



Elementary Health Curriculum Units Of Instruction In Grades 1-5
Taken From The New Jersey Student Learning Standards for Comprehensive
Health and Physical Education in the 21st Century

2.1 Wellness:

- A. Personal Growth & Development**
- B. Nutrition**
- C. Diseases & Health Conditions**
- D. Safety**
- E. Social & Emotional Health**

2.2 Integrated Skills:

- A. Interpersonal Communication**
- B. Decision-Making and Goal Setting**
- C. Character Development**
- D. Advocacy and Service**
- E. Health Services and Information**

2.3 Drugs & Medicine:

- A. Medicines**
- B. Alcohol, Tobacco, and Other Drugs**
- C. Dependency/Addiction and Treatment**

*** 2.4 Human Relationships and Sexuality (Grades 2-5)**

- A. Relationships** (Grade 2-5 The family unit encompasses the diversity of family forms in contemporary society)
- B. Sexuality** (Grade 2 Compare and contrast the physical differences and similarities of the genders.) (Grade 4-5 Differentiate the physical, social, and emotional changes occurring at puberty and explain why puberty begins and ends at different ages.)
- C. Pregnancy and Parenting** (Grade 2 Explain the factors that contribute to a mother having a healthy baby.) (Grade 4-5 Explain the process of fertilization and how cells divide to create an embryo/fetus that grows and develops during pregnancy. Relate the health of the birth mother to the development of a healthy fetus.)

**** We believe our Family Living (Human Development) unit is a valuable part of the health curriculum with a distinct benefit to the education of all students. However, if moral or religious beliefs cause you to feel otherwise, you may submit a signed statement to this effect to your school principal. Your child will then be excused from that portion of the course without loss of credit or grade. No child will be excused from the entire course. Please understand that if you choose to exempt your son or daughter from one or more units of the Family Living (Human Development) Curriculum, the student will be given an alternate assignment so he/she can still receive full credit for the course.***

***Kevin Alvine
District K-12 Supervisor of Health & Physical Education***