

Teacher:

Class: HEALTH

Grades: K – 4

Unit: MENTAL AND EMOTIONAL HEALTH

Objectives	Perform. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
Explain the difference between health behaviors and risk behaviors	A1	Teacher Observation	Brainstorming & Large Group Discussion	
Demonstrate the ability to make responsible decisions and use the proper refusal skills	A3, B3 B4, C1 C3	Teacher Observation & Grading of Workbook Pages	Teacher Led Discussion, Review of Handout, & Workbook Pages	Lang. Arts
Identify responsible health behaviors	B1, C5	Assessment Sheets & Teacher Observation	Large Group Discussion & Teacher Led Discussion	Art (Drawing)
Identify stress management and suicide prevention skills	F2	Teacher Observation & Test	Brainstorming, Collection of ideas, Teacher led discussion	

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Unit: FAMILY LIVING

Objectives	Perform. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
Describe characteristics needed to be a responsible friend and family member	F1	Teacher Observation & Grading of Workbook Pages	Teacher Led Discussion, Individual Brainstorming, & Workbook Pages	Lang. Arts
Demonstrate ways to communicate care, consideration, and respect of self and others	F2, F3 F4, G4	Teacher Observation, Grading of Workbook Pages, and Assessment Sheet	Reading Assignment, Workbook Pages, & Teacher Led Discussion	
Generate ways to avoid and get assistance in threatening situations	B6, F6	Teacher Observation & Grading of Workbook Pages	Group Brainstorming, Teacher Led Discussion, and Workbook Pages	
Identify causes of conflict within family, school, and community environments	F1, F4 F5, F6	Teacher Observation, Grading of Workbook Pages, and Assessment Sheet	Reading Assignments, Small Group Discussion, Workbook Pages, and Teacher Led Discussion	

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Unit: GROWTH AND DEVELOPMENT

Objectives	Perform. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
Develop awareness of personal health needs	B2	Teacher Observation & Grading of Workbook Pages	Group Brainstorming, Teacher Led Discussion, & Workbook Pages	
Demonstrate strategies to improve or maintain personal health	A2, B4	Teacher Observation & Assessment Sheets	Teacher Led Discussion & Large Group Discussion	Overhead Proj.
Describe and analyze all human body systems	A5	Teacher Observation, Grading of Workbook Pages, & Assessment Sheets	Teacher Led Discussion, Reading Assignments, Review of Handout & Workbook Pages	Lang. Arts
Demonstrate needs, wants, and feelings appropriately	B2, F2	Teacher Observation	Teacher Led Discussion & Review of Handout	
Identify and accept physical uniqueness	B2	Teacher Observation & Assessment Sheet	Small Group Discussion, Reading Assignment, & Teacher Led Discussion	Lang. Arts

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Unit: NUTRITION

Objectives	Perform. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
Recognize the six types of nutrients	D1	Teacher Observation & Grading of Workbook Pages	Teacher Led Discussion & Workbook Pages	Science
Analyze food selections that reduce the risk of illness and disease	A3, A4 B3, C1	Teacher Observation & Assessment Sheets	Individual Brainstorming & Large Group Discussion	
Identify the dietary guidelines	A3	Teacher Observation & Assessment Sheets	Teacher Led Discussion, Review of Handout, & Reading Assignments	Lang. Arts
Recognize how culture influences personal food choices and eating habits	E1	Teacher Observation	Teacher Led Discussion	

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Unit: PERSONAL HEALTH

Objectives	Perform. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
Demonstrate a desirable level of physical fitness and personal health	B4	Teacher Observation, Grading of Workbook Pages, and Assessment Sheets	Teacher Led Discussion, Large Group Discussion, Workbook Pages, & Review of Handout	Science
Recognize injuries and illnesses that can be prevented and treated	A4, B5	Teacher Observation & Assessment Sheets	Group Brainstorming, Teacher Led Discussion, and Reading Assignments	
Identify personal health goals and make progress toward achieving those goals	B2, C2 C4	Teacher Observation	Individual Brainstorming & Teacher Led Discussion	

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Unit: ALCOHOL, TOBACCO, AND OTHER DRUGS

Objectives	Perform. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
Recognize how to use over-the-counter and prescription drugs in a responsible way	D1	Teacher Observation & Assessment Sheets	Teacher Led Discussion & Review of Handout	Science
Demonstrate how to cooperate with health and safety officials	F3	Teacher Observation	Teacher Led Discussion	
Identify behaviors that are safe, risky, or harmful to self and others	A3, B1	Teacher Observation & Grading of Workbook Pages	Group Brainstorming & Workbook Pages	
Demonstrate proper use of refusal skills	F2	Teacher Observation & Assessment Sheets	Teacher Led Discussion & Review of Handout	
Identify factors that determine the reliability of health information, products, and services	D1, E4	Teacher Observation & Grading of Project	Student Project, Teacher Led Discussion, & Review of Handout	Lang. Arts

	<p>Identify a variety of resources from the home, school, and community that provide reliable health information</p>	A2	Teacher Observation & Grading of Workbook Pages	Individual Brainstorming, Workbook Pages, & Review of Handout	Lang. Arts
	<p>Recommend the importance of avoiding the misuse or abuse of controlled substances</p>	B6, C5	Teacher Observation & Grading of Workbook Pages	Teacher Led Discussion, Small Group Discussion, & Workbook Pages	

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Unit: COMMUNICABLE AND CHRONIC DISEASES

Objectives	Perform. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
Identify behaviors that reduce the risk of infection related to communicable diseases	A1, A2, A3, B1	Teacher observation Assessment sheets Grading of W.B.	Teacher led discussion Workbook Pages	
Recognize that many injuries and illnesses can be prevented and treated	B5, B6	Teacher observation	Teacher led discussion	
Analyze the most common health problems with children	A3, B1	Teacher observation Grading of W.B.	Teacher led discussion Reading assignments	Lang. Arts
Differentiate between communicable and non-communicable diseases	A4	Teacher observation	Teacher led discussion Small group discussion	
Analyze family history of disease	A2, A4	Teacher observation Grading of project	Teacher led discussion Ind. brainstorming	Overhead Proj. & Art

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Unit: INJURY PREVENTION AND SAFETY

Objectives	Perform. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
Demonstrate techniques to avoid threatening situations	B1, B3 B6	Teacher observation Assessment sheets	Teacher led discussion Small group discussion	
Explain how to get assistance in threatening situations	B6, C1	Teacher observation Grading of W.B.	Teacher led discussion Reading assignments Workbook pages	Lang. Arts
Recognize techniques involved in self-protection	A4, B3, B6	Teacher observation	Teacher led discussion Reading assignments	Lang. Arts
Distinguish between threatening and non-threatening circumstances	B6	Teacher observation	Teacher led discussion Workbook pages	
Demonstrate the ability to follow safety rules at home	A4, B3, C5	Teacher observation Assessment sheets	Teacher led discussion	

	Demonstrate the ability to follow safety guidelines for different weather conditions and natural disasters	D2, G3	Teacher observation Grading of workbook Grading of project	Teacher led discussion Workbook pages	Science
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Unit: CONSUMER AND COMMUNITY HEALTH

Objectives	Perform. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
Demonstrate the ability to locate school and community health helpers.	D2, D4 G3	Teacher observation	Teacher led discussion Group brainstorming Reading assignments	Internet Research
Identify agencies that advocate community health.	G1, G2 G3	Teacher observation Grading of W.B.	Teacher led discussion Workbook pages	Internet Research
Describe ways that technology can influence health.	E3, E4	Teacher observation	Teacher led discussion Group discussion	
Identify factors that determine the reliability of health sources.	D1, G1 G2	Teacher observation Grading of W.B.	Teacher led discussion Reading assignments Workbook pages	Lang. Arts
Describe media influences on health behaviors.	D2, D3 E2, E4	Teacher observation Assessment sheets	Teacher led discussion Reading assignments	

	Explain the impact of advertising on the selection of health products and services.	D1, D3 G1, G4	Teacher observation Grading of projects	Teacher led discussion Small group discussion	Lang. Arts
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Unit: ENVIRONMENTAL HEALTH

Objectives	Perform. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
Identify the impact of the environment on personal health.	A2, B6	Teacher observation Grading of workbook	Teacher led discussion Reading assignment Workbook pages	Science
Identify methods of health promotion.	A1, A2 A3	Teacher observation	Teacher led discussion	
Identify agencies that advocate for a healthy community.	D2, D4 G3	Teacher observation Grading of W.B. Grading of project	Teacher led discussion Workbook pages Student project	Internet Research
Express ideas and opinions on health issues.	G1, G2	Teacher observation	Teacher led discussion Large group discussion	
Demonstrate the ability to influence and support others in making positive health choices.	F3, G4	Teacher observation Assessment sheets	Teacher led discussion Ind. brainstorming	

