



Northern York County School District

Curriculum Overview

Course: Elementary Health

Grade Level: K-5

Approval Date: June 2022

Length of Time: 15 days

Course Description:

The elementary health program will serve to enhance and support the overall wellness of our student population. Students are introduced to topics promoting a positive and well-rounded frame of understanding their bodies. Students are afforded the opportunity to connect physical health and activity to their mental and emotional health. This program uses the standards outlined by the state of Pennsylvania to guide K-5 healthful living. Each unit is one class period in length with the exception of Unit 13, which is two.

Course Objectives:

- Students understand the correlations between physical, mental, and emotional health.
- Students define 'community' and understand the importance of active, inclusive participation.
- Students learn the concept of 'safety' in different situations.
- Students understand self-assessment, self-regulation, and self-improvement.

Units:

Unit 1 - Introduction to wellness education.
Unit 2 – Whole body wellness
Unit 3 – Decision making and external influences
Unit 4 – Inclusivity and acceptance
Unit 5 – Community
Unit 6 – Safety
Unit 7 – Profile of a graduate
Unit 8 – SMART Goals
Unit 9 – Self regulation and coping
Unit 10 – Personal hygiene
Unit 11 – Responsibility and self-awareness
Unit 12 – Teamwork
Unit 13 - Cooperative learning, communication, and collaboration
Unit 14 – Safe summer choices

Related Standards:

Pennsylvania Academic Standards for Health, Safety and Physical Education
10.1.3/10.1.6 A-E – Concepts of Health
10.2.3/10.2.6 A-E – Healthful Living
10.3.3/10.3.6 A-D – Safety and Injury Prevention

<p>Concepts:</p> <ul style="list-style-type: none"> - The connection between physical, mental, and emotional health. - Promote cross-curricular learning and collaboration with classroom teachers. - Enhance student exposure to affective learning, impactful cooperation, and meaningful communication. 	<p>Competencies:</p> <ul style="list-style-type: none"> - Defining what it means to have a healthy mind and body. - Learning how to take care of self. Making smart choices for safe and healthy bodies. - Examining what it means to be part of a community. Who are our community members and how do we actively participate to help our community? - Recognizing safe practices, following rules, and our self-awareness. - Deepening our understanding of the meaning of the Profile of a Graduate. - Creating and applying SMART goals for physical, mental, and emotional health. - Recognizing and supporting differences in ourselves and our peers. How to celebrate our differences and use them to succeed collectively. - Participating in movement skills that aid in supporting self-regulation. - Learning problem solving teambuilding skills and how to use meaningful and productive communication.
<p>Learning Activities:</p> <ul style="list-style-type: none"> - Collaborative learning and teambuilding. - Challenge by choice. - Group discussion. - Small group problem solving. - Physical connection to mental and emotional health and wellness. 	<p>Performance Tasks:</p> <ul style="list-style-type: none"> - Formative Assessment - Task Cards - Project Based Assessment - Self/Peer Assessment - Debriefing and Reflection
<p>Other Assessment Measures:</p> <ul style="list-style-type: none"> - Question and Answer - Whole and Small Group Discussion - Self-Reflection Worksheets - PowerPoint Group Review 	
<p>Textbook/Primary Resource: The Pennsylvania standards for Health, Safety and Physical Education. SHAPE America – Society of Health and Physical Educators, National Standards for Health and Physical Education PSAHPERD – Pennsylvania State Association for Health Physical Education Recreation and Dance</p>	
<p>Supplemental Resource Materials: The American Heart Association Teacher Resource Page The American Red Cross Teacher Resource Page Videos Related to Outlined Topics Teacher-created PowerPoints</p>	