Goals of Health Education

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

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

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

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

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

1. Healthy Lifestyles
2. Digestive System
3. Dental Health
4. Nutrition
Grade 5

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