

Rochelle Park School District

Curriculum Guide

Health Grades: 3-5

Overview

The NJSLS-CHPE (New Jersey Student Learning Standards for Comprehensive Health and Physical Education https://www.nj.gov/education/standards/chp/index.shtml) highlights the expectation that all students participate in a high-quality, K–12 sequential health and physical education program that emphasizes 21st Century skills and interdisciplinary connections to empower students to live a healthy active lifestyle. The primary focus of the standards consists of the development of concepts and skills that promote and influence healthy behaviors.

All students will acquire the knowledge and skills of what is most essential to become individuals who possess health and physical literacy and pursue a life of wellness. They will develop the habits necessary to live healthy, productive lives that positively impact their families, schools and communities.

The Rochelle Park K-2 Health Curriculum guide supports the implementation of the following disciplinary concepts:

- Personal Growth and Development
- Pregnancy and Parenting
- Emotional Health
- Social and Sexual Health
- Community Health Services and Support
- Movement Skills and Concepts
- Physical Fitness
- Lifelong Fitness
- Nutrition
- Personal Safety
- Health Conditions, Diseases, and Medicine
- Alcohol, Tobacco, and other Drugs
- Dependency, Substances Disorder and Treatment

Section 18A:35-4.7 - Parent's statement of conflict with conscience

Any child whose parent or guardian presents to the school principal a signed statement that any part of the instructions in health, family life education or sex education is in conflict with his conscience, or sincerely held moral or religious beliefs shall be excused from that portion of the course where such instruction is being given and no penalties as to credit or graduation shall result therefrom.

N.J.S. § 18A:35-4.7 L.1979, c.428, s.2, eff. 2/11/1980

	CHPE: HEALTH			
	Grades 3-5			
	2.1 Personal and Mental Health			
	DISCIPLINARY CONCEPT: Personal Growth and Development			
Timeframe	3-4 weeks			
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).			
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. 			

Key Vocabulary	Student Learning Objectives	Suggested Tasks/Activities	Evidence of Learning (Assessment)	Resources/Materials
Grade 3- Body Systems 2.1.5.PGD.1 Respiratory Lungs, diaphragm, larynx, nose, oxygen, pharynx, trachea, carbon dioxide Digestive Mouth,	Grade 3 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	 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/Digest ive Systems Projects/Presentat ions on the Respiratory/Digest ive Systems	system: https://www.youtube.com/watch?v=ZBZW

esophagus, stomach, large intestine, small intestine, liver, gallbladder, colon, anus Transportation, digestion, absorption, secretion Immune System Symptomatic, Asymptomatic, Virus, Antibodies, Immunity, white blood cells, bacteria, virus, spleen, bone marrow, thymus	system.			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 •
Grade 4- Body Systems 2.1.5.PGD.1 Circulatory	Grade 4 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/Presentat ions on circulatory, skeletal, muscular systems (individual or group) 	- The Body Book https://www.amazon. com/Body-Book-Eas y-Make-Hands/dp/05 45048737 - About Kids Health- YouTube https://www.youtube. com/channel/UCvHC w-Pc9Cl9VeZrvEVId Ew - Discovery Education - Video on immune system: https://www.youtube.

Calcium, joints Muscular Muscles, Tendons, Ligaments, Physical Activity				com/watch?v=azE3r v5l28Y - 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/5g • 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/ssmovie.html
Grade 4- Puberty 2.1.5.PGD.2 and 2.1.5.PGD.5	Grade 4 Students will be able to: • Identify trusted	The teacher will lead a class discussion on who a trusted adult is and how to	Class discussionWhole and small group discussion	www.amaze.orgYouTube NemoursKidshealth-

 Puberty, Hormones, Mood Swings, Self-Care, Growth Spurt Changes in the physical body: Hair growth, body odor, Trusted Adults 	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.	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.	of identification of trusted adults Create chart of physical changes during puberty (males/females/both)	https://www.youtube.com/channel/UCDummp96hqu7KAUbs5kzOw 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
1	Grade 5 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/Presentat ions on endocrine and nervous systems 	 The Body Book https://www.amazon. com/Body-Book-Eas y-Make-Hands/dp/05 45048737 Discovery Education www.Kidshealth.org Why I Sneeze,

Growth Hormone Nervous Brain, nerves, brainstem, cerebrum, central nervous system, impulse, reflex, spinal cord, Senses/Sens ory motor neurons, PNS- Peripheral Nervous System				Endocrine System https://kidshealth.org /en/kids/esmovie.htm l Brain and Nervous System https://kidshealth.org /en/kids/nsmovie.htm l
Grade 5- Puberty 2.1.5.PGD.3 and 2.1.5.PGD.4 • Masturbation, Nocturnal Emissions, Romantic Feelings, Sexual Feelings, Hygiene, Sperm, Testosterone, Testes, Ovaries, Estrogen, Progesterone, Menstuation	Grade 5 Students will be able to Describe the structure and function of the male and female reproductive system (Sperm, Testosterone, Testes, Ovaries, Estrogen/Progestero ne) Identify ways to protect your reproductive health (Hygiene, Menstruation) Explain the physical, social, and emotional changes	 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.amaze.org www.kidshealth.org Discovery Education Always Puberty Education Kits- https://always.com/e n-us/puberty-educati on-programs-for-teac hers-students-and-p arents

	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).			important/useful items) https://teachingsexua lhealth.ca/app/uploa ds/2017-Puberty-Kit- Pictures.pdf • Puberty is Gross but Also Really Awesome by Gina Loveless
Interdisciplinary Connections		Grade 3- RI.3.7. Use information gained from and the words in a text to demonst and how key events occur). W.3.7. Conduct short research proj SL.3.5. Use multimedia to demonst displays when appropriate to emph Grade 4- RI.4.7. Interpret information present graphs, diagrams, time lines, animal explain how the information contrib W.4.7. Conduct short research proj different aspects of a topic. SL.4.1. Engage effectively in a range and teacher-led) with diverse partner ideas and expressing their own cleus Grade 5- RI.5.7. Draw on information from more to locate an answer to a question of W.5.7. Conduct short research projections investigation of different per SL.5.1. Engage effectively in a range.	rate understanding of the terests that build knowledge attrate fluid reading at an understanding or enhance certain fatted visually, or ally, or quantations, or interactive elementes to an understanding of ects that build knowledge to ge of collaborative discussions on grade 4 topics and the arrow or to solve a problements that use several source erspectives of a topic.	ext (e.g., where, when, why, about a topic. derstandable pace; add visual acts or details. titatively (e.g., in charts, nts on Web pages) and of the text in which it appears. chrough investigation of ons (one-on-one, in groups, texts, building on others' es, demonstrating the ability in efficiently.

		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 9.4		9.4.5.IML.6: Use appropriate sou	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 a	nd Design Thinking	8.1.5.DA.1: Collect, organize, and a claim.	d display data in order to higl	nlight relationships or support	
		Modifications			
English Language Learners	Special Education	At-Risk	Gifted and Talented	504	
	Word walls Visual aides Graphic organizers Multimedia Leveled readers Assistive technology Notes/summaries Extended time Answer masking Answer eliminator Highlighter Color contrast	Teacher tutoring Peer tutoring Study guides Graphic organizers Extended time Parent communication Modified assignments Counseling	Curriculum compacting Challenge assignments Enrichment activities Tiered activities Independent research/inquiry Collaborative teamwork Higher level questioning Critical/Analytical thinking tasks Self-directed activities	Word walls Visual aides Graphic organizers Multimedia Leveled readers Assistive technology Notes/summaries Extended time Answer masking Answer eliminator Highlighter Color contrast Parent communication Modified assignments Counseling	

	CHPE: HEALTH			
	Grades 3-5			
	2.1 Personal and Mental Health			
	DISCIPLINARY CONCEPT: Pregnancy and Parenting			
Timeframe	2-3 weeks			
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).			

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.2 Sperm, Egg, Human Reproduction, IVF, Surrogacy, Egg donation	Grade 5 Students 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=t3 Sgq7UmGQE https://kidshealth.org/en/parents/preg-health.html Staying health during pregnancy
Interdisciplinary Connections Interdisciplinary Connections ELA Grade 3- RI.3.7. Use information gained from text features (e.g., illust photographs) and the words in a text to demonstrate under where, when, why, and how key events occur). W.3.7. Conduct short research projects that build knowledge.		standing of the text (e.g.,		

Career Readiness, Life Lit	SL.3.5. Use multimedia to demonstrate fluid reading at an understandable pace; ac 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 char graphs, diagrams, time lines, animations, or interactive elements on Web pages) at 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. 9.2.5.CAP8: 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			e certain facts or details. Juantitatively (e.g., in charts, ments on Web pages) and ig of the text in which it ge through investigation of assions (one-on-one, in topics and texts, building the a problem efficiently, burces to build knowledge assions (one-on-one, in topics and texts, building topics and texts, building face.
Computer Science and De	sign Thinking	8.1.5.DA.1: Collect, organize, support a claim.	, and display data in order to h	nighlight relationships or
		Modifications		
English Language Learners	Special Education	At-Risk	Gifted and Talented	504
Scaffolding Word walls Word walls Word walls Visual aides Sentence/paragraph frames Bilingual Multimedia Graphic organizers Multimedia Leveled readers Teacher tutoring Peer tutoring Study guides Study guides Graphic organizers Graphic organizers Tiered activities Multimedia Leveled readers Teacher tutoring Curriculum compacting Visual aides Visual aides Enrichment activities Multimedia Leveled readers				Visual aides Graphic organizers Multimedia Leveled readers Assistive technology Notes/summaries Extended time Answer masking

Visual aides	Highlighter	Self-directed activities	Highlighter
Modeling	Color contrast		Color contrast
Cognates			Parent communication
			Modified assignments
			Counseling

	CHPE: HEALTH				
	Grades 3-5				
	2.1 Personal and Mental Health				
	DISCIPLINARY CONCEPT: Emotional Health				
Timeframe	5-6 weeks				
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 behaviors 2.1.5.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
Grade 3- Feelings and Emotions 2.1.5.EH.3 Anger, Fear, Happiness, Sadness, Frustration, Anxiety, Lonely, Hopelessness, love, calmness, confusion, awkwardness, sympathy, empathy, boredom, admiration,	Grade 3 Students 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.zoneso fregulation.com/ind ex.html Song- Zones of Regulations-YouTube https://www.youtub e.com/watch?v=wl RVklZXicM The Way I Feel by Janan Cain A Little SPOT of Feelings Educator's Guidehttps://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.4 Feelings, Emotions, Risk Factor, Protective Factors, Support System, Mental Health vs. Emotional Health (Define),	Grade 4 Students 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 My Feelings Are a Hurricane by Annabelle Wallick
Grade 5- Coping Practices 2.1.5.EH.3 and 2.1.5.EH.2 Death, Dying, Grief, Divorce, Separation, Rejection, coping strategies, reframing, journaling, reflection, mindfulness	Grade 5 Students 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 https://www.schola stic.com/snp/childr enandgrief-9.htm coping with grief https://www.scarymommy.com/grief-activities-for-kids Grief activitises Taste Your Words by Bonnie Clark
Interdisciplinary Connection	ons	ELA Grade 3- RI.3.7. Use information gaine	d from text features (e.g., illus	strations, maps,

	photographs) and the words in a text to demonstrate understanding of the text (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 visual displays when appropriate to emphasize or enhance certain facts or deta Grade 4- RI.4.7. Interpret information presented visually, orally, or quantitatively (e.g., in orally graphs, diagrams, time lines, animations, or interactive elements on Web pages explain how the information contributes to an understanding of the text in which appears. W.4.7. Conduct short research projects that build knowledge through investigate different aspects of a topic. SL.4.1. Engage effectively in a range of collaborative discussions (one-on-one, groups, and teacher-led) with diverse partners on grade 4 topics and texts, build others' ideas and expressing their own clearly. Grade 5- RI.5.7. Draw on information from multiple print or digital sources, demonstrating 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 knowled through investigation of different perspectives of a topic. SL.5.1. Engage effectively in a range of collaborative discussions (one-on-one, groups, and teacher-led) with diverse partners on grade 5 topics and texts, build				
Career Readiness, Life Lite	racies 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 Des	eian Thinkina	8.1.5.DA.1: Collect, organize, and display data in order to highlight relationships or support a claim.			
Computer Colonice and Des	aga mining	Modifications			
English Language Learners	Special Education				
Scaffolding	Word walls	Teacher tutoring	Curriculum compacting	Word walls	
Word walls Sentence/paragraph frames	Visual aides Graphic organizers	Peer tutoring Study guides	Challenge assignments Enrichment activities	Visual aides Graphic organizers	
			Multimedia		
dictionaries/translation	Leveled readers	Extended time	Independent research/inquiry		
Think alouds	Assistive technology	Parent communication		Assistive technology	
Read alouds	Notes/summaries	Modified assignments		Notes/summaries	

Highlight key vocabulary	Extended time	Counseling	Critical/Analytical thinking	Extended time
Annotation guides	Answer masking		tasks	Answer masking
Think-pair- share	Answer eliminator		Self-directed activities	Answer eliminator
Visual aides	Highlighter			Highlighter
Modeling	Color contrast			Color contrast
Cognates				Parent communication
				Modified assignments
				Counseling

CHPE: HEALTH				
	Grades 3-5			
	2.1 Personal and Mental Health			
	DISCIPLINARY CONCEPT: Social and Sexual Health			
Timeframe	3-4 weeks			
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 3- 2.1.5.SSH.1, 2.1.5.SSH.3, 2.1.5.SSH.4, 2.1.5.SSH.6 , 2.1.5.SSH.7 Respect, 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 3 Students 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	 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 	 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 Amaze.org https://www.youtube.c om/watch?v=hpCyiyN qzIE&t=90s Healthy vs Unhealthy Relationships:

	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	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		https://kidshelpphone. ca/get-info/healthy-rel ationships-vs-unhealt hy-relationships/ • What are the family types? YouTube: https://www.youtube.c om/watch?v=ajLqOJr RLqI • Pink is for Boys https://www.goodread s.com/en/book/show/ 35738079-pink-is-for- boys • https://www.publisher sweekly.com/978-0-6 89-83566-7 The Sissy Duckling
Grade 4 2.1.5.SSH.3, 2.1.5.SSH.5, 2.1.5.SSH.7 Race, Ethnicity, Socio-Economic, Immigration/Immigrant, Positive/Negative Communication, Respect, Honesty, Kindness, Citizenship, Bullying, Intimidation, Cyberbullying, Active Listening Skills	Grade 4 Students 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 <i>The Sneetches</i> 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- Amaze.org https://www.youtube.c om/watch?v=BW82k7 lwl_U&t=1s - People Skills: Listening YouTube https://www.youtube.c om/watch?v=UwWV2 gflilk - How to build communication skills- https://www.youtube.c om/watch?v=sEzTXT Ro9L4

Grade 5 2.1.5.SSH.2, 2.1.5.SSH.3, 2.1.5.SSH.7 Sexual Orientation, Gender Identify and Expression, Harassment, transgender, gay, lesbian, queer, bisexual, heterosexual, cisgender, non-binary, gender fluid, agender	Grade 5 Students 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-reque sts.s3-us-west-2.ama zonaws.com/welcomi ng-schools/document s/WS-Lesson-Gender -Snowperson.pdf?mti me=20210509204029 &focal=none - Genderbread person https://www.genderbread.org/ Gender Snowperson https://hrc-prod-reque sts.s3-us-west-2.ama zonaws.com/welcomi ng-schools/document s/WS-Lesson-Born-R eady.pdf Born Ready: A Boy named Penelope	
Interdisciplinary Connections		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 and teacher-led) with diverse partners on grade 5 topics and texts, building on of ideas and expressing their own clearly.				
Career Readiness, Life Lite	racies and Key Skills		hat individuals and households for sources of information from dinanswer questions		
Computer Science and Des	sign Thinking	8.1.5.DA.1: Collect, organiz support a claim.	e, and display data in order to h	ighlight relationships or	
		Modifications			
English Language Learners	Special Education	At-Risk	Gifted and Talented	504	
Scaffolding Word walls Sentence/paragraph frames Bilingual dictionaries/translation Think alouds Read alouds Highlight key vocabulary Annotation guides Think-pair- share Visual aides Modeling Cognates	Word walls Visual aides Graphic organizers Multimedia Leveled readers Assistive technology Notes/summaries Extended time Answer masking Answer eliminator Highlighter Color contrast	Teacher tutoring Peer tutoring Study guides Graphic organizers Extended time Parent communication Modified assignments Counseling	Tiered activities Independent research/inquiry Collaborative teamwork Higher level questioning Critical/Analytical thinking tasks Self-directed activities	Word walls Visual aides Graphic organizers Multimedia Leveled readers Assistive technology Notes/summaries Extended time Answer masking Answer eliminator Highlighter Color contrast Parent communication Modified assignments Counseling	

	CHPE: HEALTH				
	Grades 3-5				
	2.1 Personal and Mental Health				
DISCIP	LINARY CONCEPT: Community Health Services and Support				
Timeframe 3-4 weeks					
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.3 Local/Community Helpers and Organizations	Grade 3 Students will be able to: Identify local 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 Local business, non-profit organizations, and individuals can work cooperatively to address health problems that are affected by global issues, including	 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 	Create a map of the community and label locations of emergency services Class discussions Informal: Q & A	https://www.state.nj.us/healt h/lh/community/ https://www.naccho.org/me mbership/lhd-directory *local departments and organizations within your district's town

	climate change. • Describe strategies that are useful for individuals who are feeling sadness, anger and other emotions.	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.	
Grade 4 2.1.5.CHSS.1, 2.1.5.CHSS.2, 2.1.5.CHSS.3 State Organizations NJ Department of Health County Police NJ State Troopers NJ DEP Food Assistance Disaster Distress Helpline State office of Emergency Management	Grade 4 Students will be able to: - Identify state/national 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 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	 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. 	- NJ OEM https://nj.gov/njoem/ plan-prepare/index.s html

	feeling anxiety.			
Grade 5 2.1.5.CHSS.1, 2.1.5.CHSS.2, 2.1.5.CHSS.3 National and International Organizations	Grade 5 Students 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.	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	 Research project on a national/international organization(s) Create Google Slides on national/international organization 	- FEMA- https://www.fema.go v/ - American Red Cross https://www.redcross .org/ - United Nations https://www.un.org/e n/ - 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 Connectio	ns	ELA Grade 3 - RI.3.7. Use information gained and the words in a text to den why, and how key events occurred Grade 4 - RI.4.7. Interpret information p graphs, diagrams, time lines, explain how the information of appears. SL.4.1. Engage effectively in a	nonstrate understanding of the ur). resented visually, orally, or quanimations, or interactive elementaributes to an understanding	antitatively (e.g., in charts, ments on Web pages) and g of the text in which it

groups, and teacher-led) with diverse partners on grade 4 topics and texts, buildi 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 others' ideas and expressing their own clearly. Science 4-ESS3-2 Generate and compare multiple solutions to reduce the impacts of national Earth processes and climate change have on humans 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.				urces, demonstrating the a problem efficiently. ssions (one-on-one, in opics and texts, building on the impacts of natural
disciplines, and cult 8.1.5.DA.1: Collect, support a claim. Modification			nswer questions , and display data in order to h	ighlight relationships or
English Language Learners	Special Education	At-Risk	Gifted and Talented	504
Scaffolding Word walls Sentence/paragraph frames Bilingual dictionaries/translation Think alouds Read alouds Highlight key vocabulary Annotation guides Think-pair- share Visual aides Modeling Cognates	Word walls Visual aides Graphic organizers Multimedia Leveled readers Assistive technology Notes/summaries Extended time Answer masking Answer eliminator Highlighter Color contrast	Teacher tutoring Peer tutoring Study guides Graphic organizers Extended time Parent communication Modified assignments Counseling	Curriculum compacting Challenge assignments Enrichment activities Tiered activities Independent research/inquiry Collaborative teamwork Higher level questioning Critical/Analytical thinking tasks Self-directed activities	Word walls Visual aides Graphic organizers Multimedia Leveled readers Assistive technology Notes/summaries Extended time Answer masking Answer eliminator Highlighter Color contrast Parent communication Modified assignments Counseling

	CHPE: HEALTH				
	Grades 3-5				
	2.2 Physical Wellness				
	DISCIPLINARY CONCEPT: Nutrition				
Timeframe	4-5 weeks				
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 3 2.2.5.N.1 Food 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_11?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 •
Grade 4 2.2.5.N.1, 2.2.5.N.2:	Students will be able to: • Explain how healthy eating provides energy, helps to	Differentiate the different vitamins/minerals in	 Create posters of healthy meals following the MyPlate 	Healthy Habits for Healthy Kids- https://www.amazon.

MyPlate, Vitamins, Minerals, Calories, Protein, Fat, Carbohydrates, Sugar, Sodium, Cholesterol, Menu, Serving/Portion, High Blood Pressure, Heart Disease, GI Diseases	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.	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.	recommendations. Group Discussion Google Forms (Formal)	com/Healthy-Habits-Kids-Grade-3-4/dp/1 420639897/ref=sr_1 1?crid=29D3PEVN UH03A&keywords=h ealthy+habits+for+he althy+kids&qid=1648 207289&sprefix=hea lthy+habits+for+healt hy+kids%2Caps%2C 145&sr=8-1 • www.myplate.gov • www.kidshealth.org • How to create a healthy plate- https://www.youtube. com/watch?v=Gmh xMMJ2Pw&t=106s
Grade 5 2.2.5.N.1, 2.2.5.N.3 Exercise, 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 Goal. Flipgrid Group Discussion 	Healthy Habits for Healthy Kids-https://www.am azon.com/Healthy-H abits-Kids-Grade-5-u p/dp/1420639900/ref =sr_1_6?crid=29D3 PEVNUH03A&keyw ords=healthy+habits +for+healthy+kids&qi d=1648207289&spre fix=healthy+habits+f or+healthy+kids%2C aps%2C145&sr=8-6 www.myplate.gove www.kidshealth.org Developing personal health goals-https://www.youtube.

				com/watch?v=9_tH WEZIgrE • SMART Goals- https://www.youtube. com/watch?v=1-Svu FIQjK8
Interdisciplinary Connections ELA Grade 3- Rl.3.7. Use information gained from text features (e.g., illustrations, maps, ph and the words in a text to demonstrate understanding of the text (e.g., where, why, and how key events occur). Grade 4- Rl.4.7. Interpret information presented visually, orally, or quantitatively (e.g., in graphs, diagrams, time lines, animations, or interactive elements on Web page explain how the information contributes to an understanding of the text in whi appears. SL.4.1. Engage effectively in a range of collaborative discussions (one-on-ongroups, and teacher-led) with diverse partners on grade 4 topics and texts, but others' ideas and expressing their own clearly. Grade 5- Rl.5.7. Draw on information from multiple print or digital sources, demonstration ability to locate an answer to a question quickly or to solve a problem efficient SL.5.1. Engage effectively in a range of collaborative discussions (one-on-ongroups, and teacher-led) with diverse partners on grade 5 topics and texts, but only the discussions (one-on-ongroups, and teacher-led) with diverse partners on grade 5 topics and texts, but only the discussions (one-on-ongroups, and teacher-led) with diverse partners on grade 5 topics and texts, but only the discussions (one-on-ongroups, and teacher-led) with diverse partners on grade 5 topics and texts, but only the discussion of the text (e.g., where, wh		e text (e.g., where, when, antitatively (e.g., in charts, ments on Web pages) and g of the text in which it ssions (one-on-one, in opics and texts, building on urces, demonstrating the a problem efficiently, ssions (one-on-one, in		
Career Readiness,	Life Literacies and Key Skills	9.4.5.IML.6: Use appropriate disciplines, and cultures to ar	'	verse sources, contexts,
Computer Science	and Design Thinking	8.1.5.DA.1: Collect, organize, support a claim.	, and display data in order to h	ighlight relationships or
		Modifications		
English Language Learners	Special Education	At-Risk	Gifted and Talented	504
Word walls Sentence/paragraph frames	Word walls Visual aides Graphic organizers Multimedia Leveled readers	Teacher tutoring Peer tutoring Study guides Graphic organizers Extended time	Curriculum compacting Challenge assignments Enrichment activities Tiered activities Independent research/inquiry	Word walls Visual aides Graphic organizers Multimedia

dictionaries/translati	Assistive technology	Parent communication	Collaborative teamwork	Assistive technology
on	Notes/summaries	Modified assignments	Higher level questioning	Notes/summaries
Think alouds	Extended time	Counseling	Critical/Analytical thinking	Extended time
Read alouds	Answer masking	_	tasks	Answer masking
Highlight key	Answer eliminator		Self-directed activities	Answer eliminator
vocabulary	Highlighter			Highlighter
Annotation guides	Color contrast			Color contrast
Think-pair- share				Parent communication
Visual aides				Modified assignments
Modeling				Counseling
Cognates				_

CHPE: HEALTH				
Grades 3-5				
	2.3 Safety			
	DISCIPLINARY CONCEPT: Personal Safety			
Timeframe	3-4 weeks			
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.6 Safety, 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 3 Students will be able to: - Develop strategies to reduce the risk of injuries at home, school, and in the community. - Examine the impact of unsafe behaviors when traveling in motor vehicles and when using other modes of transportation. - Identify strategies a person could use to call attention to or leave an uncomfortable or	 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 Teacher led discussion to name trusted adults to go to when you feel you are in a dangerous or uncomfortable situation 	 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= NeE F1fwT4k Fire Safety, Personal Safety and Injury Prevention https://www.youtube. com/watch?v=7iTJf5 MpbKw Staying safe in the car and on a bus: https://kidshealth.org/en/kids/car-safety.html Protect yourself rules

	dangerous situation, including teasing and sexual abuse. -			https://www.youtube. com/watch?v=7iTJf5 MpbKw Mow to say no and go tell parents: https://www.youtube. com/watch?v=MOw wCZTU9Xg Mow wcztu9Xg
Grade 4 2.3.5.PS.2, 2.3.5.PS.4, 2.3.5.PS.6 Choking, Bleeding, Burns, Poisoning, Stroke, Digital Citizenship (Internet Safety), Abuse, physical abuse, emotional abuse, bullying, Refusal skills	Grade 4 Students 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. - Identify strategies a person could use to call attention to or leave an uncomfortable or dangerous situation, including bullying, and sexual abuse.	 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 a "First Aid" Booklet detailing common safety issues and how to deal with them Can also be done as a "Google Slide"	- First Aid Basics: https://www.youtube. com/watch?v=SKxQr 49LV0Y - First Aid Quick Guide: https://simplefamilypr eparedness.com/wp- content/uploads/201 4/10/First-Aid-Quick- Guide.pdf • Being a Good Digital Citizen https://www.youtube. com/watch?v=ju9aO c2MLyo • Super Digital Citizen https://www.youtube. com/watch?v=LluQyl 2URwY • How to say no and go tell parents: https://www.youtube. com/watch?v=MOw wCZTU9Xg
Grade 5 2.3.5.PS.5, 2.3.5.PS.6 Relationship Violence,	Grade 5 Students will be able to: - Identify strategies a person could use to call	 Brainstorm what an individual could look for to determine if they were in a social 	Create a poster/slide on warning signs of violence. Class discussions on	 www.amaze.org kidpower.org Safe vs Unsafe Touching:

Harassment, Assault, Abuse, sexual abuse, neglect, trusted adult, safe, unsafe, consent	attention to or leave an uncomfortable or dangerous situation, including teen dating violence, sexual harassment, sexual assault, and sexual abuse.	situation that became uncomfortable or dangerous.	how to seek help from violent situations.	https://www.youtube. com/watch?v=zNTU MNKSNwk	
Interdisciplinary Connections		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.			
Career Readiness, Life Lite	racies 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 Des	ign 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	
Word walls Sentence/paragraph frames	Word walls Visual aides Graphic organizers Multimedia Leveled readers	Peer tutoring Study guides Graphic organizers	Curriculum compacting Challenge assignments Enrichment activities Tiered activities Independent research/inquiry	Word walls Visual aides Graphic organizers Multimedia	

Think alouds	Assistive technology	Parent communication	Collaborative teamwork	Assistive technology
Read alouds	Notes/summaries	Modified assignments	Higher level questioning	Notes/summaries
Highlight key vocabulary	Extended time	Counseling	Critical/Analytical thinking	Extended time
Annotation guides	Answer masking		tasks	Answer masking
Think-pair- share	Answer eliminator		Self-directed activities	Answer eliminator
Visual aides	Highlighter			Highlighter
Modeling	Color contrast			Color contrast
Cognates				Parent communication
				Modified assignments
				Counseling

CHPE: HEALTH					
Grades 3-5					
	2.3 Safety				
DISCIPLINARY CONCEPT: Health Conditions, Diseases and Medicines					
Timeframe	Timeframe 2-3 weeks				
Core Ideas	Performance Expectation Standards				
	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 3- 2.3.5.HCDM.1, 2.3.5.HCDM.2 Respiratory	Grade 3 Students 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	system along with side effects and	 Google slide creation Flip grid presentation Class discussions 	 Healthy Habits: https://www.sfcdcp.org/communicable-disease/healthy-habits/#151120 6262300-f4204a92-9a9 Food allergies:

Grade 4- 2.3.5.HCDM.1, 2.3.5.HCDM.2 Circulatory	Grade 4 Students 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. Discuss 	- Google slide creation - Flip grid presentation - Google Forms (Formal) Assessment	https://kidshealth.org/e n/kids/video-uppergi.ht ml Discovery Education Respiratory diseases: https://www.verywellhe alth.com/respiratory-dis eases-5206842 Diabetes Movie- Kidshealth.org https://kidsheahttps://w ww.youtube.com/watch ?v=3Nf2Pzcketglth.org/ en/kids/diabetes-movie. html#catmovies Exercise and mental health: https://www.youtube.co m/watch?v=CRuKrB_lt H8 Discovery Education Stress management video: https://www.youtube.co m/watch?v=3Nf2Pzcket g
2.3.5.HCDM.1, 2.3.5.HCDM.2 Endocrine Graves Disease, Hashimoto Disease, Cushings Disease,	Students will be able to: - Identify conditions that may keep the human body from working properly, and the ways	characteristics of diseases that involve the endocrine and nervous systems: what are symptoms	- Google Form (Formal) Assessment - Google slide creation - Flip grid	- www.kidsheatth.org - BrainiPop - Discovery Education

Hyperthyroidism, Hypothyroidism Nervous Alzeheimer's, Bell's palsy, cerebral palsy, epilepsy, multiple sclerosis, Parkinson's disease	in which the body responds (Endocrine and Nervous)	and treatments? How do these diseases impact daily life?	presentation	
·		key events occur). Grade 4 - RI.4.7. Interpret information presidiagrams, time lines, animations information contributes to an unstructure SL.4.1. Engage effectively in a reacher-led) with diverse partner expressing their own clearly. Grade 5 - RI.5.7. Draw on information from locate an answer to a question of	sented visually, orally, or quants, or interactive elements on V derstanding of the text in which ange of collaborative discussions on grade 4 topics and texts on multiple print or digital source quickly or to solve a problem eange of collaborative discussions on grade 5 topics and texts cribe that organisms have united.	e.g., where, when, why, and how attitatively (e.g., in charts, graphs, Veb pages) and explain how the ch it appears. ions (one-on-one, in groups, and be building on others' ideas and eses, demonstrating the ability to efficiently. ions (one-on-one, in groups, and be, building on others' ideas and
Career Readiness, Life Literac	ies and Key Skills	9.2.5.CAP.8: Identify risks that in 9.4.5.IML.6: Use appropriate so disciplines, and cultures to answ	urces of information from dive	
Computer Science and Design	n Thinking	8.1.5.DA.1: Collect, organize, ar claim.	nd display data in order to higl	hlight relationships or support a

CHPE: HEALTH					
Grades 3-5					
	2.3 Safety				
	SIPLINARY CONCEPT: Alcohol, Tobacco and other Drugs RY CONCEPT: Dependency, Substances Disorder, and Treatment				
Timeframe	2-3 weeks				
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.				
	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)
Grade 3- Drugs 2.3.5.DSDT.1, 2.3.5.DSDT.3 How to Say NO, Legal Drugs, Illegal Drugs Drug 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	 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 	 Presentations about the dangers of drugs and how to say no Class Discussions Exit Tickets

Grade 4- Tobacco & Vaping 2.3.5.ATD.1, 2.3.5.ATD.2, 2.3.5.ATD.3, 2.3.5.DSDT.2, 2.3.5.DSDT.4:, 2.3.5.DSDT.5 Vaping, 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. Identify signs and evaluate evidence that a person might have a tobacco, and/or drug use problem. Demonstrate effective refusal skills of e-cigarettes, vaping products, cannabis products, and other substances that can negatively impact health. 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 tobacco, and drug use/abuse Describe the behaviors of people who struggle with the use of alcohol and drugs and identify the type of assistance that is available.	prescription label. Class discussion on difference between OTC and Rx labels 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 ldentify resources to help with tobacco/vape/cannabis addiction	 Students will create posters to show the harms of tobacco products Create a Venn Dlagram comparing contrasting tobacco and vaping Google Form (Formal) Assessment Google slide presentation Flip grid presentation
Grade 5- Alcohol 2.3.5.ATD.1, 2.3.5.ATD.2, 2.3.5.ATD.3, 2.3.5.DSDT.2, 2.3.5.DSDT.3, 2.3.5.DSDT.4:, 2.3.5.DSDT.5	Students will be able to: - Identify products that contain alcohol,and drugs and explain potential unhealthy effects - Describe the behaviors of people who struggle with the use of alcohol and drugs and identify the type of assistance that is available.	 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 	 Google Form (Formal) Assessment Google slide presentation Flip grid presentation

Depressant, Alcohol, Beer, Wine, Hard Alcohol, BAC, Blackout,
Alcohol Poisoning,
Unconscious,
Hallucinogens, Binge
Drinking, Narcotics, AA,
Al-Anon, Alateen

- Identify signs and evaluate evidence that a person might have an alcohol and/or drug use problem.
- Demonstrate effective refusal skills of alcohol, opioids, and other substances that can negatively impact health.
- Identify/Classify drugs based on chemical and body reaction.
- 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
- Describe the behaviors of people who struggle with the use of alcohol and drugs and identify the type of assistance that is available.

- impaired using vision impairment goggles.
- Create an alcohol/drug free poster
- Identify resources to help with alcohol addiction.

Resources/Materials

Grade 3: Drugs

- Drug Use vs Misuse vs Abuse
- Medicine vs Drugs: https://www.youtube.com/watch?v=Uq8-PSEcgNE
- Say No to Drugs: https://www.youtube.com/watch?v=FN78E_ialTE
- Using and keeping medicine safe: https://www.youtube.com/watch?v=UHvPSwIX4aQ

Grade 4: Tobacco & Vaping

- Smoking and its effects: https://www.youtube.com/watch?v=IW6hwmdZbmE
- https://www.drugfreeworld.org/getinvolved.html
- https://www.state.nj.us/education/students/safety/behavior/atd/
- www.kidshealth.org
- https://drugpolicy.org/issues/real-drug-education
- E-Cigarettes
- Recognizing addiction: https://kidshealth.org/en/teens/addictions.html
- Substance abuse resources

Grade 5: Alcohol

- Vision impairment goggles

	 https://www.drugfreeworld.org/getinvolved.html https://www.state.nj.us/education/students/safety/behavior/atd/ www.kidshealth.org https://drugpolicy.org/issues/real-drug-education
Interdisciplinary Connections	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.
Literacies and Key	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
Scaffolding	Word walls	Teacher tutoring	Curriculum compacting	Word walls
Word walls	Visual aides	Peer tutoring	Challenge assignments	Visual aides
Sentence/paragraph frames	Graphic organizers	Study guides	Enrichment activities	Graphic organizers
Bilingual	Multimedia	Graphic organizers	Tiered activities	Multimedia
dictionaries/translation	Leveled readers	Extended time	Independent research/inquiry	Leveled readers
Think alouds	Assistive technology	Parent communication	Collaborative teamwork	Assistive technology
Read alouds	Notes/summaries	Modified assignments	Higher level questioning	Notes/summaries
Highlight key vocabulary	Extended time	Counseling	Critical/Analytical thinking	Extended time

Annotation guides	Answer masking	tasks	Answer masking
Think-pair- share	Answer eliminator	Self-directed activities	Answer eliminator
Visual aides	Highlighter		Highlighter
Modeling	Color contrast		Color contrast
Cognates			Parent communication
			Modified assignments
			Counseling