

# Goals of Health Education

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*A state-of-the-art health education program should emphasize:*

- 1. Teaching functional health information (essential concepts)**
- 2. Shaping personal values that support healthy behaviors**
- 3. Shaping group norms that value a healthy lifestyle**
- 4. Developing the essential health skills necessary to adopt, practice, and maintain health-enhancing behaviors**

**\*Centers for Disease Control (CDC)**

# Health Education Program embodies goals of Andover's Strategic Plan

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## ○ Strategy 1.4:

*“Ensure that each school has a strong and healthy school culture that promotes a sense of participation, wellness, safety, and security for all students so students develop the social, emotional, and wellness competencies that will enable them to be self-aware, have interpersonal skills to self-manage, and to make responsible decisions.”*



# **ELEMENTARY LEVEL** **PROGRAM DELIVERY**

- **Grades 1 and 2: Lessons will be incorporated into physical education classes and taught in the gym**
- **Grades 3- 5: Lessons will be taught in a classroom setting and the gymnasium**
- **Each grade will receive approximately 12 health classes per year (reduced from 36 per grade)**

# Grade 1

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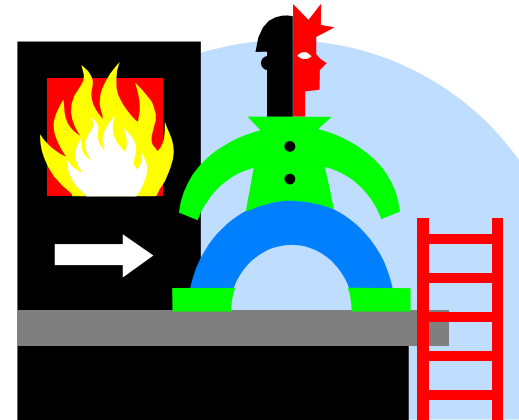
1. **Healthy Lifestyles**
2. **Basic Anatomy**
3. **Safety & Injury Prevention**
4. **Nutrition**
5. **Disease Prevention**



# Grade 2

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1. **Healthy Lifestyles**
2. **Basic Brain Anatomy**
3. **Safety & Injury Prevention**
4. **Nutrition**



# Grade 3

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1. **Healthy Lifestyles**
2. **Muscular and Skeletal Systems**
3. **Nutrition**
4. **Disease Prevention & Control**
5. **The Human Eye**



# Grade 4

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1. **Healthy Lifestyles**
2. **Digestive System**
3. **Dental Health**
4. **Nutrition**



# Grade 5

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- 1. Healthy Lifestyles**
- 2. Central Nervous System**
- 3. Circulatory System**
- 4. Nutrition**
- 5. Human Growth & Development**

