

REVERE ELEMENTARY HEALTH CURRICULUM

Through health literacy, healthy self-management skills, and health promotion, comprehensive health education teaches fundamental health concepts, promotes habits and conduct that enhance health and wellness, and guides efforts to build healthy families, relationships, schools, and communities. Comprehensive Health education is strengthened through collaboration and partnerships among all components of the coordinated school health program and other subjects.

The following is a brief description of the elementary health curriculum for Revere Public Schools. The curriculum is based on physical, mental and social health. All three dimensions of health work together with one another. These lessons all align with the Massachusetts Comprehensive Health Curriculum Frameworks.

Some of the links used for elementary health include:

Kidshealth.org <https://kidshealth.org/>

Brainpop.com <https://www.brainpop.com/>

The Great Body Shop <https://www.thegreatbodyshop.net/>

PHYSICAL HEALTH

- Nutrition: 5 essential food groups
- Obesity: healthy eating/ snacking
- Growth and Development
- Physical activity and physical fitness
- Main body systems (Immune System, Respiratory System, Circulatory System, Skeletal System, Muscular System, Digestive System, Nervous System)
- Sports safety and injury prevention
- Disease prevention and control
- Personal and oral hygiene
- Five senses

MENTAL/ EMOTIONAL HEALTH

- Stress and feelings
- Empathy and emotions
- Positive self-esteem
- Addiction: alcohol, tobacco and other drugs (ATOD)
- Abuse Prevention
- Positive decision making

SOCIAL HEALTH

- Conflict resolution
- Online and social media safety
- Sportsmanship
- Empathy and emotions

- Positive self-esteem
- Bullying
- Interpersonal relationships and effective communication
- Family life
- Violence prevention
- Personal and community health
- Consumer health and resource management