for Grade 4 deepens students' understanding of emotional health and family dynamics while introducing the physical and emotional changes associated with puberty. In this course, students will learn about resilience, coping strategies, and the developmental transitions they will experience.

- **Topics Covered:**
 - **Emotional Health**
 - Developing resilience and effective coping practices for managing stress and challenges
 - Understanding the impact of family on a child's physical, social, and emotional health
 - **Family Life**
 - Exploring the physical, social, and emotional changes that occur during puberty
 - Discussing the process of menstruation and its significance in adolescent development

Grade 5

Health for Grade 5 focuses on mental health awareness and the complexities of puberty, human sexuality, and relationships. In this course, students will gain insights into how mental health affects overall wellness and explores important aspects of human development and interpersonal connections.

- **Topics Covered:**
 - **Mental Health**
 - Understanding how mental health influences overall wellness and quality of life
 - Recognizing the importance of mental health in emotional and social well-being
 - **Puberty, Human Sexuality, and Reproduction**
 - Exploring the relationship between sexual intercourse and human reproduction, including the various ways pregnancy can occur
 - Differentiating between sexual orientation and gender identity
 - Identifying characteristics of healthy versus unhealthy relationships among friends and family members