



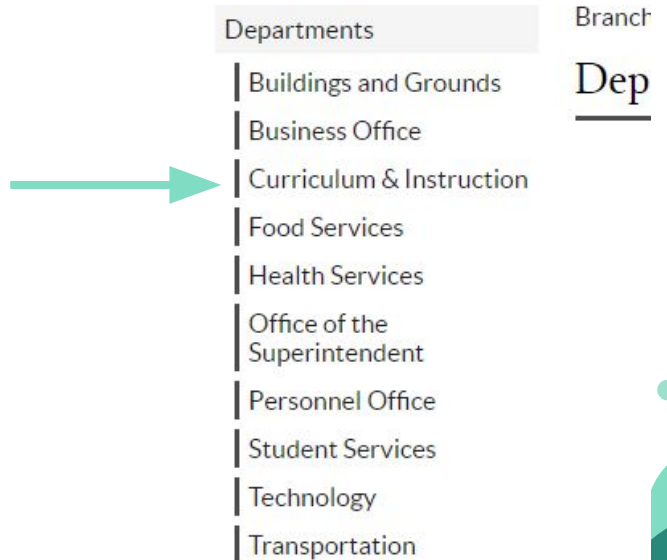
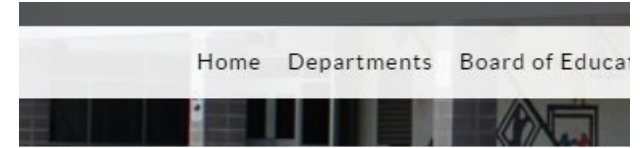
# Health Curriculum Overview

Branchburg Public School District

# Goals for a Comprehensive Health & Physical Education Program

- To present critical health information under the following headings in a neutral, age-appropriate, and factual manner:
  - Physical Fitness
  - Substance Abuse
  - Human Development
  - Safety
  - Mental Health
- To normalize human development and to create a safe environment for students to learn that will keep them safe and healthy
- To affirm all individuals in the classroom, school and community

# Locating the District Curriculum



# Locating the District Curriculum



## Curriculum & Instruction

- Coaches Corner
- District Curriculum Guides
- Gifted and Talented Program
- Instructional Support Services
- Math Placement
- New Jersey Student Learning Standards



Guides

Branchburg Township School District / Department

## District Curriculum Guides

- [Mathematics](#)
- [English Language Arts Literacy](#)
- [Science](#)
- [Social Studies](#)
- [Technology](#)
- [World Languages](#)
- [Media Center](#)
- [Health and Physical Education](#)
- [Art](#)
- [Music](#)



# Components of the Curriculum

**Standards:** developed and adopted by NJDOE to be implemented by local school districts.

- [NJSLS - Comprehensive Health & Physical Education](#)

**Content and Skills:** developed by Branchburg teachers to align with the New Jersey Student Learning Standards.

**Unit Resources:** sample materials that teachers will use or use to guide the selection of materials for each lesson.

# Kindergarten


- Personal and Mental Health
- Safety
- Physical Wellness

# Kindergarten Key Ideas

- Daily habits that contribute to overall wellness (physical, social, mental and emotional health).
- Different people in the community who work to keep us safe.
- There are different ways that individuals handle stress and some are healthier than others.
- How to get help if you are in trouble.
- The environment can impact personal health and safety.
- Where hazards can exist.
- Identifying trusted adults
- What people need for survival.
- Positive behaviors when working with others.
- Exploring food and food groups.



# Grade 1

- Personal and Mental Health
  - Safety
  - Physical Wellness
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# Grade 1 Key Ideas

- Making healthy choices to benefit our overall health and wellness.
- Identify body parts and explain how they work together.
- Helping individuals handle stress and difficult emotions.
- Ways to solve conflicts between people.
- Understanding there are different ways people can express themselves.
- Recognizing people in the community that keep us safe.
- Ways parents care for their offspring.
- Safe uses of medication.
- Recognizing who is a trusted adult to talk to when children feel uncomfortable or in an unsafe situation.
- How physical fitness contributes to personal health.
- How food choices impact our health.

# Grade 2

- Personal and Mental Health
- Safety
- Physical Wellness

# Grade 2 Key Ideas

- Managing emotions, thoughts and behaviors in a healthy way.
- Building communication to strengthen relationships and resolve conflict between people.
- Daily habits/practices that contribute to overall wellness.
- Every individual has different unique skills and qualities.
- Learning medically accurate names for body parts.
- Understanding the concept of reproduction.
- Learning that gender stereotypes are harmful and the importance of self-expression.
  - Jobs, clothing, hobbies, and personal interests should not be limited by gender.
- Identifying different ways we express who we are to others and the importance of celebrating one another's uniqueness.
- Students will continue to learn how to express their need for boundaries and how to get help when those boundaries are not respected.
- Awareness that drugs can be harmful.

# Grade 3

- Personal Growth and Development
- Physical Wellness
- Safety

# Grade 3 Key Ideas

- Continue to explore what makes them unique and celebrate the differences among friends.
- Treating all people with dignity and respect.
- Self-management skills, self-esteem building and goal setting.
- Benefits of regular physical activity and healthy eating.
- Communicable and Non-Communicable Diseases.
- Steps to take and resources in various types of emergency situations.
- Respecting personal boundaries.
- Continue to explore who are the community helpers and how to communicate with trusted adults when a situation is dangerous or uncomfortable.
- The unhealthy effects of drugs.



# Grade 4

- Social and Emotional Health
- Personal Growth and Safety
- Nutrition
- Alcohol, Tobacco, Drugs & Treatment
- Family Relationships
- Community Health/Safety

# Grade 4 Key Ideas

- Self-management skills impact how individuals handle stress, loss, difficult learning situations, separation from family/others..
- Understanding harassment, discrimination and bullying.
- Healthy vs. Unhealthy relationships.
- The importance of core values (respect, empathy, good citizenship) to the world.
- Ways to handle conflict and adversity.
- Explore the different types of families, how they can come in all different shapes and sizes and describe positive family interactions.
- Celebrate what makes us unique and value each other's uniqueness.
- Identify gender stereotypes and explain how they can be harmful.
- Medicine vs. Drugs , Legal vs. Illegal Drugs.
- Information provided by food labels.
- Childhood Diseases, the immune systems, healthy choices, and healthy environments.

# Grade 4 - Puberty Lesson

Topics presented during the lesson:

- Changes that occur during adolescence and their impact physically, socially and emotionally and how they influence self-care.
- Why the onset and progression of puberty can vary.
- Hormones in male bodies and the hormones in female bodies cause the changes in our physical bodies.
- Students will be able to identify the changes that will take place in their bodies during puberty.
- Trusted adults students can talk to about relationships and ask questions about puberty and adolescent health.



# Grade 5

- Social and Emotional Health
- Personal Growth and Safety
- Nutrition
- Alcohol, Tobacco, Drugs & Treatment - DARE
- Family Relationships
- Community Health/Safety

# Grade 5 Key Ideas

- How feelings and thoughts can influence healthy and unhealthy behaviors.
- Handling conflict and adversity; communication skills.
- Stress management strategies.
- Identifying at-risk online behaviors and where to seek help if needed.
- Practice setting healthy boundaries by knowing how to say no and what to do when they feel uncomfortable or find themselves in unsafe situations.
- Types of drugs abused by adolescents, explore the specific effects of drugs and alcohol on the body, dependency, and addiction.
- First aid procedures for a variety of injuries.
- How to get and communicate the need for help.
- All individuals should feel welcome and included regardless of their gender, gender expression, or sexual orientation.
- Sharing of common values, emotional support and boundaries among families.
- Healthy and unhealthy relationships among friends and family members.

# Grade 5 - Puberty Lesson

Topics presented during the lesson:

- Puberty is a time of physical, social, and emotional change.
- Hormones in male bodies and the hormones in female bodies cause the changes in our physical bodies.
- The changes that will take place in their bodies during puberty.
- Difference between gender identity and sexual orientation.
- The form and function of the human reproductive systems through a clinical lens.
- Human reproduction begins when the female egg meets a male sperm.
- The range of ways in which pregnancy can occur.
- Trusted adults students can talk to about relationships and ask questions about puberty and adolescent health.
- Healthy and unhealthy relationships, including online relationships, and strategies that individuals can use to communicate safely in an online environment.

# Grade 6

- Wellness/Total Health
- Stress Management
- HIV/AIDS
- Community/Mental Health
- Drug Education (Alcohol and Tobacco)

# Grade 6 Key Ideas

- Difference between health and wellness.
- How heredity and environment can affect health.
- Habits, behaviors and attitudes to improve health.
- Setting and achieving goals.
- Strategies for managing stress.
- HIV/AIDS - symptoms, effects on the immune system, transmission, prevention, treatment.
- Impact of mental illness on physical, social, and emotional well-being.
- Summarize the signs and symptoms of alcohol, tobacco, and drug disorders.
- Determine the impact alcohol and drugs can have on an individual's social, emotional, and physical well-being.
- Examine how alcohol and drug disorders can impact friends' and family members' social, emotional, and physical lives.
- Relate the use of alcohol and other drugs to decision-making, consent, and risk for sexual assault and abuse.



# Grade 7

- Nervous System
  - Respiratory System
  - Digestive System/Nutrition
  - Tobacco Education
  - Alcohol Education
  - Branchburg Police Department (Rx/OTC drugs)
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# Grade 7 Key Ideas

- Summarize the signs and symptoms of alcohol, tobacco, and drug disorders.
- Components of the Nervous, Respiratory and Digestive systems, how to care for them, and how they are affected by injuries, alcohol, tobacco and drug disorders.
- Determine the impact alcohol and drugs can have on an individual's social, emotional, and physical well-being.
- Examine how alcohol and drug disorders can impact friends' and family members' social, emotional, and physical lives.
- Relate the use of alcohol and other drugs to decision-making, consent, and risk for sexual assault and abuse.
- Healthy ways for adolescents to maintain, lose or gain weight.
- Understand balanced diets for individuals who are gluten free, diabetic, vegan, etc.
- Building connections with the Branchburg Police Department.

# Grade 8

- Steroid Education
- Inhalant Education
- Drug Education Project - Alcohol, Tobacco & Other Drugs (Rx/Opioids)
- Personal Growth & Development and Family Life (Pregnancy & Parenting)
- Social and Sexual Health, LGBTQIA+, Sexually Transmitted Diseases (STIs)



# Grade 8 Key Ideas

- Students will identify the impacts of drug and alcohol abuse, types of OTC medications that adolescents might abuse, and the connection between mental health and substance abuse.
- Explain qualities of an unhealthy relationship and effective strategies to end the relationship and build a healthy relationship and determine what to do if abuse occurs.
- Establish criteria for safe dating situations.
- Define consent, determine the importance of consent, understand consent laws, identify the age of consent, and identify factors that affect a person's ability to give consent.
- Students will understand the relationship between sexting and child pornography laws.
- Online safety and the characteristics of risky online behavior will continue to be discussed.
- In relation to online safety, students will learn the term “human trafficking” as it refers to modern slavery and child exploitation.

# Grade 8 Key Ideas

- Label and identify the parts of the male and female reproductive systems and how they function, as well as understand the function of the reproductive systems and how to stay healthy.
- Identify signs and symptoms of pregnancy, methods to confirm a pregnancy, understand the sequence of fertilization, embryonic growth, and fetal development during pregnancy as well as pregnancy options.
- Review the signs and symptoms of pregnancy and methods to confirm a pregnancy.
- Stages of pregnancy and events that occur in each trimester, including the stages of labor, childbirth, and the time frame after birth.
- Prenatal care will help prevent complications that can occur during pregnancy and childbirth.
- Resources to assist with parenting.
- New Jersey Safe Haven Law

# Grade 8 Key Ideas

- Explore different topics relating to sexuality, such as gender identity, sexual orientation, and gender expression.
- Identify the benefits of sexual abstinence and create strategies to resist the pressure to be sexually active.
- Explore methods of contraception used by adolescents and factors that may influence their use, including identifying behaviors that place a person at greater risk of contracting HIV/AIDS, STIs, and unintended pregnancy.
- Sexually transmitted infections can be spread through various types of sexual activity.
- STI treatment methods and learn about PrEP and PEP HIV testing.
- Establish criteria for safe dating situations, such as dating in groups, setting limits, or only dating someone of the same age.



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