

Grades 3-5

Health Education CPS Curriculum Overview

Student health and well-being are a prerequisite for academic success and student achievement. Through the Health Education curriculum, the school seeks to minimize social and emotional barriers to learning, enhance students' assets and promote resiliency. The Health Education curriculum seeks to help young people achieve their fullest potential by accepting responsibility for personal health decisions and practices, by adopting healthy behaviors, by working with others to improve the health of their school and community and by becoming discriminating consumers of health information, services and products. The curriculum teaches fundamental health concepts, promotes habits that enhance health, wellness and learning, and guides efforts to build healthy families, relationships, schools and communities.

Students in the grades 3-5 continue to learn and practice the health concepts and skills. They will be able to demonstrate use of positive communication skills including: assertiveness, refusal skills, and good listening; explain and practice a decision-making model that includes gathering information, predicting outcomes, listing and considering advantages and disadvantages, and evaluating decisions; explain short and long term goals and be able to set a personal health goal and makes progress toward its achievement. They will also learn to express feelings appropriately using effective communication skills; to resolve conflicts between students in a positive way and to locate resources for help in the community.

They receive a health magazine each month. There is also a parent guide to each month's topics that many teachers send home. In addition in grade 5 we have the voluntary Know Your Body Class. This 10 week puberty and sexuality education class requires parent permission. A parent evening is planned prior to implementation to answer parents' questions.

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CPS Health Education Learning Expectations for Grade 3

Growth and Development

Students will learn the basic characteristics of physical growth and development, including bodily functions and systems and will acquire skills to promote and maintain positive growth and development.

They will be able to:

1. Describe different types of physical and learning differences and ways to help and respect people with disabilities.
2. Identify appropriate accommodations and aids for people with physical disabilities.
3. Explain the function and operation of the eyes, problems people can have with eyes, and ways to protect our eyes.
4. Explain the role of genes in cell growth and development.

Personal Health

Students will know how to maintain and promote personal health.

They will be able to:

1. Practice personal hygiene skills; caring for teeth, gums, eyes, ears, nose, skin, hair, nails.
2. Explain short and long term goals and show how patience, persistence and commitment can help a person reach their goals.
3. Understand the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.

Family Life

Students will gain knowledge about the significance of the family on individuals and society, and will learn skills to support the family.

They will be able to:

1. Define the word family and identify different types of families (including step families, extended families, multicultural families, adoptive families, gay and lesbian families, foster families, grandparent-headed families).
2. Discover reasons to feel pride in individual difference, including their family heritage.
3. Discuss characteristics needed to be a responsible friend and family member (e.g., participating in family activities, assuming more responsibility for household tasks).
4. Identify whom to talk with about family problems and successes.

Grade 3 continued

Mental and Emotional Health

Students will acquire knowledge about emotions and physical health, the management of emotions, personality and character development, and social awareness; and will learn skills to promote self-acceptance, make decisions, and cope with stress.

They will be able to:

1. Define the word “attitude” and describe how their attitude can affect the choices they make about their health.
2. Practice decision making steps.
3. Build self-esteem by listing positive attitudes and values.
4. Practice positive ways to cope with stress, disappointment, grief, anxiety, fear, guilt and failure.

Injury Prevention and Safety

Students will gain the knowledge and skills to administer first aid and carry out emergency procedures, will avoid, recognize and report verbal, physical and emotional abuse situations, and will assess the factors that contribute to intentional and unintentional injury.

They will be able to:

1. List safety rules and practices to be used in home, school, and community settings and explain why the rules are important.
2. Identify emergencies and generate appropriate responses to an emergency situation.
3. Practice effective ways to say No to those things that threaten safety.
4. List methods used to recognize and avoid risky situations and ways to get assistance.

Nutrition

Students will gain knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases.

They will be able to:

1. Explain how the body uses nutrients to nourish cells by describing the process of digestion.
2. State the principles and reasons for the Food Pyramid.
3. Recognize hunger and satiety cues and how to make food decisions based upon those cues.
4. Read and interpret food labels.

Grade 3 continued

Prevention and Control of Disease

Students will learn the signs, symptoms and treatment of chronic and communicable diseases, and will gain skills related to health promotion, disease prevention and health maintenance.

They will be able to:

1. Discover how germs are spread and explain the role of the body's defense system in fighting germs.
2. Identify how medicines and vaccines help to prevent or cure illnesses.
3. Describe the benefits of early detection and treatment of disease.
4. Distinguish between communicable and noncommunicable diseases.

Substance Use and Abuse

Students will acquire the knowledge and skills to be competent in making health-enhancing decisions regarding the use of medications and avoidance of substances, and in communication about substance use/ abuse prevention for healthier homes, schools and communities.

They will be able to:

1. Restate in their own words laws having to do with smoking, drinking and drugs.
2. Define the word addiction and explain what it means to be addicted to drugs and how it can happen.
3. Tell why it is more important to protect yourself than to go along with pressure to take drugs.
4. Identify resources they could go to with concerns or problems.

Sexuality and Gender.

Students will acquire developmentally appropriate knowledge and skills to form a foundation for making healthy decisions.

They will be able to:

1. Use the correct names for the private parts of the body.
2. Explain that boys and girls have many similarities and a few differences.
3. Define sexual orientation using the correct terminology (heterosexual, gay and lesbian).
4. Identify stereotypes about males and females that might interfere with success in school or work.

Grade 3 continued

Interpersonal Relationships

Students will learn that relationships with others are an integral part of the human life experience and the factors that contribute to healthy interpersonal relationships.

They will be able to:

1. Explain why communication is essential in human relationships and identify people from whom children can learn how to communicate, such as family members, friends, community members, and members of faith-based groups.
2. Practice initiating a new friendship using goal setting skills.
3. Show how they can be a good friend to someone with a physical impairment or a learning difference.
4. Practice strategies for resisting negative peer pressure.

Violence Prevention

Students will learn how their actions affect others, will understand the power that positive character traits can have in violence prevention, will gain skills to report incidents of violence and hurtful behavior to adults in the school and community, will avoid engaging in violence, and identify constructive alternatives to violence, including how to discourage others from engaging in violence.

They will be able to:

1. Create and follow a set of guidelines to promote anti discrimination.
2. Define child abuse and violence and identify where to get help to protect oneself.
3. Practice conflict resolution in a variety of scenarios.
4. Identify positive attitudes, values and skills that can help to prevent violence in a community.

Consumer and Community Health

Students will learn the influence of social factors on health and will acquire the knowledge and skills necessary to obtain, manage and evaluate resources for physical and mental health and well being for themselves, their family and community.

They will be able to:

1. Describe the work done by different health professionals to help people with various kinds of physical impairments.
2. Analyze what makes up a healthy community.
3. Identify pollution problems.
4. List the jobs carried out by people at school and in the community that support health and success in school.

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CPS Health Education Learning Expectations for Grade 4

Growth and Development

Students will learn the basic characteristics of physical growth and development, including bodily functions and systems and will acquire skills to promote and maintain positive growth and development.

They will be able to:

1. Explain the structure and functions of the human mouth, including the tongue and teeth.
2. Explain the basic principle of sound and describe the functions of the major parts of the ear.
3. Describe how to prevent injury to ears and identify different kinds of hearing impediments and what can be done to treat or compensate for them.
4. Identify behaviors and environmental factors that influence functioning of body systems.

Personal Health

Students will know how to maintain and promote personal health.

They will be able to:

1. Name things that contribute to a healthy appearance (hair, skin, nails, teeth, posture and dress) and assume responsibility for self grooming and hygiene.
2. Develop a positive body image.
3. Identify proper care of teeth, dental problems and their solutions.
4. Define physical fitness and identify benefits of exercise for each part of the body.

Grade 4 continued

Family Life

Students will gain knowledge about the significance of the family on individuals and society, and will earn skills to support the family.

They will be able to:

1. Define the word family and identify different types of families (including step families, extended families, multicultural families, adoptive families, gay and lesbian families, foster families, grandparent-headed families).
2. Discover reasons to feel pride in individual difference, including their family heritage.
3. Discuss characteristics needed to be a responsible friend and family member (e.g., participating in family activities, assuming more responsibility for household tasks).
4. Identify whom to talk with about family problems and successes.

Mental and Emotional Health

Students will acquire knowledge about emotions and physical health, the management of emotions, personality and character development, and social awareness; and will learn skills to promote self-acceptance, make decisions, and cope with stress.

They will be able to:

1. Identify different feelings and examples of what can arouse those feelings.
2. Practice identifying, expressing and managing feelings appropriately, including controlling emotional outbursts.
3. Identify personal long-term goals and formulate steps to reach them.
4. Identify resources in the community that can help with drugs and other problems.

Injury Prevention and Safety

Students will gain the knowledge and skills to administer first aid and carry out emergency procedures, will avoid, recognize and report verbal, physical and emotional abuse situations, and will assess the factors that contribute to intentional and unintentional injury.

They will be able to:

1. Define different kinds of abuse, including bullying and sexual harassment.
2. List safety rules and practices to be used in home, school, and community settings and explain why the rules are important.
3. Identify emergencies and generate appropriate responses to an emergency situation.
4. Practice effective ways to say No to those things that threaten safety

Grade 4 continued

Nutrition

Students will gain knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases.

They will be able to:

1. Explain the digestive system and identify factors that can help or harm the digestive process.
2. Practice choosing foods that promote dental health, strong bones and healthy muscles.
3. Describe the relationship between calories, energy and nutrients and evaluate their personal habits for nutrition and activity balance.
4. Identify influences affecting eating patterns and resist unhealthful influences.

Prevention and Control of Disease

Students will learn the signs, symptoms and treatment of chronic and communicable diseases, and will gain skills related to health promotion, disease prevention and health maintenance.

They will be able to:

1. Identify different microorganisms including viruses, bacteria and fungi that contribute to illness in the body.
2. Define the immune system and discover how HIV destroys its ability to fight germs.
3. List ways that HIV is and is not transmitted.
4. Describe the benefits of early detection and treatment of disease.

Substance Use and Abuse

Students will acquire the knowledge and skills to be competent in making health-enhancing decisions regarding the use of medications and avoidance of substances, and in communication about substance use/ abuse prevention for healthier homes, schools and communities.

They will be able to:

1. Identify various drugs, classify them into categories, and explain the effects of each.
2. List the chemicals in cigarettes, cigars and chew and explain how they harm the body.
3. Explain the physical and psychological effects of addiction to tobacco.
4. Discover various sources of pressure which lead to experimenting with drugs, including tobacco ads.

Grade 4 continued

Sexuality and Gender

Students will acquire developmentally appropriate knowledge and skills to form a foundation for making healthy decisions.

They will be able to:

1. Describe how hormones affect body function and state emotional changes during puberty.
2. Develop a positive body image.
3. Define sexual orientation using the correct terminology.
4. Identify stereotypes about males and females that might interfere with success in school or work.

Interpersonal Relationships

Students will learn that relationships with others are an integral part of the human life experience and the factors that contribute to healthy interpersonal relationship, and will acquire skills to enhance these relationships through positive communication.

They will be able to:

1. Explain why communication is essential in human relationships and identify people from whom children can learn how to communicate, such as family members, friends, community members, and members of faith-based groups.
2. Identify positive qualities in themselves and those qualities that they would like to see in their friends.
3. Practice resisting negative peer pressure in situations that threaten health.
4. Practice initiating a new friendship using goal setting skills.

Violence Prevention

Students will learn how their actions affect others, will understand the power that positive character traits can have in violence prevention, will gain skills to report incidents of violence and hurtful behavior to adults in the school and community, will avoid engaging in violence, and identify constructive alternatives to violence, including how to discourage others from engaging in violence.

They will be able to:

1. Explain and practice peaceful methods to prevent or resolve conflicts within a class, school or community.
2. Practice perspective taking, anger management, empathy, and problem-solving.
3. Define different kinds of abuse, including bullying and sexual harassment.
4. Practice conflict resolution skills in a variety of scenarios.

Grade 4 continued

Consumer and Community Health

Students will learn the influence of social factors on health and will acquire the knowledge and skills necessary to obtain, manage and evaluate resources for physical and mental health and well being for themselves, their family and community.

They will be able to:

1. Define “community” and explain how each local government department helps to keep people safe through people, regulations and laws.
2. Discover how AIDS has affected the Cambridge community.
3. Describe the effects of smoking, including “second-hand smoke” on the community.
4. Distinguish between cosmetics and hygiene products and interpret information on different product labels.

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CPS Health Education Learning Expectations for Grade 5

Growth and Development

Students will learn the basic characteristics of physical growth and development, including bodily functions and systems throughout the life cycle, and will acquire skills to promote and maintain positive growth and development.

They will be able to:

1. Name the parts and functions of the endocrine, circulatory, central nervous, skeletal, muscular and respiratory systems.
2. Identify components of blood and their functions.
3. List the causes and effects of head injuries and various disorders of the brain.
4. Identify appropriate accommodations and aids for people with physical disabilities

Personal Health

Students will know how to maintain and promote personal health.

They will be able to:

1. Identify the connection between good hygiene, their appearance and feeling good about the way they look.
2. Take responsibility for keeping immunization records.
3. Practice proper breathing techniques for maximum health benefits.
4. Practice habits to strengthen and maintain healthy bones and muscles.

Family Life

Students will gain knowledge about the significance of the family on individuals and society, and will learn skills to support the family.

They will be able to:

1. Show respect for different types of families.
2. Discover reasons to feel pride in individual difference, including their family heritage.
3. Discuss characteristics needed to be a responsible friend and family member (e.g., participating in family activities, assuming more responsibility for household tasks).
4. Identify whom to talk with about family problems and successes.

Grade 5 continued

Mental and Emotional Health

Students will acquire knowledge about emotions and physical health, the management of emotions, personality and character development, and social awareness; and will learn skills to promote self-acceptance, make decisions, and cope with stress.

They will be able to:

1. Identify events in life which trigger emotions such as grief, depression, anxiety, guilt and fear and name people that can help them deal with feelings.
2. Practice positive steps for coping with stress, conflict, disappointment and failure.
3. Define “maturity” and identify health and safety values that demonstrate maturity.
4. Explain why drugs won’t solve problems.

Injury Prevention and Safety

Students will gain the knowledge and skills to administer first aid and carry out emergency procedures, will avoid, recognize and report verbal, physical and emotional abuse situations, and will assess the factors that contribute to intentional and unintentional injury.

They will be able to:

1. Define first aid, explain the role it plays in emergency situations and describe the methods of handling first aid for a range of common minor emergencies.
2. Identify the roles of public safety groups and how to access each for help.
3. Identify negative behavior and group activities that pose a danger or safety hazard.
4. List skills needed to avoid sports injuries and prevent accidents which might occur in different environments.

Nutrition

Students will gain knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases.

They will be able to:

1. Explain the basic nutritional guidelines and how they differ depending on age, gender, activity level, and state of health.
2. List illnesses associated with food handling.
3. Recognize hunger and satiety cues and how to make food decisions based upon those cues.
4. Identify heredity, diet and physical activity as key factors in body shape and size.

Grade 5 continued

Prevention and Control of Disease

Students will learn the signs, symptoms and treatment of chronic and communicable diseases, and will gain skills related to health promotion, disease prevention and health maintenance.

They will be able to:

1. Describe the benefits of early detection and treatment of disease.
2. Define compassion and empathy and practice expressing kindness to others, especially toward those who are sick.
3. Identify major diseases of the respiratory system and explain their impact on the community.
4. Determine how HIV affects the immune system and explain how it can and cannot be transmitted.

Substance Use and Abuse

Students will acquire the knowledge and skills to be competent in making health-enhancing decisions regarding the use of medications and avoidance of substances, and in communication about substance use/ abuse prevention for healthier homes, schools and communities.

They will be able to:

1. Identify short and long term effects of smoking and drugs on the body and the brain.
2. Differentiate among the terms “proper use”, “misuse”, “abuse” and analyze why drug abuse on the part of one family member can make the whole family feel guilty, ashamed or embarrassed.
3. Practice saying No to risk-taking behaviors and resisting media pressure.
4. Explore how drugs affect personal values, such as personal responsibility, respect for self and others, honesty and accountability.

Sexuality and Gender

Students will acquire developmentally appropriate knowledge and skills to form a foundation for making healthy decisions.

They will be able to:

Describe hormones and identify the physical and emotional changes during puberty.

1. Explain pregnancy and fetal development.
2. Practice speaking to others with respect, abstaining from sexual harassment.
3. Identify stereotypes about males and females that are found in the media.

Grade 5 continued

Interpersonal Relationships

Students will learn that relationships with others are an integral part of the human life experience and the factors that contribute to healthy interpersonal relationship, and will acquire skills to enhance these relationships through communication.

They will be able to:

1. Evaluate peer pressure to determine if it is positive or negative.
2. Show how important it is to respect others when participating in sports.
3. Apply both verbal and non-verbal communication skills to develop positive relationships.
4. Practice strategies for resisting negative peer pressure

Violence Prevention

Students will learn how their actions affect others, will understand the power that positive character traits can have in violence prevention, will gain skills to report incidents of violence and hurtful behavior to adults in the school and community, will avoid engaging in violence, and identify constructive alternatives to violence, including how to discourage others from engaging in violence.

They will be able to:

1. Describe different types of violence and their causes including teasing, bullying and sexual harassment.
2. Practice perspective taking, anger management, empathy, problem-solving and other conflict resolution skills in a variety of scenarios.
3. Distinguish between appropriate, inappropriate and confusing touches and secrets.
4. Identify helping resources regarding violence in the school and community, such as counselors, neighbors, law enforcement, and members of faith-based groups.

Consumer and Community Health

Students will learn the influence of social factors on health and will acquire the knowledge and skills necessary to obtain, manage and evaluate resources for physical and mental health and well being for themselves, their family and community.

They will be able to:

1. Explain community risk factors for lung disease and identify community agencies that support respiratory health.
2. Explain the role of advertising in consumer behavior, including identifying different tactics used by advertisers.
3. Practice smart consumer techniques including unit price shopping, reading labels and evaluating advertising claims.
4. Explain what a budget is, how it works and why it can be useful.

3-5 Materials & Resources

Teacher's Guides:

Great Body Shop, Children's Health Market, Wilton CT, 2000.

Student Materials

Great Body Shop monthly health magazines for students in grades 3-5

Additional Programs

Dental Education and Screening- grades 3&4 --- Cambridge Health Alliance Dental Program

Understanding People with Disabilities- Guest Speakers, grade 3 --- Cambridge Commission for People with Disabilities

Know Your Body- 10 week voluntary puberty/sexuality education class, grade 5 ---Cambridge Economic Opportunity Committee

Whom to Contact

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