

Health Curriculum

Rye City School District

Initial Goals

- Represent and reflect the content and skills currently taught
- Identify and coordinate resources and programs used throughout the district at each grade level
- Needs assessment for both standards and resources



Curriculum Writing

- Involved a representative at each grade level at each building and secondary health teachers
- Professional development days, release time, paid hours
- Developed within Rubicon Atlas



Curriculum Overview – Kindergarten

How can I be responsible for
my own health and well
being?

My Senses and My Body

Feelings and Emotions

Families and Friends

Hygiene, Illness and Nutrition

Rules and Safety

Curriculum Overview - First Grade

How can I help myself and others be healthy, happy and safe?

Treating Our Bodies Right
Community Helpers and
Community Safety
Feelings and Choices

Curriculum Overview - Second Grade

How do others in my community help me stay happy, healthy and safe?

Living Safely

Community Resources

Mindfulness

Conflict Resolution

Curriculum Overview - Third Grade

How does our culture, choices and behaviors affect our health, growth, safety, development and happiness?

Friendships and Self Esteem

Healthy Choices

Environmental Safety

Curriculum Overview - Fourth Grade

How do we practice and support others in making healthy choices?

Nutrition and Digestion

Community and Emergency
Safety

Bullying

Curriculum Overview

- Fifth Grade

How does our understanding of selected body systems and their interaction with each other help us determine what humans need to best survive in their environment?

How do changes that occur during puberty affect our behaviors and choices?

Systems of the Body

Nutrition and the Body

Changing Bodies

Curriculum Overview - Eighth Grade

What knowledge, skills and resources do we need to be healthy?

How do our behaviors and choices affect our health?

Introduction to Health
Body Image, Nutrition, and
Exercise
Life Skills
CPR
Drugs
Human Sexuality

Curriculum Overview - Tenth Grade

What does it mean to be a “Healthy Person,” and how do I measure up?

What do I need to know, and what do I need to be able to do in order to take steps towards positive behavior change?

How do my choices impact my ability to be a happy, healthy, respectful, responsible person?

Introduction to Health and Wellness

Communication (CM)

The Locker Project (RM)

Healthy Lifestyle Choices to Prevent or Reduce the Likelihood of Disease (SM) (ST)

Planning and Goal Setting:
30-Day Challenges (PG)

Just Say Know:
Alcohol and Other Drugs (DM)

Sexual Health and Well-Being (DM)

Summer Curriculum Work

- Vertical alignment
 - Address gaps and develop needed mini-units
 - Identify and coordinate existing and additional resources
 - Plan for teacher professional development
 - Time analysis and recommendations
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