



Ocean City School District

Health Curriculum

Ocean City Primary School



2022-2023 Units, Pacing, & Standards An Overview

Note: The state health and wellness curriculum is vast. However, here at the OCPS we are focused on social and emotional learning as an integral part of our curriculum. Our classroom content/curriculum is based into units.

At all grade levels, the units are as follows (though subject matter and topic vary per grade level to meet district student learning standards).



September

- **Building a classroom community. (This unit focuses on building friendships, rules, etc. within our school community.)**
 - **3 weeks**

Standards:

- 2.1.2.EH.1: Explain the meaning of character and how it is reflected in the thoughts, feelings and actions of oneself and others.
- 2.1.2.EH.2: Identify what it means to be responsible and list personal responsibilities.
- 2.1.2.EH.3: Demonstrate self-control in a variety of settings (e.g., classrooms, playgrounds, special programs).
- 2.1.2.SSH.5: Identify basic social needs of all people.
- 2.1.2.SSH.6: Determine the factors that contribute to healthy relationships.
- 2.1.2.CHSS.5: Identify situations that might result in individuals feeling sad, angry, frustrated, or scared.
- 2.3.2.PS1: Demonstrate personal habits and behaviors that contribute to keeping oneself and others healthy and the environment clean and safe.
- 2.3.2.PS.5: Define bodily autonomy and personal boundaries.
- 2.3.2.PS.6: Demonstrate how to communicate personal boundaries and show respect for someone else's personal boundaries including friends and family.

Ocean City Primary School



October

- **Bullying Awareness Month**
 - **Woven into lessons each week for 4 weeks**

Standards:

- 2.1.2.EH.1: Explain the meaning of character and how it is reflected in the thoughts, feelings and actions of oneself and others.
- 2.1.2.SSH.6: Determine the factors that contribute to healthy relationships.
- 2.1.2.CHSS.5: Identify situations that might result in individuals feeling sad, angry, frustrated, or scared.
- 2.1.2.SSH.8: Demonstrate healthy ways to respond to disagreements or conflicts with others (e.g., leave, talk to trusted adults, tell a sibling or peer).
- 2.1.2.SSH.9: Define bullying and teasing and explain why they are wrong and harmful.
- 2.1.2.CHSS.6: Identify individuals who can assist with expressing one's feelings (e.g., family members, teachers, counselors, medical professionals).

- **Skeletal System ~ an introduction to the skeletal system (awareness of the bones, bone structures, names, the job of the skeletal system, etc.)**
 - **2 weeks**

Standards:

- 2.1.2.PGD.1: Explore how activity helps all human bodies stay healthy.
- 2.1.2.PGD.4: Use correct terminology to identify body parts and explain how body parts work together to support wellness (skeletal/bones only).



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November

- **World Kindness Day/Kindness unit**
 - **Woven into lessons each week for 4 weeks**

Standards:

- 2.1.2.EH.1: Explain the meaning of character and how it is reflected in the thoughts, feelings and actions of oneself and others.
- 2.1.2.CHSS.5: Identify situations that might result in individuals feeling sad, angry, frustrated, or scared.
- 2.1.2.SSH.8: Demonstrate healthy ways to respond to disagreements or conflicts with others (e.g., leave, talk to trusted adults, tell a sibling or peer).
- 2.1.2.CHSS.6: Identify individuals who can assist with expressing one's feelings (e.g., family members, teachers, counselors, medical professionals).

- **Introduction to Nutrition (Part I)**
 - **2 weeks**

Standards:

- 2.2.2.N.1: Explore different types of foods and food groups.
- 2.2.2.N.2: Explain why some foods are healthier to eat than others.
- 2.2.2.N.3: Differentiate between healthy and unhealthy eating habits.
- 2.3.2.HCDM.1: Explain the consequences on a person's health if he or she does not have adequate food and a clean environment.
- 2.3.2.HCDM.2: Demonstrate personal hygiene and the use of necessary and appropriate health-enhancing behaviors that can keep a person healthy (e.g., precautions to avoid illnesses, handle food hygienically, brush teeth, regular physical activity, adequate sleep, appropriate dress for various weather conditions).

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December

- **"It's the Most Wonderful Time of the Year...to Workout" (this unit gets students moving and begins introducing young learners to how exercise and movement can improve physical and mental health).**
- **Focus on the cardiovascular/respiratory and muscular systems.**
 - **4 weeks**

Standards:

- 2.2.2.PF.1: Explain the benefits of regular physical activity and what it means to be physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).
- 2.2.2.PF.2: Explore how to move different body parts in a controlled manner.
- 2.2.2.PF.3: Engage in moderate to vigorous age-appropriate physical movement and physical activities that promote movement (e.g., games, challenges, team building).
- 2.2.2.PF.4: Demonstrate strategies and skills that enable team and group members to achieve goals.
- 2.2.2.LF.1: Express one's feelings and emotions when involved in movement and physical activities to increase positive behaviors.
- 2.1.2.PGD.1: Explore how activity helps all human bodies stay healthy.
- 2.1.2.PGD.3: Explain what being "well" means and identify self-care practices that support wellness.

Ocean City Primary School



January

- **The Power of the Brain ~ better understanding the importance of the brain and its functions.**
 - **One week**

Standards:

- 2.1.2.PGD.4: Use correct terminology to identify body parts and explain how body parts work together to support wellness (brain and neuro system).

- **Exercise and the Brain ~ How does exercise build brain power**
 - **One week**

Standards:

- 2.2.2.PF.1: Explain the benefits of regular physical activity and what it means to be physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).
- 2.2.2.LF.1: Express one's feelings and emotions when involved in movement and physical activities to increase positive behaviors.
- 2.1.2.PGD.1: Explore how activity helps all human bodies stay healthy.



Ocean City Primary School

January

- **Building self esteem**
 - **One week**

Standards:

- 2.1.2.EH.1: Explain the meaning of character and how it is reflected in the thoughts, feelings and actions of oneself and others.
- 2.1.2.EH.2: Identify what it means to be responsible and list personal responsibilities.
- 2.1.2.EH.3: Demonstrate self-control in a variety of settings (e.g., classrooms, playgrounds, special programs).
- 2.1.2.SSH.6: Determine the factors that contribute to healthy relationships.
- 2.1.2.CHSS.5: Identify situations that might result in individuals feeling sad, angry, frustrated, or scared.
- 2.3.2.PS1: Demonstrate personal habits and behaviors that contribute to keeping oneself and others healthy and the environment clean and safe.

- **Day of Service ~ A look at how we better serve our community**
 - **One week**

Standards:

- 2.1.2.SSH.5: Identify basic social needs of all people.
- 2.3.2.PS1: Demonstrate personal habits and behaviors that contribute to keeping oneself and others healthy and the environment clean and safe.
- 2.1.2.SSH.3: Describe different kinds of families locally, nationally and globally and note similarities in the ways in which they keep their children safe.
- 2.3.2.HCDM.1: Explain the consequences on a person's health if he or she does not have adequate food and a clean environment.

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January

- **2nd Grade Classes will participate in the CAP (Child Abuse Prevention) program on January 30, 2023.**
- **What is CAP**
 - **New Jersey Child Assault Prevention (NJ CAP) is a statewide community based prevention program. With a motto "All Children Deserve to be Safe, Strong and Free"®, the CAP program seeks to reduce children's vulnerability to abuse, neglect and bullying by providing comprehensive prevention workshops for children, parents and school staff. NJ CAP supervises 21 county CAP offices and over 200 program facilitators. The project is sponsored by the NJ Department of Children and Families and supported by school districts across the State. NJ CAP is one of 25 CAP Regional Training Centers of the International Center for Assault Prevention.**

Standards:

- 2.3.2.PS.5: Define bodily autonomy and personal boundaries.
- 2.3.2.PS.6: Demonstrate how to communicate personal boundaries and show respect for someone else's personal boundaries including friends and family.
- 2.1.2.PGD.3: Explain what being "well" means and identify self-care practices that support wellness.
- 2.1.2.PGD.4: Use correct terminology to identify body parts and explain how body parts work together to support wellness.
- 2.1.2.PGD.5: List medically accurate names for body parts, including the genitals.

Ocean City Primary School



February

- **Random Acts of Kindness Month**

- **Woven into lessons each week for 4 weeks**

Standards:

- 2.1.2.EH.1: Explain the meaning of character and how it is reflected in the thoughts, feelings and actions of oneself and others.
- 2.1.2.CHSS.5: Identify situations that might result in individuals feeling sad, angry, frustrated, or scared.
- 2.1.2.SSH.8: Demonstrate healthy ways to respond to disagreements or conflicts with others (e.g., leave, talk to trusted adults, tell a sibling or peer).
- 2.1.2.CHSS.6: Identify individuals who can assist with expressing one's feelings (e.g., family members, teachers, counselors, medical professionals).

- **Review the importance of heart health**

- **One week**

Standards:

- 2.2.2.PF.1: Explain the benefits of regular physical activity and what it means to be physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).
- 2.3.2.HCDM.2: Demonstrate personal hygiene and the use of necessary and appropriate health-enhancing behaviors that can keep a person healthy (e.g., precautions to avoid illnesses, handle food hygienically, brush teeth, regular physical activity, adequate sleep, appropriate dress for various weather conditions).
- 2.1.2.PGD.4: Use correct terminology to identify body parts and explain how body parts work together to support wellness (cardiovascular/respiratory systems).
- 2.3.2.ATD.3: Explain effects of tobacco use on personal hygiene, health, and safety

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February

- **Random Acts of Kindness Month**

- **Woven into lessons each week for 4 weeks**

Standards:

- 2.1.2.EH.1: Explain the meaning of character and how it is reflected in the thoughts, feelings and actions of oneself and others.
- 2.1.2.CHSS.5: Identify situations that might result in individuals feeling sad, angry, frustrated, or scared.
- 2.1.2.SSH.8: Demonstrate healthy ways to respond to disagreements or conflicts with others (e.g., leave, talk to trusted adults, tell a sibling or peer).
- 2.1.2.CHSS.6: Identify individuals who can assist with expressing one's feelings (e.g., family members, teachers, counselors, medical professionals).

- **Review the importance of heart health**

- **One week**

Standards:

- 2.2.2.PF.1: Explain the benefits of regular physical activity and what it means to be physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).
- 2.3.2.HCDM.2: Demonstrate personal hygiene and the use of necessary and appropriate health-enhancing behaviors that can keep a person healthy (e.g., precautions to avoid illnesses, handle food hygienically, brush teeth, regular physical activity, adequate sleep, appropriate dress for various weather conditions).
- 2.1.2.PGD.4: Use correct terminology to identify body parts and explain how body parts work together to support wellness (cardiovascular/respiratory systems).
- 2.3.2.ATD.3: Explain effects of tobacco use on personal hygiene, health, and safety

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February

- **Children's Dental Health Month**
 - **2 weeks**

Standards:

- 2.3.2.HCDM.2: Demonstrate personal hygiene and the use of necessary and appropriate health-enhancing behaviors that can keep a person healthy (e.g., precautions to avoid illnesses, handle food hygienically, brush teeth, regular physical activity, adequate sleep, appropriate dress for various weather conditions).
- 2.3.2.PS1: Demonstrate personal habits and behaviors that contribute to keeping oneself and others healthy and the environment clean and safe.
- 2.1.2.PGD.3: Explain what being “well” means and identify self-care practices that support wellness.

- **African American History Month ~ a look at influential African Americans from the science, health and medical fields, as well as athletes.**
 - **Woven into lessons each week for 4 weeks**

Standards:

- 2.1.2.SSH.1: Discuss how individuals make their own choices about how to express themselves.
- 2.1.2.SSH.3: Describe different kinds of families locally, nationally and globally and note similarities in the ways in which they keep their children safe.



Ocean City Primary School

March

- **National Nutrition Month ~ a full look into nutrition**
 - **Woven into lessons each week for 4 weeks**

Standards:

- 2.2.2.N.1: Explore different types of foods and food groups.
- 2.2.2.N.2: Explain why some foods are healthier to eat than others.
- 2.2.2.N.3: Differentiate between healthy and unhealthy eating habits.
- 2.3.2.HCDM.1: Explain the consequences on a person's health if he or she does not have adequate food and a clean environment.
- 2.3.2.HCDM.2: Demonstrate personal hygiene and the use of necessary and appropriate health-enhancing behaviors that can keep a person healthy (e.g., precautions to avoid illnesses, handle food hygienically, brush teeth, regular physical activity, adequate sleep, appropriate dress for various weather conditions).

- **Social Emotional Learning Month (SEL)**
 - **Woven into lessons each week for 4 weeks**

Standards:

- 2.1.2.EH.1: Explain the meaning of character and how it is reflected in the thoughts, feelings and actions of oneself and others.
- 2.1.2.EH.2: Identify what it means to be responsible and list personal responsibilities.
- 2.1.2.EH.3: Demonstrate self-control in a variety of settings (e.g., classrooms, playgrounds, special programs).
- 2.1.2.SSH.5: Identify basic social needs of all people.
- 2.1.2.SSH.6: Determine the factors that contribute to healthy relationships.
- 2.1.2.CHSS.5: Identify situations that might result in individuals feeling sad, angry, frustrated, or scared.
- 2.3.2.PS1: Demonstrate personal habits and behaviors that contribute to keeping oneself and others healthy and the environment clean and safe.
- 2.3.2.PS.5: Define bodily autonomy and personal boundaries.
- 2.3.2.PS.6: Demonstrate how to communicate personal boundaries and show respect for someone else's personal boundaries including friends and family.



Ocean City Primary School

March

- **Women's History Month ~ a look at influential women from the science, health and medical fields, as well as athletes.**
 - **Woven into lessons each week for 4 weeks**

Standards:

- 2.1.2.SSH.1: Discuss how individuals make their own choices about how to express themselves.
- 2.1.2.SSH.2: Discuss the range of ways people express their gender and how gender-role stereotypes may limit behavior.

- **World Down Syndrome Day**
 - **One week**

Standards:

- 2.1.2.SSH.3: Describe different kinds of families locally, nationally and globally and note similarities in the ways in which they keep their children safe.
- 2.1.2.SSH.5: Identify basic social needs of all people.
- 2.1.2.SSH.6: Determine the factors that contribute to healthy relationships.
- 2.1.2.SSH.7: Explain healthy ways for friends to express feelings for and to one another.



Ocean City Primary School

April

- **World Autism Day and Better Understanding Differences**
 - **One Week**

Standards:

- 2.1.2.SSH.3: Describe different kinds of families locally, nationally and globally and note similarities in the ways in which they keep their children safe.
- 2.1.2.SSH.5: Identify basic social needs of all people.
- 2.1.2.SSH.6: Determine the factors that contribute to healthy relationships.
- 2.1.2.SSH.7: Explain healthy ways for friends to express feelings for and to one another.

- **World Health Day and Better Understanding and Appreciating Being Healthy**
 - **One Week**
- **Earth Day and the Importance of our Planet**
 - **One week**
 - ***2nd Graders will learn about animals and their babies (Week of April 17, 2023)**
 - **2.1.2.PP.1 Define Reproduction**
 - **2.1.2.PP.2 Explain the ways in which parents may care for their offspring (e.g., animals, people, fish).**

Standards:

- 2.3.2.HCDM.1: Explain the consequences on a person's health if he or she does not have adequate food and a clean environment.
- 2.3.2.PS1: Demonstrate personal habits and behaviors that contribute to keeping oneself and others healthy and the environment clean and safe.
- 2.1.2.CHSS.4: Describe how climate change affects the health of individuals, plants and animals.



Ocean City Primary School

April

- **Week of the Young Child ~ A fun-filled week celebrating early learning, young students, their teachers, families, and communities.**
- **[15 Activities to Make Week of the Young Child Memorable – FunShine Blog](#) (Examples of Activities that will be celebrated during this week.)**
 - **One week**

Standards:

- 2.1.2.EH.1: Explain the meaning of character and how it is reflected in the thoughts, feelings and actions of oneself and others.
- 2.1.2.EH.2: Identify what it means to be responsible and list personal responsibilities.
- 2.1.2.EH.3: Demonstrate self-control in a variety of settings (e.g., classrooms, playgrounds, special programs).
- 2.1.2.SSH.5: Identify basic social needs of all people.
- 2.1.2.SSH.6: Determine the factors that contribute to healthy relationships.
- 2.1.2.CHSS.5: Identify situations that might result in individuals feeling sad, angry, frustrated, or scared.
- 2.3.2.PS1: Demonstrate personal habits and behaviors that contribute to keeping oneself and others healthy and the environment clean and safe.
- 2.3.2.PS.5: Define bodily autonomy and personal boundaries.
- 2.3.2.PS.6: Demonstrate how to communicate personal boundaries and show respect for someone else's personal boundaries including friends and family.



Ocean City Primary School

May

- **Mental Health Month ~ this month will again address the importance of childhood mental health by teaching positive emotions, building self-esteem, focusing on problem-solving skills, coping skills, teaching empathy, and talking about stress and anxiety**
 - **Woven into lessons each week for 4 weeks**
 - **2nd Graders will focus on the objective of inclusivity and belonging, promoting respect and dignity for all.**
 - **2.1.2.SSH.1 Discuss how individuals make their own choices about how to express themselves.**
 - **2.1.2.SSH.2 Discuss the range of ways people express their gender and how gender-role stereotypes may limit behavior.**

Standards:

- 2.1.2.EH.1: Explain the meaning of character and how it is reflected in the thoughts, feelings and actions of oneself and others.
- 2.1.2.EH.2: Identify what it means to be responsible and list personal responsibilities.
- 2.1.2.EH.3: Demonstrate self-control in a variety of settings (e.g., classrooms, playgrounds, special programs).
- 2.1.2.SSH.5: Identify basic social needs of all people.
- 2.1.2.SSH.6: Determine the factors that contribute to healthy relationships.
- 2.1.2.CHSS.5: Identify situations that might result in individuals feeling sad, angry, frustrated, or scared.
- 2.3.2.PS1: Demonstrate personal habits and behaviors that contribute to keeping oneself and others healthy and the environment clean and safe.
- 2.3.2.PS.5: Define bodily autonomy and personal boundaries.
- 2.3.2.PS.6: Demonstrate how to communicate personal boundaries and show respect for someone else's personal boundaries including friends and family.
- 2.1.2.CHSS.1: Identify community professionals and school personnel who address health emergencies and provide reliable health information to us. • 2.1.2.CHSS.2: Determine where to access home, school and community health professionals.



Ocean City Primary School

May

- **National Bike and Bike Safety Month: 2 weeks**

Standards:

- 2.2.2.PF.1: Explain the benefits of regular physical activity and what it means to be physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).
- 2.2.2.PF.2: Explore how to move different body parts in a controlled manner.
- 2.2.2.LF.1: Express one's feelings and emotions when involved in movement and physical activities to increase positive behaviors.
- 2.2.2.LF.4: Identify physical activities available outside of school that are in the community.
- 2.3.2.PS.2: Discuss healthy and safe choices both indoors and outdoors (e.g., using equipment, wearing bike helmets, vehicle, water, weather safety). • 2.3.2. PS.3: Recognize and demonstrate safety strategies to prevent injuries at home, school, in the community (e.g., traffic safety, bicycle/scooter safety, fire safety, poison safety, accident prevention). • 2.3.2. PS.4: Develop an awareness of warning symbols and their meaning (e.g., red light, stop sign, poison symbol).

- **National Physical Fitness and Sports Month**

- **2 weeks**

Standards:

- 2.2.2.PF.1: Explain the benefits of regular physical activity and what it means to be physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).
- 2.2.2.PF.2: Explore how to move different body parts in a controlled manner.
- 2.2.2.LF.1: Express one's feelings and emotions when involved in movement and physical activities to increase positive behaviors.
- 2.2.2.PF.3: Engage in moderate to vigorous age-appropriate physical movement and physical activities that promote movement (e.g., games, challenges, team building).
- 2.2.2.PF.4: Demonstrate strategies and skills that enable team and group members to achieve goals.
- 2.2.2.LF.4: Identify physical activities available outside of school that are in the community.



Ocean City Primary School

June

- **National Safety Month ~ June is National Safety Month and a perfect time of year to raise awareness of how we can make safety a priority not only at school but at home too. During the summer months, children begin to spend more time outdoors. Playing outside is a great way to have fun and exercise, but it comes with some risks. Students will learn safety skills during this unit.**
 - **Woven into lessons each week for 3 weeks**

Standards:

- 2.3.2.PS2: Discuss healthy and safe choices both indoors and outdoors (e.g., using equipment, wearing bike helmets, vehicle, water, weather safety).
- 2.3.2. PS.3: Recognize and demonstrate safety strategies to prevent injuries at home, school, in the community (e.g., traffic safety, bicycle/scooter safety, fire safety, poison safety, accident prevention).
- 2.3.2. PS.4: Develop an awareness of warning symbols and their meaning (e.g., red light, stop sign, poison symbol).

- **International Running Day ~ Students will experience the joys and health benefits of running.**
 - **One week**

Standards:

- 2.2.2.PF.1: Explain the benefits of regular physical activity and what it means to be physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).
- 2.2.2.PF.2: Explore how to move different body parts in a controlled manner.
- 2.2.2.PF.3: Engage in moderate to vigorous age-appropriate physical movement and physical activities that promote movement (e.g., games, challenges, team building).
- 2.2.2.LF.1: Express one's feelings and emotions when involved in movement and physical activities to increase positive behaviors.

Ocean City Intermediate School



[Access the Intermediate School Curriculum **HERE**.](#)

Ocean City High School



[Access the High School Curriculum HERE: 9th](#)

[Access the High School Curriculum HERE: 11th](#)

[Access the High School Curriculum HERE: 12th](#)