Moonachie School District

Health Curriculum:

Grades 3-5

New Jersey Student Learning Standards for Comprehensive Health and Physical Education

Born On: August 23, 2022

Re-Adoption: January 31, 2023

| **CHPE: HEALTH** |
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| **Grades 3-5** |
| 2.1 Personal and Mental Health |
| **DISCIPLINARY CONCEPT: Personal Growth and Development** |
| [***Mental Health***](https://pub.njleg.gov/bills/2018/AL19/222_.HTM) ***- (NJ.S.A.18 A:35-4.39)***  |
| **Core Ideas** | **Performance Expectation Standards** |
| Health is influenced by the interaction of body systems.  | * 2.1.5.PGD.1: Identify effective personal health strategies and behaviors that reduce illness, prevent injuries, and maintain or enhance one’s wellness (e.g., adequate sleep, balanced nutrition, ergonomics, regular physical activity).
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| Puberty is a time of physical, social, and emotional changes. | * 2.1.5.PGD.2: Examine how the body changes during puberty and how these changes influence personal self-care.
* 2.1.5.PGD.3: Explain the physical, social, and emotional changes that occur during puberty and adolescence and why the onset and progression of puberty can vary.
* 2.1.5.PGD.4: Explain common human sexual development and the role of hormones (e.g., romantic and sexual feelings, masturbation, mood swings, timing of pubertal onset).
* 2.1.5.PGD.5: Identify trusted adults, including family members, caregivers, school staff, and health care professionals, whom students can talk to about relationships and ask questions about puberty and adolescent health.
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| **Key Vocabulary** | **Student Learning Objectives** | **Suggested Tasks/Activities** | **Evidence of Learning (Assessment)**  | **Resources/Materials** |
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| **Body Systems**Respiratory* Lungs, diaphragm, larynx, nose, oxygen, pharynx, trachea, carbon dioxide

Digestive* Mouth, esophagus, stomach, large intestine, small intestine, liver, gall bladder, colon, anus
* Transportation, digestion, absorption, secretion

Immune System* Symptomatic, Asymptomatic, Virus, Antibodies, Immunity, white blood cells, bacteria, virus, spleen, bone marrow, thymus
 | Students will be able to* Identify effective personal health strategies and behaviors that reduce illness, prevent injuries, and maintain or enhance one’s wellness
* Identify parts and function of the respiratory, immune and digestive body system.
 | * Investigate a Diagram of respiratory and digestive system with organs labeled
* Whole and small group discussion of how body organs work together to form a System
* Generate vocabulary; through class discussion and investigation
* define each body part through class discussion and investigation of resources
 | * Google Form (Formal) Assessment
* Class Discussion
* Models of Respiratory/Digestive Systems
* Projects/Presentations on the Respiratory/Digestive Systems
 | * The Body Book <https://www.amazon.com/Body-Book-Easy-Make-Hands/dp/0545048737>
* Video on Digestive system: <https://www.youtube.com/watch?v=ZBZWgrfZFbU>
* Dr. Binocs- Peekaboo Kids YouTube videos <https://www.youtube.com/c/PeekabooKids>
* Discovery Education
* How the Immune System works- <https://kidshealth.org/en/kids/ismovie.html>
* Lungs and Respiratory System <https://kidshealth.org/en/kids/rsmovie.html>
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| **Body Systems**Circulatory* Heart, Veins, Arteries, Blood, Platelets, Capillaries, Iron

Skeletal* Bones, Bone Marrow, Cartilage, Vitamin D, Calcium, joints

Muscular* Muscles, Tendons, Ligaments, Physical Activity
 | Students will be able to* Identify effective personal health strategies and behaviors that reduce illness, prevent injuries, and maintain or enhance one’s wellness
* Identify parts and function of Circulatory, Skeletal and Muscular body systems.
 | * Robot Finger Model
* Create and label Diagrams of Circulatory, Skeletal and Muscular Systems
* Whole and small group discussions of how organs work together to create the body system.
 | * Google Form (Formal) Assessment
* Class Discussion
* Models of circulatory, skeletal, muscular systems
* Projects/Presentations on circulatory, skeletal, muscular systems (individual or group)
 | * The Body Book <https://www.amazon.com/Body-Book-Easy-Make-Hands/dp/0545048737>
* About Kids Health- YouTube <https://www.youtube.com/channel/UCvHCw-Pc9Cl9VeZrvEVldEw>
* Discovery Education
* Video on immune system: https://www.youtube.com/watch?v=azE3rv5l28Y
* [www.Kidshealth.org](http://www.kidshealth.org)
* Video on functions of the muscular system:

<https://www.youtube.com/watch?v=VVL-8zr2hk4> * What if we didn’t have bones? <https://www.youtube.com/watch?v=_ASpoeFRTZ0>
* Mystery Science-

<https://mysteryscience.com/body/mystery-1/muscles-skeleton/59> Heart and Circulatory System- <https://kidshealth.org/en/kids/csmovie.html>Muscular System <https://kidshealth.org/en/kids/closet/>Bones and Skeletal System <https://kidshealth.org/en/kids/ssmovie.html>How the joints work <https://kidshealth.org/en/kids/how-joints-work.html> |
| **Puberty** Puberty, Hormones, Mood Swings, Self-Care, Growth Spurt, Changes in the physical body : Hair growth, body odor,Trusted Adults | Students will be able to:* Identify trusted adults, including family members, caregivers, school staff, and health care professionals, whom students can talk to about relationships and ask questions about puberty and adolescent health.
* Examine how the body changes during puberty and how these changes influence personal self-care.
 | * The teacher will lead a class discussion on who a trusted adult is and how to identify one(s) in students’ lives
* Students create a list of trusted adults present in their life
* Students will then identify which personal topics can be discussed with specific, trusted adults
* Students will create a list of pros and cons of having discussions with trusted adults
* Students will brainstorm ways that their bodies are physically changing (hair growth, body odor, voice changes, mood swings etc.) and identify if these are gender specific or common to all in their age group.
 | * Class discussion
* Whole and small group discussion of identification of trusted adults
* Create chart of physical changes during puberty (males/females/both)
 | * YouTube Nemours Kidshealth- <https://www.youtube.com/channel/UCDummp96hqu7KAUbs5k_zOw>
* <https://www.letstalkaboutit.nhs.uk/relationships-sex-education-support/puberty-lesson-plan/> puberty lesson plan
* *Celebrate Your Body (And Its Changes, Too!)*  Sonya Renee Taylor
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| **Body Systems**Endocrine* Hormones, Thyroid (Thyroxin), Parathyroids, Adrenal (Adrenaline/Epinephrine) Testes (Testosterone), Ovaries (Progesterone/Estrogen), Human Growth Hormone

Nervous* Brain, nerves, brainstem, cerebrum, central nervous system, impulse, reflex, spinal cord, Senses/Sensory motor neurons, PNS- Peripheral Nervous System
 | Students will be able to* Identify effective personal health strategies and behaviors that reduce illness, prevent injuries, and maintain or enhance one’s wellness
* Identify parts and function of Endocrine and Nervous systems.
 | * Create and label Diagrams of Endocrine and Nervous Systems
* Whole and small group discussions of how organs work together to create the body system.
* Conduct a reflex test
 | * Google Form (Formal) Assessment
* Class Discussion
* Models of endocrine and nervous systems
* Projects/Presentations on endocrine and nervous systems
 | * The Body Book <https://www.amazon.com/Body-Book-Easy-Make-Hands/dp/0545048737>
* Discovery Education
* [www.Kidshealth.org](http://www.kidshealth.org)
* *Why I Sneeze, Shiver, Hiccup, and Yawn* by Melvin Berger
* How does your brain control your body?

<https://mysteryscience.com/body/mystery-4/brain-nerves-information-processing/62>* Endocrine System <https://kidshealth.org/en/kids/esmovie.html>
* Brain and Nervous System <https://kidshealth.org/en/kids/nsmovie.html>
 |
| **Puberty*** Masturbation, Nocturnal Emissions, Romantic Feelings, Sexual Feelings, Hygiene, Sperm, Testosterone, Testes, Ovaries, Estrogen, Progesterone, Menstuation
 | Students will be able to * Describe the structure and function of the male and female reproductive system (Sperm, Testosterone, Testes, Ovaries, Estrogen/Progesterone)
* Identify ways to protect your reproductive health (Hygiene, Menstruation)
* Explain the physical, social, and emotional changes that occur during puberty and adolescence and why the onset and progression of puberty can vary.
* Explain common human sexual development and the role of hormones (e.g., romantic and sexual feelings, masturbation, mood swings, timing of pubertal onset).
 | * Identify parts and label reproductive system (male/female)
* Class discussion on how to protect reproductive health.
* Class discussion on how hormones can affect emotions.
* Discuss social changes that occur during puberty (friendships/relationships)
* Class discussion on human sexual development, research in teacher determined resources.
 | * Google Form (Formal) Assessment
* Class Discussion
* Models of reproductive systems
* Class discussion and class participation
* Google forms assessment
 | * [www.kidshealth.org](http://www.kidshealth.org)
* Discovery Education
* Always Puberty Education Kits- <https://always.com/en-us/puberty-education-programs-for-teachers-students-and-parents>
	+ Pamphlets
	+ Puberty Kits
* YouTube Nemours Kidshealth- <https://www.youtube.com/channel/UCDummp96hqu7KAUbs5k_zOw>

(“Puberty Kit” - important/useful items) <https://teachingsexualhealth.ca/app/uploads/2017-Puberty-Kit-Pictures.pdf>* *Puberty is Gross but Also Really Awesome* by Gina Loveless
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| **Interdisciplinary Connections** | **ELA****Grade 3**- RI.3.7. Use information gained from text features (e.g., illustrations, maps, photographs) and the words in a text to demonstrate understanding of the text (e.g., where, when, why, and how key events occur).W.3.7. Conduct short research projects that build knowledge about a topic.SL.3.5. Use multimedia to demonstrate fluid reading at an understandable pace; add visual displays when appropriate to emphasize or enhance certain facts or details.**Grade 4**- RI.4.7. Interpret information presented visually, orally, or quantitatively (e.g., in charts, graphs, diagrams, time lines, animations, or interactive elements on Web pages) and explain how the information contributes to an understanding of the text in which it appears. W.4.7. Conduct short research projects that build knowledge through investigation of different aspects of a topic.SL.4.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 4 topics and texts, building on others’ ideas and expressing their own clearly.**Grade 5**- RI.5.7. Draw on information from multiple print or digital sources, demonstrating the ability to locate an answer to a question quickly or to solve a problem efficiently.W.5.7. Conduct short research projects that use several sources to build knowledge through investigation of different perspectives of a topic.SL.5.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others’ ideas and expressing their own clearly. |
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| **Career Readiness, Life Literacies and Key Skills** | 9.2.5.CAP.8: Identify risks that individuals and households face.9.4.5.IML.6: Use appropriate sources of information from diverse sources, contexts, disciplines, and cultures to answer questions  |
| **Computer Science and Design Thinking** | 8.1.5.DA.1: Collect, organize, and display data in order to highlight relationships or support a claim. |

| **Modifications** |
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| **English Language Learners** | **Special Education** | **At-Risk** | **Gifted and Talented** | **504** |
| ScaffoldingWord wallsSentence/paragraph framesBilingual dictionaries/translationThink aloudsRead aloudsHighlight key vocabularyAnnotation guidesThink-pair- shareVisual aidesModelingCognates | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrast | Teacher tutoringPeer tutoringStudy guidesGraphic organizersExtended timeParent communicationModified assignmentsCounseling | Curriculum compactingChallenge assignmentsEnrichment activitiesTiered activitiesIndependent research/inquiryCollaborative teamworkHigher level questioningCritical/Analytical thinking tasksSelf-directed activities | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrastParent communicationModified assignmentsCounseling |

| **CHPE: HEALTH** |
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| **Grades 3-5** |
| 2.1 Personal and Mental Health |
| **DISCIPLINARY CONCEPT: Pregnancy and Parenting** |
| [***Mental Health***](https://pub.njleg.gov/bills/2018/AL19/222_.HTM) ***- (NJ.S.A.18 A:35-4.39)***  |
| **Core Ideas** | **Performance Expectation Standards** |
| Pregnancy can be achieved through a variety of methods.  | * 2.1.5.PGD.1: Explain the relationship between sexual intercourse and human reproduction.
* 2.1.5.PGD.2: Explain the range of ways pregnancy can occur (e.g., IVF, surrogacy).
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| **Key Vocabulary** | **Student Learning Objectives** | **Suggested Tasks/Activities** | **Evidence of Learning (Assessment)**  | **Resources/Materials** |
| --- | --- | --- | --- | --- |
| Grade 3- n/a |  |  |  |  |
| Grade 4- n/a |  |  |  |  |
| **Grade 5- Pregnancy**2.1.5.PGD.1 and 2.1.5.PGD.2Sperm, Egg, Human Reproduction, IVF, Surrogacy, Egg donation | Grade 5Students will be able to:* Explain the relationship between sexual intercourse and human reproduction.
* Explain the range of ways pregnancy can occur (e.g., IVF, surrogacy)
* Understand that sexual intercouse causes pregnancy in human beings
 | * Class discussion regarding pregnancy and its various methods. (i.e. IVF, surrogacy, egg donation)
* The teacher will lead a class discussion on the scientific manner a human pregnancy occurs, sperm meets egg.
* Students will have the opportunity to ask questions and receive answers from a qualified and trusted adult.
 | * Informal- Q&A
* Google Form
* Daily journal (ex: exit ticket, open-ended questions).
 | * YouTube- The process of surrogacy <https://www.youtube.com/watch?v=t3Sgq7UmGQE>
* <https://kidshealth.org/en/parents/preg-health.html>
* The Great Body Shop:<https://www.thegreatbodyshop.net/>

Staying health during pregnancy |

| **Interdisciplinary Connections** | **ELA****Grade 5**- RI.5.7. Draw on information from multiple print or digital sources, demonstrating the ability to locate an answer to a question quickly or to solve a problem efficiently.W.5.7. Conduct short research projects that use several sources to build knowledge through investigation of different perspectives of a topic.SL.5.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others’ ideas and expressing their own clearly. |
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| **Career Readiness, Life Literacies and Key Skills** | 9.2.5.CAP.8: Identify risks that individuals and households face.9.4.5.IML.6: Use appropriate sources of information from diverse sources, contexts, disciplines, and cultures to answer questions  |
| **Computer Science and Design Thinking** | 8.1.5.DA.1: Collect, organize, and display data in order to highlight relationships or support a claim. |

| **Modifications** |
| --- |
| **English Language Learners** | **Special Education** | **At-Risk** | **Gifted and Talented** | **504** |
| ScaffoldingWord wallsSentence/paragraph framesBilingual dictionaries/translationThink aloudsRead aloudsHighlight key vocabularyAnnotation guidesThink-pair- shareVisual aidesModelingCognates | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrast | Teacher tutoringPeer tutoringStudy guidesGraphic organizersExtended timeParent communicationModified assignmentsCounseling | Curriculum compactingChallenge assignmentsEnrichment activitiesTiered activitiesIndependent research/inquiryCollaborative teamworkHigher level questioningCritical/Analytical thinking tasksSelf-directed activities | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrastParent communicationModified assignmentsCounseling |

| **CHPE: HEALTH** |
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| **Grades 3-5** |
| 2.1 Personal and Mental Health |
| **DISCIPLINARY CONCEPT: Emotional Health** |
| [***Mental Health***](https://pub.njleg.gov/bills/2018/AL19/222_.HTM) ***- (NJ.S.A.18 A:35-4.39)*** ***Diversity Equity and Inclusion - N.J.S.A. 18A:35-4.36a*** |
| **Core Ideas** | **Performance Expectation Standards** |
| Self-management skills impact an individual’s ability to recognize, cope, and express  | 2.1.5.EH.1: Discuss the impact of one’s feelings and thoughts that lead to healthy and unhealthy behaviors2.1.5.EH.2: Explain how to cope with rejection, loss, difficult learning situations and/or separation from family or others. |
| Resiliency and coping practices influence an individual’s ability to respond positively to everyday challenges and difficult situations.  | 2.1.5.EH.3: Identify different feelings and emotions that people may experience and how they might express these emotions (e.g., anger, fear, happiness, sadness, hopelessness, anxiety).2.1.5.EH.4: Identify behaviors that help to deal with difficult situations that can occur at home, in school, and/or in the community and where to go for assistance. |

| **Key Vocabulary** | **Student Learning Objectives** | **Suggested Tasks/Activities** | **Evidence of Learning (Assessment)**  | **Resources/Materials** |
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| **Grade 4-** **Feelings and Emotions**2.1.5.EH.3Anger, Fear, Happiness, Sadness, Frustration, Anxiety, Lonely, Hopelessness, love, calmness, confusion, awkwardness, sympathy, empathy, boredom, admiration,  | Grade 4Students will be able to:* Identify different feelings and emotions that people may experience and how they might express these emotion
 | * Supply students with a list of scenarios and have them identify what are “appropriate “ emotional responses
* Students can use “I statements” to discuss feelings
 | * Class Discussion
* Role play scenarios
* Matching emotion/feeling with physical expression
* Use of “emojis” to identify emotions
 | * Zones of Regulation <https://www.zonesofregulation.com/index.html>
* Song- Zones of Regulations- YouTube <https://www.youtube.com/watch?v=wIRVklZXicM>
* *The Way I Feel* by Janan Cain
* A Little SPOT of Feelings Educator’s Guide- <https://www.amazon.com/Little-Feelings-Emotions-Educators-Guide/dp/195128755X>
 |
| **Grade 4-** **Impact of Feelings**2.1.5.EH.1 and 2.1.5.EH.4Feelings, Emotions, Risk Factor, Protective Factors, Support System, Mental Health vs. Emotional Health (Define),  | Grade 4Students will be able to:* Discuss the impact of one’s feelings and thoughts that lead to healthy and unhealthy behaviors
* Identify behaviors that help to deal with difficult situations that can occur at home, in school, and/or in the community and where to go for assistance.
* Understand that their mental health is related to how they are feeling, it does not have negative connotations
*
 | * Role Play Scenarios
* Risk vs. Protective Factors
* List individuals in school and community that they can seek assistance from.
* Breathing/Calming Techniques
 | * Journal entries
* Exit slips
* Formative assessment via google forms
 | * [www.kidshealth.org](http://www.kidshealth.org)
* *My Feelings Are a Hurricane* by Annabelle Wallick
 |
| **Grade 4-** **Coping Practices**2.1.5.EH.3 and 2.1.5.EH.2Death, Dying, Grief, Divorce, Separation, Rejection, coping strategies, reframing, journaling, reflection, mindfulness | Grade 4Students will be able to:* Explain how to cope with rejection, loss, difficult learning situations and/or separation from family or others
* Students will identify how to cope with the daily stress of their lives
 | * Supply students with a list of scenarios involving loss/rejection, have small groups brainstorm healthy ways of coping.
* Conduct a reader’s theater activity to act out learned coping mechanisms
* Co-create a variety of coping strategies with students through whole and small group discussion
 | * Class discussion
* Response to scenarios (presentation, discussion, or written)
* Journal entries
 | * [www.kidshealth.org](http://www.kidshealth.org)

<https://www.scholastic.com/snp/childrenandgrief-9.htm> coping with griefGrief activitises* *Taste Your Words* by Bonnie Clark
 |

| **Interdisciplinary Connections** | **ELA****Grade 4**- RI.4.7. Interpret information presented visually, orally, or quantitatively (e.g., in charts, graphs, diagrams, time lines, animations, or interactive elements on Web pages) and explain how the information contributes to an understanding of the text in which it appears. W.4.7. Conduct short research projects that build knowledge through investigation of different aspects of a topic.SL.4.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 4 topics and texts, building on others’ ideas and expressing their own clearly. |
| --- | --- |
| **Career Readiness, Life Literacies and Key Skills** | 9.2.5.CAP.8: Identify risks that individuals and households face.9.4.5.IML.6: Use appropriate sources of information from diverse sources, contexts, disciplines, and cultures to answer questions  |
| **Computer Science and Design Thinking** | 8.1.5.DA.1: Collect, organize, and display data in order to highlight relationships or support a claim. |

| **Modifications** |
| --- |
| **English Language Learners** | **Special Education** | **At-Risk** | **Gifted and Talented** | **504** |
| ScaffoldingWord wallsSentence/paragraph framesBilingual dictionaries/translationThink aloudsRead aloudsHighlight key vocabularyAnnotation guidesThink-pair- shareVisual aidesModelingCognates | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrast | Teacher tutoringPeer tutoringStudy guidesGraphic organizersExtended timeParent communicationModified assignmentsCounseling | Curriculum compactingChallenge assignmentsEnrichment activitiesTiered activitiesIndependent research/inquiryCollaborative teamworkHigher level questioningCritical/Analytical thinking tasksSelf-directed activities | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrastParent communicationModified assignmentsCounseling |

| **CHPE: HEALTH** |
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| **Grades 3-5** |
| 2.1 Personal and Mental Health |
| **DISCIPLINARY CONCEPT: Social and Sexual Health** |
| [***Mental Health***](https://pub.njleg.gov/bills/2018/AL19/222_.HTM) ***- (NJ.S.A.18 A:35-4.39) and Bullying Prevention*** |
| **Core Ideas** | **Performance Expectation Standards** |
| All individuals should feel welcome and included regardless of their gender, gender  | 2.1.5.SSH.1: Describe gender-role stereotypes and their potential impact on self and others.2.1.5.SSH.2: Differentiate between sexual orientation and gender identity.2.1.5.SSH.3: Demonstrate ways to promote dignity and respect for all people (e.g. sexual orientation, gender identity and expression, race, ethnicity, socio-economic status, differing ability, immigration status, family configuration). |
| Family members impact the development of their children physically, socially and emotionally.  | 2.1.5.SSH.4: Describe how families can share common values, offer emotional support, and set boundaries and limits.2.1.5.SSH.5: Explain the importance of communication with family members, caregivers and other trusted adults about a variety of topics. |
| People in healthy relationships share thoughts and feelings, as well as mutual respect.  | 2.1.5.SSH.6: Describe the characteristics of healthy versus unhealthy relationships among friends and with family members.2.1.5.SSH.7: Define teasing, harassment and bullying and provide examples of inappropriate behaviors that are harmful to others |

| **Key Vocabulary** | **Student Learning Objectives** | **Suggested Tasks/Activities** | **Evidence of Learning (Assessment)**  | **Resources/Materials** |
| --- | --- | --- | --- | --- |
| **Grade 5-** 2.1.5.SSH.1, 2.1.5.SSH.3, 2.1.5.SSH.4, 2.1.5.SSH.6, 2.1.5.SSH.7Respect, dignity, family, relationship, teasing, people first language, Types of Families (Nuclear, Single Parent, Same Sex Parents, Adoption, Extended Families, Blended Families), respect, trust, equality, honesty, communication | Grade 5Students will be able to:* Describe gender-role stereotypes and their potential impact on self and others.
* Demonstrate ways to promote dignity and respect for all people (e.g. differing ability, family configuration).
* Describe how families can share common values, offer emotional support, and set boundaries and limits.
* Describe the characteristics of healthy versus unhealthy relationships among friends and with family members.
* Define teasing provide examples of inappropriate behaviors that are harmful to others
 | * Discuss the impacts of stereotypes
* Teachers will lead discussions on how to treat others with respect and dignity while avoiding pity, explain person-first vocabulary, and provide examples of different family configurations. Students can practice person-first statements.
* Read-Aloud of The Family Book by Todd Parr to discuss different family configurations, define a family as people who love and care about each other
* Students will act out “I’m Just Kidding” scenarios to discuss the impacts of teasing
* The teacher will provide examples of healthy and unhealthy relationships for the class to discuss as whole and small group
 | * Class discussion
* Formal- Label types of families
* Exit tickets
* Role-play activities
 | * *My Family, Your Family, Our Family* by Emma Carlson Berne
* *Awesomely Emma: A Charley and Emma Story* by Amy Webb
* Different Kinds of Families- YouTube
* The Great Body Shop:<https://www.thegreatbodyshop.net/>
* <https://www.youtube.com/watch?v=hpCyiyNqzlE&t=90s>
* Healthy vs Unhealthy Relationships: <https://kidshelpphone.ca/get-info/healthy-relationships-vs-unhealthy-relationships/>
* What are the family types? YouTube: <https://www.youtube.com/watch?v=ajLqOJrRLqI>
* Pink is for Boys https://www.goodreads.com/en/book/show/35738079-pink-is-for-boys
* <https://www.publishersweekly.com/978-0-689-83566-7> The Sissy Duckling
 |
| **Grade 5**2.1.5.SSH.3, 2.1.5.SSH.5, 2.1.5.SSH.7Race, Ethnicity, Socio-Economic, Immigration/Immigrant, Positive/Negative Communication, Respect, Honesty, Kindness, Citizenship, Bullying, Intimidation, Cyberbullying, Active Listening Skills | Grade 5Students will be able to:* Demonstrate ways to promote dignity and respect for all people (e.g. race, ethnicity, socio-economic status, immigration status).
* Explain the importance of communication with family members, caregivers and other trusted adults about a variety of topics.
* Define bullying and provide examples of inappropriate behaviors that are harmful to others
 | * Compare/contrast socio-economic status, immigration, race, ethnicity)
* Identify active listening skills
* Demonstrate positive/negative communication.
* Read *The Sneetches* by Dr. Suess with a teacher led discussion of racism and inclusion
 | * Class discussion
* Create a respect poster
* Formal Assessment (Forms)
 | * Active Listening: How to Communicate Effectively- <https://www.youtube.com/watch?v=BW82k7lwI_U&t=1s>
* People Skills: Listening YouTube <https://www.youtube.com/watch?v=UwWV2gfIiIk>
* How to build communication skills- <https://www.youtube.com/watch?v=sEzTXTRo9L4>
* The Great Body Shop:<https://www.thegreatbodyshop.net/>
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| **Grade 5**2.1.5.SSH.2, 2.1.5.SSH.3, 2.1.5.SSH.7Sexual Orientation, Gender Identify and Expression, Harassment, transgender, gay, lesbian, queer, bisexual, heterosexual, cisgender, non-binary, gender fluid, agender | Grade 5Students will be able to:* Differentiate between sexual orientation and gender identity.
* Demonstrate ways to promote dignity and respect for all people (e.g. sexual orientation, gender identity and expression, and family configuration).
* Define harassment and provide examples of inappropriate behaviors that are harmful to others
 | * Teacher led discussion of the meaning of “Sexual Orientation” and “Gender Identity” and how they are different concepts
* Discuss the term “transgender” and what that entails.
* Role play ways to show respect to those whose orientation is notheteronormative, or those who are gender non-conforming.
 | * Informal Q & A to assess understanding
* Journal writing
* Exit slip
 | * <https://hrc-prod-requests.s3-us-west-2.amazonaws.com/welcoming-schools/documents/WS-Lesson-Gender-Snowperson.pdf?mtime=20210509204029&focal=none>
* Genderbread person <https://www.genderbread.org/>

Gender Snowperson<https://hrc-prod-requests.s3-us-west-2.amazonaws.com/welcoming-schools/documents/WS-Lesson-Born-Ready.pdf>Born Ready: A Boy named PenelopeThe Great Body Shop:<https://www.thegreatbodyshop.net/> |

| **Interdisciplinary Connections** | **ELA****Grade 5**- RI.5.7. Draw on information from multiple print or digital sources, demonstrating the ability to locate an answer to a question quickly or to solve a problem efficiently.SL.5.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others’ ideas and expressing their own clearly. |
| --- | --- |
| **Career Readiness, Life Literacies and Key Skills** | 9.2.5.CAP.8: Identify risks that individuals and households face.9.4.5.IML.6: Use appropriate sources of information from diverse sources, contexts, disciplines, and cultures to answer questions  |
| **Computer Science and Design Thinking** | 8.1.5.DA.1: Collect, organize, and display data in order to highlight relationships or support a claim. |

| **Modifications** |
| --- |
| **English Language Learners** | **Special Education** | **At-Risk** | **Gifted and Talented** | **504** |
| ScaffoldingWord wallsSentence/paragraph framesBilingual dictionaries/translationThink aloudsRead aloudsHighlight key vocabularyAnnotation guidesThink-pair- shareVisual aidesModelingCognates | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrast | Teacher tutoringPeer tutoringStudy guidesGraphic organizersExtended timeParent communicationModified assignmentsCounseling | Curriculum compactingChallenge assignmentsEnrichment activitiesTiered activitiesIndependent research/inquiryCollaborative teamworkHigher level questioningCritical/Analytical thinking tasksSelf-directed activities | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrastParent communicationModified assignmentsCounseling |

| **CHPE: HEALTH** |
| --- |
| **Grades 3-5** |
| 2.1 Personal and Mental Health |
| **DISCIPLINARY CONCEPT: Community Health Services and Support** |
| [***Mental Health***](https://pub.njleg.gov/bills/2018/AL19/222_.HTM) ***- (NJ.S.A.18 A:35-4.39)***  |
| **Core Ideas** | **Performance Expectation Standards** |
| Community professionals and school personnel are available to assist and address health emergencies as well as provide reliable information. | 2.1.5.CHSS.1: Identify health services and resources available and determine how each assist in addressing needs and emergencies in a school and in the community (e.g., counselors, medical professionals).2.1.5.CHSS.2: Describe how business, non-profit organizations, and individuals can work cooperatively to address health problems that are affected by global issues, including climate change. |
| Individuals will benefit from an awareness of coping strategies that can be used when facing difficult situations.  | 2.1.5.CHSS.3: Describe strategies that are useful for individuals who are feeling sadness, anger, anxiety, or stress. |

| **Key Vocabulary** | **Student Learning Objectives** | **Suggested Tasks/Activities** | **Evidence of Learning (Assessment)**  | **Resources/Materials** |
| --- | --- | --- | --- | --- |
| **Grade 3**2.1.5.CHSS.1, 2.1.5.CHSS.2, 2.1.5.CHSS.3Local/Community Helpers and Organizations* Local Health Department
* Local Police Department
* Local Fire Department
* Local Ambulance Corps
* Local Hospitals
* Local Food Banks
* School counselors
* Local Office of Emergency Management
 | Grade 3Students will be able to:* Identify local health services and resources available and determine how each assists in addressing needs and emergencies in a school and in the community (e.g., counselors, medical professionals).
* Describe how Local business, non-profit organizations, and individuals can work cooperatively to address health problems that are affected by global issues, including climate change.
* Describe strategies that are useful for individuals who are feeling sadness, anger and other emotions.
 | * With teacher prompting, students will brainstorm what would constitute a “health emergency “ in their community .
* List the types of services that are available in their community to help citizens.
* List the types of first responders in the community (fire, police, EMS, medical personnel)
* List what steps individuals in a community can take to aid themselves and their neighbors in an emergency
* Discuss what types of emotions can be felt by individuals during a community wide emergency. Discuss what steps an individual can take to deal with these emotions and how the community as a whole can help citizens.
 | * Create a map of the community and label locations of emergency services
* Class discussions
* Informal: Q & A
 | <https://www.state.nj.us/health/lh/community/> <https://www.naccho.org/membership/lhd-directory> *\*local departments and organizations within your district’s town* |
| **Grade 3**2.1.5.CHSS.1, 2.1.5.CHSS.2, 2.1.5.CHSS.3State Organizations* NJ Department of Health
* County Police
* NJ State Troopers
* NJ DEP
* Food Assistance
* Disaster Distress Helpline
* State office of Emergency Management
 | Grade 3Students will be able to:* Identify state/national health services and resources available and determine how each assist in addressing needs and emergencies in a school and in the community (e.g., counselors, medical professionals).
* Describe how State and National business, non-profit organizations, and individuals can work cooperatively to address health problems that are affected by global issues, including climate change.
* Describe strategies that are useful for individuals who are feeling anxiety.
 | * Identify how to plan and prepare for emergencies.
* List types of services that are available in the state to help citizens.
* Emergency Preparedness Project- Pick a natural disaster and list services available and how those services help citizens of the state.
 | * Group Projects (Google Slides)
* Class discussion
 | * NJ OEM <https://nj.gov/njoem/plan-prepare/index.shtml>
 |
| **Grade 3**2.1.5.CHSS.1, 2.1.5.CHSS.2, 2.1.5.CHSS.3National and International Organizations* FEMA
* Red Cross
* United Nations
* NATO
* International Panel on Climate Change (IPCC)
* United Nations Environment Programme (UNEP)
* World Meteorological Organization (WMO)
 | Grade 3Students will be able to:* Identify national/international health services and resources available and determine how each assist in addressing needs and emergencies in a school and in the community (e.g., counselors, medical professionals).
* Describe how national and international business, non-profit organizations, and individuals can work cooperatively to address health problems that are affected by global issues, including climate change.
* Describe strategies that are useful for individuals who are feeling stress.
 | * Teacher will present various national/international disasters, i.e. hurricanes, earthquakes, pandemics, and explore the organizations that can provide health services and supports (Example, The Red Cross, Unicef, etc.)
* With teacher guidance, students will explore national/international organizations to determine the ways in which they can work to address global health issues due to climate change
 | * Research project on a national/international organization(s)
* Create Google Slides on national/international organization
 | * FEMA- <https://www.fema.gov/>
* American Red Cross <https://www.redcross.org/>
* United Nations <https://www.un.org/en/>
* NATO <https://www.nato.int/>
* Intergovernmental Climate Change <https://www.ipcc.ch/>
* UN Environmental Program <https://www.unep.org/>
* WMO- <https://public.wmo.int/en>
* Internaltional Red Cross: https://www.icrc.org/en
 |

| **Interdisciplinary Connections** | **ELA****Grade 3**- RI.3.7. Use information gained from text features (e.g., illustrations, maps, photographs) and the words in a text to demonstrate understanding of the text (e.g., where, when, why, and how key events occur).**Science**4-ESS3-2 Generate and compare multiple solutions to reduce the impacts of natural Earth processes and climatechange have on humans |
| --- | --- |
| **Career Readiness, Life Literacies and Key Skills** | 9.2.5.CAP.8: Identify risks that individuals and households face.9.4.5.IML.6: Use appropriate sources of information from diverse sources, contexts, disciplines, and cultures to answer questions  |
| **Computer Science and Design Thinking** | 8.1.5.DA.1: Collect, organize, and display data in order to highlight relationships or support a claim. |

| **Modifications** |
| --- |
| **English Language Learners** | **Special Education** | **At-Risk** | **Gifted and Talented** | **504** |
| ScaffoldingWord wallsSentence/paragraph framesBilingual dictionaries/translationThink aloudsRead aloudsHighlight key vocabularyAnnotation guidesThink-pair- shareVisual aidesModelingCognates | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrast | Teacher tutoringPeer tutoringStudy guidesGraphic organizersExtended timeParent communicationModified assignmentsCounseling | Curriculum compactingChallenge assignmentsEnrichment activitiesTiered activitiesIndependent research/inquiryCollaborative teamworkHigher level questioningCritical/Analytical thinking tasksSelf-directed activities | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrastParent communicationModified assignmentsCounseling |

| **CHPE: HEALTH** |
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| **Grades 3-5** |
| 2.2 Physical Wellness |
| **DISCIPLINARY CONCEPT: Nutrition** |
| **Core Ideas** | **Performance Expectation Standards** |
| Core Idea: Understanding the principles of a balanced nutritional plan (e.g. moderation, variety of fruits, vegetables, limiting processed foods) assists in making nutrition-related decisions that will contribute to wellness.  | 2.2.5.N.1: Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.2.2.5.N.2: Create a healthy meal based on nutritional content, value, calories, and cost.2.2.5.N.3: Develop a plan to attain a personal nutrition health goal that addresses strengths, needs, and culture. |

| **Key Vocabulary** | **Student Learning Objectives** | **Suggested Tasks/Activities** | **Evidence of Learning (Assessment)**  | **Resources/Materials** |
| --- | --- | --- | --- | --- |
| **Grade 5**2.2.5.N.1Food Groups, Fruit, Vegetables, Grains, Dairy, Protein, Exercise, Active, Sedentary | Students will be able to:* Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.
* Explain how each of the food groups are grown/harvested.
 | * Identify how each of the food groups contribute to providing energy, lowers risk of disease and helps the body systems to function.
* Explain how a healthy diet and exercise contribute to maintaining a healthy weight.
* Have students research and share their favorite exercise/workout and explain how it helps them physically and emotionally.
 | * Google Slides presentation.
* Group Discussion
* Pair and share
 | * Healthy Habits for Healthy Kids- [https://www.amazon.com/Healthy-Habits-Kids-Grade-3-4/dp/1420639897/ref=sr\_1\_1?crid=29D3PEVNUH03A&keywords=healthy+habits+for+healthy+kids&qid=1648207289&sprefix=healthy+habits+for+healthy+kids%2Caps%2C145&sr=8-1](https://www.amazon.com/Healthy-Habits-Kids-Grade-3-4/dp/1420639897/ref%3Dsr_1_1?crid=29D3PEVNUH03A&keywords=healthy+habits+for+healthy+kids&qid=1648207289&sprefix=healthy+habits+for+healthy+kids%2Caps%2C145&sr=8-1)
* Food Groups and Nutrition- <https://www.youtube.com/watch?v=Z51bWG17m-Q>
* The Great Body Shop:<https://www.thegreatbodyshop.net/>
 |
| **Grade 5**2.2.5.N.1, 2.2.5.N.2: MyPlate, Vitamins, Minerals, Calories, Protein, Fat, Carbohydrates, Sugar, Sodium, Cholesterol, Menu, Serving/Portion, High Blood Pressure, Heart Disease, GI Diseases | Students will be able to:* Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.
* Create a healthy meal based on nutritional content, value, calories, and cost.
 | * Differentiate the different vitamins/minerals in each of the food groups and relate how they can help to keep body systems functioning effectively.
* Research diseases/conditions that can occur if eating patterns are unhealthy.
* Create a healthy meal based on MyPlate recommendations. Calculate calories, identify minerals/vitamins in meal and cost to prepare the meal.
 | * Create posters of healthy meals following the MyPlate recommendations.
* Group Discussion
* Google Forms (Formal)
 | * Healthy Habits for Healthy Kids- [https://www.amazon.com/Healthy-Habits-Kids-Grade-3-4/dp/1420639897/ref=sr\_1\_1?crid=29D3PEVNUH03A&keywords=healthy+habits+for+healthy+kids&qid=1648207289&sprefix=healthy+habits+for+healthy+kids%2Caps%2C145&sr=8-1](https://www.amazon.com/Healthy-Habits-Kids-Grade-3-4/dp/1420639897/ref%3Dsr_1_1?crid=29D3PEVNUH03A&keywords=healthy+habits+for+healthy+kids&qid=1648207289&sprefix=healthy+habits+for+healthy+kids%2Caps%2C145&sr=8-1)
* [www.myplate.gov](http://www.myplate.gov)
* [www.kidshealth.org](http://www.kidshealth.org)
* How to create a healthy plate- <https://www.youtube.com/watch?v=Gmh_xMMJ2Pw&t=106s>
* The Great Body Shop:<https://www.thegreatbodyshop.net/>
 |
| **Grade 5**2.2.5.N.1, 2.2.5.N.3Exercise, Calorie intake, Caloric Expenditure, Goal setting, SMART Goals Culture, FITT Principle | Students will be able to:* Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.
* Develop a plan to attain a personal nutrition health goal that addresses strengths, needs, and culture.
 | * Identify and create a chart of different types of exercise and calculate calorie burned (FITT Principle).
* Create a nutritional health goal. (Explain the need for the goal, expected outcome and how culture influences the goal).
 | * Utilize Google Slides/Canva to create nutritional goals.
* Flipgrid
* Group Discussion
 | * Healthy Habits for Healthy Kids-[https://www.amazon.com/Healthy-Habits-Kids-Grade-5-up/dp/1420639900/ref=sr\_1\_6?crid=29D3PEVNUH03A&keywords=healthy+habits+for+healthy+kids&qid=1648207289&sprefix=healthy+habits+for+healthy+kids%2Caps%2C145&sr=8-6](https://www.amazon.com/Healthy-Habits-Kids-Grade-5-up/dp/1420639900/ref%3Dsr_1_6?crid=29D3PEVNUH03A&keywords=healthy+habits+for+healthy+kids&qid=1648207289&sprefix=healthy+habits+for+healthy+kids%2Caps%2C145&sr=8-6)
* [www.myplate.gove](http://www.myplate.gove)
* [www.kidshealth.org](http://www.kidshealth.org)
* Developing personal health goals- <https://www.youtube.com/watch?v=9_tHWEZlgrE>
* SMART Goals- <https://www.youtube.com/watch?v=1-SvuFIQjK8>
* The Great Body Shop:<https://www.thegreatbodyshop.net/>
 |

| **Interdisciplinary Connections** | **ELA Grade 3**- **Grade 5**- RI.5.7. Draw on information from multiple print or digital sources, demonstrating the ability to locate an answer to a question quickly or to solve a problem efficiently.SL.5.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others’ ideas and expressing their own clearly.ww |
| --- | --- |
| **Career Readiness, Life Literacies and Key Skills** | 9.2.5.CAP.8: Identify risks that individuals and households face.9.4.5.IML.6: Use appropriate sources of information from diverse sources, contexts, disciplines, and cultures to answer questions  |
| **Computer Science and Design Thinking** | 8.1.5.DA.1: Collect, organize, and display data in order to highlight relationships or support a claim. |

| **Modifications** |
| --- |
| **English Language Learners** | **Special Education** | **At-Risk** | **Gifted and Talented** | **504** |
| ScaffoldingWord wallsSentence/paragraph framesBilingual dictionaries/translationThink aloudsRead aloudsHighlight key vocabularyAnnotation guidesThink-pair- shareVisual aidesModelingCognates | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrast | Teacher tutoringPeer tutoringStudy guidesGraphic organizersExtended timeParent communicationModified assignmentsCounseling | Curriculum compactingChallenge assignmentsEnrichment activitiesTiered activitiesIndependent research/inquiryCollaborative teamworkHigher level questioningCritical/Analytical thinking tasksSelf-directed activities | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrastParent communicationModified assignmentsCounseling |

| **CHPE: HEALTH** |
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| **Grades 3-5** |
| 2.3 Safety |
| **DISCIPLINARY CONCEPT: Personal Safety**  |
|  ***Domestic Violence Education (N.J.S.A. 18A:35-4.23), Sexual Assault Prevention (N.J.S.A. 18A:35-4.3), CPR/ AED Instruction (N.J.S.A. 18A:35-4.28-4.29)******Accident and Fire Prevention Instruction***  |
| **Core Ideas** | **Performance Expectation Standards** |
| Safety includes being aware of the environment and understanding how certain situations could lead to injury or illness.  | 2.3.5.PS.1: Develop strategies to reduce the risk of injuries at home, school, and in the community.2.3.5.PS.2: Demonstrate first aid procedures for choking, bleeding, burns, poisoning, and stroke (F.A.S.T.).2.3.5.PS.3: Examine the impact of unsafe behaviors when traveling in motor vehicles and when using other modes of transportation. |
| There are strategies that individuals can use to communicate safely in an online environment. | 2.3.5.PS.4: Develop strategies to safely communicate through digital media with respect. |
| Children who practice setting healthy boundaries know how to say no and what to do when they feel uncomfortable or find themselves in unsafe situations. | 2.3.5.PS.5: Communicate personal boundaries and demonstrate ways to respect other people’s personal boundaries.2.3.5.PS.6: Identify strategies a person could use to call attention to or leave an uncomfortable or dangerous situation, including bullying, teasing, teen dating violence, sexual harassment, sexual assault, and sexual abuse. |

| **Key Vocabulary** | **Student Learning Objectives** | **Suggested Tasks/Activities** | **Evidence of Learning (Assessment)**  | **Resources/Materials** |
| --- | --- | --- | --- | --- |
| **Grade 3**2.3.5.PS.1, 2.3.5.PS.3, 2.3.5.PS.6Safety, drowning, burns, poisoning, fire safety, smoke alarms, carbon monoxide, exit plans, 9-11, speeding, abuse, teasing, self-talk, ignoring, “I” language, reframing, safe touch, unsafe touch  | Grade 3Students will be able to:* Demonstrate first aid procedures for choking, bleeding, burns, poisoning, and stroke (F.A.S.T.).
* Develop strategies to safely communicate through digital media with respect.
* Examine the impact of unsafe behaviors when traveling in motor vehicles and when using other modes of transportation.
 | * Develop a fire safety plan for home.
* Safety rules of the road (Car, Bus, Bicycle)
* Discuss the steps you should take when riding in a vehicle
* Discuss signs to look for to identify when a person is choking
* Discuss safety online and good digital citizenship
* Role play scenarios of different emergency situations and discuss the proper steps to take
* Identify pros and cons of social media/digital usage.
 | * Create posters for traffic safety and post around school
* Formal (Google Forms)- Identify common traffic signs.
* Create a fire safety poster for fire prevention month.
 | * Traffic safety: <https://www.youtube.com/watch?v=_NeEF1fwT4k>
* Fire Safety, Personal Safety and Injury Prevention <https://www.youtube.com/watch?v=7iTJf5MpbKw>
* Staying safe in the car and on a bus: <https://kidshealth.org/en/kids/car-safety.html>
* Protect yourself rules <https://www.youtube.com/watch?v=7iTJf5MpbKw>
* How to say no and go tell parents: <https://www.youtube.com/watch?v=MOwwCZTU9Xg>
* The Great Body Shop:<https://www.thegreatbodyshop.net/>
 |
| **Grade 4**2.3.5.PS.2, 2.3.5.PS.4, 2.3.5.PS.6Choking, Bleeding, Burns, Poisoning, Stroke, Digital Citizenship (Internet Safety), Abuse, physical abuse, emotional abuse, bullying, Refusal skills ,Relationship Violence, Harassment, Assault, Abuse, sexual abuse, neglect, trusted adult, safe, unsafe, consent | Grade 4Students will be able to:* Identify strategies a person could use to call attention to or leave an uncomfortable or dangerous situation, including teasing and sexual abuse
 | * Teacher led discussion to name trusted adults to go to when you feel you are in a dangerous or uncomfortable situation
* Brainstorm what an individual could look for to determine if they were in a social situation that became uncomfortable or dangerous.
 | * Group Project: Create a “First Aid” Booklet detailing common safety issues and how to deal with them
* Can also be done as a “Google Slide” presentation.
* Create a digital safety poster/Tips on how to be a good Digital Citizen
 | * First Aid Basics:

<https://www.youtube.com/watch?v=SKxQr49LV0Y> * First Aid Quick Guide:

<https://simplefamilypreparedness.com/wp-content/uploads/2014/10/First-Aid-Quick-Guide.pdf>* Being a Good Digital Citizen <https://www.youtube.com/watch?v=ju9aOc2MLyo>
* Super Digital Citizen <https://www.youtube.com/watch?v=LIuQyI2URwY>
* How to say no and go tell parents: <https://www.youtube.com/watch?v=MOwwCZTU9Xg>
* The Great Body Shop:<https://www.thegreatbodyshop.net/>
 |

| **Interdisciplinary Connections** | **ELA****Grade 3**- RI.3.7. Use information gained from text features (e.g., illustrations, maps, photographs) and the words in a text to demonstrate understanding of the text (e.g., where, when, why, and how key events occur).**Grade 4**- RI.4.7. Interpret information presented visually, orally, or quantitatively (e.g., in charts, graphs, diagrams, time lines, animations, or interactive elements on Web pages) and explain how the information contributes to an understanding of the text in which it appears. SL.4.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 4 topics and texts, building on others’ ideas and expressing their own clearly. |
| --- | --- |
| **Career Readiness, Life Literacies and Key Skills** | 9.2.5.CAP.8: Identify risks that individuals and households face.9.4.5.IML.6: Use appropriate sources of information from diverse sources, contexts, disciplines, and cultures to answer questions  |
| **Computer Science and Design Thinking** | 8.1.5.DA.1: Collect, organize, and display data in order to highlight relationships or support a claim. |

| **Modifications** |
| --- |
| **English Language Learners** | **Special Education** | **At-Risk** | **Gifted and Talented** | **504** |
| ScaffoldingWord wallsSentence/paragraph framesBilingual dictionaries/translationThink aloudsRead aloudsHighlight key vocabularyAnnotation guidesThink-pair- shareVisual aidesModelingCognates | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrast | Teacher tutoringPeer tutoringStudy guidesGraphic organizersExtended timeParent communicationModified assignmentsCounseling | Curriculum compactingChallenge assignmentsEnrichment activitiesTiered activitiesIndependent research/inquiryCollaborative teamworkHigher level questioningCritical/Analytical thinking tasksSelf-directed activities | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrastParent communicationModified assignmentsCounseling |

| **CHPE: HEALTH** |
| --- |
| **Grades 3-5** |
| 2.3 Safety |
| **DISCIPLINARY CONCEPT: Health Conditions, Diseases and Medicines** |
| ***Lyme Disease Prevention (N.J.S.A. 18A:35-5.1), Cancer Awareness*** |
| **Core Ideas** | **Performance Expectation Standards** |
| There are actions that individuals can take to help prevent diseases and stay healthy.  | 2.3.5.HCDM.1: Identify conditions that may keep the human body from working properly, and the ways in which the body responds.2.3.5.HCDM.2: Describe how to prevent the spread of communicable and infectious diseases and conditions (e.g., Lyme Disease, influenza)2.3.5.HCDM.3: Examine how mental health can impact one’s wellness (e.g., depression, anxiety, stress, phobias). |

| **Key Vocabulary** | **Student Learning Objectives** | **Suggested Tasks/Activities** | **Evidence of Learning (Assessment)**  | **Resources/Materials** |
| --- | --- | --- | --- | --- |
| **Grade 5** 2.3.5.HCDM.1, 2.3.5.HCDM.2Respiratory* Asthma
* pneumonia

Digestive* IBS, Food Intolerance/Allergies

Immune System* Flu, Colds, Chickenpox, Lyme Disease, Cancer, Strep Throat
 | Grade 5Students will be able to:* Identify conditions that may keep the human body from working properly, and the ways in which the body responds (Respiratory, Digestive, Immune)
* Describe how to prevent the spread of communicable and infectious diseases and conditions
 | * Discuss diseases that impact the respiratory, digestive, and immune system along with side effects and impact on daily life
* Discuss safety steps to take with allergies and what to do in an emergency situation
* Students can create list of healthy habits to follow in school and at home
 | * Google slide creation
* Flip grid presentation
* Class discussions
 | * Healthy Habits: <https://www.sfcdcp.org/communicable-disease/healthy-habits/#1511206262300-f4204a92-9a95>
* Food allergies: <https://www.youtube.com/watch?v=LoVLWxHt5RQ>
* Asthma Movie- Kidshealth.org <https://kidshealth.org/en/kids/asthma-movie.html#catmovies>
* Getting a strep test- Kidshealth <https://kidshealth.org/en/kids/video-strep.html#catmovies>
* Getting an Upper GI- Kidshealth- <https://kidshealth.org/en/kids/video-uppergi.html>
* Discovery Education
* Respiratory diseases: <https://www.verywellhealth.com/respiratory-diseases-5206842>
* The Great Body Shop:<https://www.thegreatbodyshop.net/>
 |
| **Grade 5-** 2.3.5.HCDM.1, 2.3.5.HCDM.2Circulatory* Sickle Cell, Heart Arrhythmia, High Blood Pressure, High Cholesterol, Blood clots, Diabetes

Skeletal* Broken Bones, Osteoporosis, rheumatoid arthritis, Rickets, Bone Cancer

Muscular* Arthritis, Duchenne muscular dystrophy, Fibrymyalsia

Mental Health* Depression, anxiety, stress, phobias, fears, worries, behaviors, physical feelings, thoughts,
 | Grade 5Students will be able to:* Identify conditions that may keep the human body from working properly, and the ways in which the body responds (Circulatory, Skeletal and Muscular)
* Examine how mental health can impact one’s wellness (e.g., depression, anxiety, stress, phobias).
* Examine how mental health can impact one’s wellness
 | * Discuss diseases that impact the Circulatory, Skeletal and Muscular system and its impact on daily life.
* Students will create a chart detailing the differences between “external” and “internal “ stress, including examples of each type. They will also describe physical manifestations of stress on the body.
 | * Google slide creation
* Flip grid presentation
* Google Forms (Formal) Assessment
 | * Diabetes Movie- Kidshealth.org [https://kidsheahttps://www.youtube.com/watch?v=3Nf2Pzcketglth.org/en/kids/diabetes-movie.html#catmovies](https://kidshealth.org/en/kids/diabetes-movie.html#catmovies)
* Exercise and mental health: <https://www.youtube.com/watch?v=CRuKrB_ItH8>
* Discovery Education
* Stress management video:
* <https://www.youtube.com/watch?v=3Nf2Pzcketg>
* The Great Body Shop:<https://www.thegreatbodyshop.net/>
 |
| **Grade 5-** 2.3.5.HCDM.1, 2.3.5.HCDM.2Endocrine* Graves Disease, Hashimoto Disease, Cushings Disease, Hyperthyroidism, Hypothyroidism

Nervous* Alzeheimer’s, Bell’s palsy, cerebral palsy, epilepsy, multiple sclerosis, Parkinson’s disease
 | Grade 5Students will be able to:* Identify conditions that may keep the human body from working properly, and the ways in which the body responds (Endocrine and Nervous)
 | * Discuss characteristics of diseases that involve the endocrine and nervous systems: what are symptoms and treatments? How do these diseases impact daily life?
 | * Google Form (Formal) Assessment
* Google slide creation
* Flip grid presentation
 | * [www.Kidshealth.org](http://www.kidshealth.org)
* BrainiPop
* Discovery Education
* The Great Body Shop:<https://www.thegreatbodyshop.net/>
 |

| **Interdisciplinary Connections** | **ELA** **Grade 5**- RI.5.7. Draw on information from multiple print or digital sources, demonstrating the ability to locate an answer to a question quickly or to solve a problem efficiently.SL.5.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others’ ideas and expressing their own clearly.**Science**-3-LS1-1 Develop models to describe that organisms have unique and diverse life cycles, but all have in common birth, growth, reproduction, and death. |
| --- | --- |
| **Career Readiness, Life Literacies and Key Skills** | 9.2.5.CAP.8: Identify risks that individuals and households face.9.4.5.IML.6: Use appropriate sources of information from diverse sources, contexts, disciplines, and cultures to answer questions  |
| **Computer Science and Design Thinking** | 8.1.5.DA.1: Collect, organize, and display data in order to highlight relationships or support a claim. |

| **Modifications** |
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| **English Language Learners** | **Special Education** | **At-Risk** | **Gifted and Talented** | **504** |
| ScaffoldingWord wallsSentence/paragraph framesBilingual dictionaries/translationThink aloudsRead aloudsHighlight key vocabularyAnnotation guidesThink-pair- shareVisual aidesModelingCognates | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrast | Teacher tutoringPeer tutoringStudy guidesGraphic organizersExtended timeParent communicationModified assignmentsCounseling | Curriculum compactingChallenge assignmentsEnrichment activitiesTiered activitiesIndependent research/inquiryCollaborative teamworkHigher level questioningCritical/Analytical thinking tasksSelf-directed activities | Word wallsVisual aidesGraphic organizersMultimediaLeveled readersAssistive technologyNotes/summariesExtended timeAnswer maskingAnswer eliminatorHighlighterColor contrastParent communicationModified assignmentsCounseling |

| **CHPE: HEALTH** |
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| **Grades 3-5** |
| 2.3 Safety |
| **DISCIPLINARY CONCEPT: Alcohol, Tobacco and other Drugs****DISCIPLINARY CONCEPT: Dependency, Substances Disorder, and Treatment** |
| ***Drugs, Alcohol, Tobacco, Controlled Dangerous Substances, and Anabolic Steroids (N.J.S.A. 18A:40A-1)***  |
| **Core Ideas** | **Performance Expectation Standards** |
| The use of alcohol, tobacco, and drugs may affect the user, family, and community members in negative ways and have unintended consequences. | 2.3.5.ATD.1: Identify products that contain alcohol, tobacco, and drugs and explain potential unhealthy effects (e.g., substance disorder, cancer).2.3.5.ATD.2: Describe health concerns associated with e-cigarettes, vaping products, inhalants, alcohol, opioids and other drugs, and non-prescribed cannabis products. |
| Core Idea: Drug misuse and abuse can affect one’s relationship with friends, family, and community members in unhealthy ways.  | 2.3.5.ATD.3: Describe the behaviors of people who struggle with the use of alcohol and drugs and identify the type of assistance that is available. |
| The short- and long-term effects of substance abuse are dangerous and harmful to one's health.  | 2.3.5.DSDT.1: Differentiate between drug use, misuse, abuse, and prescription and illicit drugs.2.3.5.DSDT.2: Identify signs and evaluate evidence that a person might have an alcohol, tobacco, and/or drug use problem.2.3.5.DSDT.3: Demonstrate effective refusal skills of alcohol, e-cigarettes, vaping products, cannabis products, opioids, and other substances that can negatively impact health. |
| The use/abuse of alcohol, tobacco, and drugs can have unintended consequences but there are resources available for individuals and others affected by these situations.  | 2.3.5.DSDT.4: Demonstrate strategies for seeking assistance for someone impacted by an individual who is struggling with the use/abuse of alcohol or drugs.2.3.5.DSDT.5: Identify the various types of resources that are available in the community and online to assist individuals who struggle with alcohol, tobacco, and drug use/abuse (e.g., school nurse, counselor, peer leadership group). |

| **Key Vocabulary** | **Student Learning Objectives** | **Suggested Tasks/Activities** | **Evidence of Learning (Assessment)**  | **Resources/Materials** |
| --- | --- | --- | --- | --- |
| **Grade 4- Drugs**2.3.5.DSDT.1, 2.3.5.DSDT.3, 2.3.5.DSDT.2How to Say NO, Legal Drugs, Illegal DrugsDrug Use, Misuse and Abuse, Prescription Drugs, OTC Drugs | Students will be able to:* Differentiate between drug use, misuse, abuse, and prescription and illicit drugs.
* Legal vs. Illegal Drugs Demonstrate effective refusal skills
* Identify signs and evaluate evidence that
* a person might have a tobacco, and/or drug use problem.
 | * Students will be able to describe proper use of drugs
* Students will create a list of common legal drugs vs illegal drugs
* Students will act our scenarios to practice saying no to peer pressure
* Identify sections of a prescription label.
* Class discussion on difference between OTC and Rx labels
 | * Presentations about the dangers of drugs and how to say no
* Class Discussions
* Exit Tickets
 | * [Drug Use vs Misuse vs Abuse](https://meridianpsychiatricpartners.com/drug-misuse-abuse-and-addiction-whats-the-difference/#:~:text=The%20key%20difference%20between%20a,drug%20to%20elicit%20certain%20feelings)
* Medicine vs Drugs: <https://www.youtube.com/watch?v=Uq8-PSEcgNE>
* Say No to Drugs: <https://www.youtube.com/watch?v=FN78E_iaITE>
* Using and keeping medicine safe: <https://www.youtube.com/watch?v=UHvPSwIX4aQ>
* The Great Body Shop:<https://www.thegreatbodyshop.net/>
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| **Grade 3- Tobacco & Vaping**2.3.5.ATD.1, 2.3.5.ATD.3, 2.3.5.ATD.2Vaping, E cigarettes, Inhalants, Cannabis, Refusal Skills, Abuse, Misuse, Tolerance, Nicotine, Tar, Carbon Monoxide, THC, Stimulant/Depressant | Students will be able to:* Identify products that contain tobacco, and drugs and explain potential unhealthy effects
* Describe health concerns associated with e-cigarettes, vaping products, inhalants, alcohol and non-prescribed cannabis products.
* Demonstrate effective refusal skills of e-cigarettes, vaping products, cannabis products, and other substances that can negatively impact health.
 | * Teacher will lead a discussion of tobacco products and explain the impacts on one’s body
* Discuss differences between vaping, tobacco, inhalants and cannabis products.
* Practice refusal skills for tobacco/vaping in role play scenarios
* Create a tobacco free poster
* Identify resources to help with tobacco/vape/cannabis addiction
 | * Students will create posters to show the harms of tobacco products
* Create a Venn DIagram comparing contrasting tobacco and vaping
* Google Form (Formal) Assessment
* Google slide presentation
* Flip grid presentation
 | * Smoking and its effects: <https://www.youtube.com/watch?v=lW6hwmdZbmE>
* <https://www.drugfreeworld.org/getinvolved.html>
* <https://www.state.nj.us/education/students/safety/behavior/atd/>
* [www.kidshealth.org](http://www.kidshealth.org)
* <https://drugpolicy.org/issues/real-drug-education>
* [E-Cigarettes](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)
* Recognizing addiction: <https://kidshealth.org/en/teens/addictions.html>
* [Substance abuse resources](https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Substance-Use/Substance-Use-Resources-For-Adolesc.aspx)
* The Great Body Shop:<https://www.thegreatbodyshop.net/>
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| **Grade 5- Alcohol** 2.3.5.DSDT.4:, 2.3.5.DSDT.5Depressant, Alcohol, Beer, Wine, Hard Alcohol, BAC, Blackout, Alcohol Poisoning, Unconscious, Hallucinogens, Binge Drinking, Narcotics, AA, Al-Anon, Alateen | Students will be able to:* Demonstrate strategies for seeking assistance for someone impacted by an individual who is struggling with the use/abuse of alcohol or drugs.
* Identify the various types of resources that are available in the community and online to assist individuals who struggle with alcohol and drug use/abuse
 | * Teacher led discussion of alcohol products and its effect on the human body (mental and physical).
* Practice refusal skills for alcohol in role play scenarios
* Practice motor skills when impaired using vision impairment goggles.
* Create an alcohol/drug free poster
* Identify resources to help with alcohol addiction.
 | * Google Form (Formal) Assessment
* Google slide presentation
* Flip grid presentation
 | * Vision impairment goggles
* <https://www.drugfreeworld.org/getinvolved.html>
* <https://www.state.nj.us/education/students/safety/behavior/atd/>
* [www.kidshealth.org](http://www.kidshealth.org)
* <https://drugpolicy.org/issues/real-drug-education>
* The Great Body Shop:<https://www.thegreatbodyshop.net/>
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| **Interdisciplinary Connections** | **ELA****Grade 3**RI.3.7. Use information gained from text features (e.g., illustrations, maps, photographs) and the words in a text to demonstrate understanding of the text (e.g., where, when, why, and how key events occur).**Grade 4**RI.4.7. Interpret information presented visually, orally, or quantitatively (e.g., in charts, graphs, diagrams, time lines, animations, or interactive elements on Web pages) and explain how the information contributes to an understanding of the text in which it appears. SL.4.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 4 topics and texts, building on others’ ideas and expressing their own clearly.**Grade 5**RI.5.7. Draw on information from multiple print or digital sources, demonstrating the ability to locate an answer to a question quickly or to solve a problem efficiently.SL.5.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others’ ideas and expressing their own clearly. |
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