

Standards

1. Identify, demonstrate, and comprehend concepts related to Health Promotion and Disease prevention to enhance health
2. Practice behavior that promote health and reduce health risks
3. Analyze the influence of culture, media, technology, and other actors on health.
4. Utilize social and communication skills to enhance health.
5. Use goal-setting and decision making skills to enhance health.
6. Advocate for personal, family and community health and wellness
7. Demonstrate the ability to access valid information and products and services to enhance health.

Classroom projects

- ✚ Students write and perform plays to demonstrate the importance of proper hygiene and care of our bodies for younger students.
- ✚ Students use online and text resources to research a famous athlete and explain how his/her contributions have added to the quality of life on Earth.
- ✚ Students formulate a fitness plan to maintain good health
- ✚ Students interview parents as part of a case study or essay about the benefits and challenges of technology.
- ✚ Students formulate a goal setting plan within the Physical fitness field
- ✚ Students listen to speeches on the internet with themes centered on environmental issues and use those speeches as models in their own presentation on similar issues.
- ✚ Students read a variety of nonfiction pieces about environmental issues and natural resources to develop an understanding of themselves as guardians of creation.
- ✚ Students read a variety of nonfiction pieces about drugs and alcohol to develop and an understanding of how such sources affect the health of an individual.

Objectives

Body system and their interrelationships

The students will:

1. Review body systems: cardiovascular, respiratory, digestive, neuromuscular, skeletal, muscular

Risk factors and characteristics of various disease.

1. List significant health risks during adolescence
2. Describe common eating disorders

Know effective communication skills applied to health topics

The students will:

1. Compare and contrast positive versus negative peer pressure as related to health and safety (use charts, graphs, essays, etc.)
2. Demonstrate effective communication skills (verbal and nonverbal) to enhance health and safety
3. Demonstrate the ability to make individual and group decisions by evaluating alternatives, predicting consequences of decisions, choosing a plan, informing proper authorities when necessary,

To know the effects of drugs and alcohol on choices and behavior. (7th and 8th grade)

The students will:

1. Recognize risky or harmful behaviors
2. Understand the effects of substances
3. Identify factors that affect school/life success

To know own role in family health issues.

The students will:

1. Describe ways to help own family stay healthy
2. Demonstrate basic knowledge of nutrition, first aid skills, baby-sitting safety and skills
3. Describe the need for and use of protective gear (e.g., bicycle helmet, seat belts, etc.)
4. Recognize good character and understand ways of build good character
- 5.

To work cooperatively with others to support and promote a healthy and Christian spirit in school, family, and community.

The student will:

1. Demonstrate personal responsibility for exhibiting healthy practices within the school and community setting:
 - a. Virtues (truthfulness, trustworthiness, friendliness, etc.)
 - b. Manners
 - c. Encouragement of others
 - d. Appropriate cooperation and sharing of workload
 - e. Volunteering/service
2. Define, recognize and apply the benefits of community and personal service.

To identify and define factors that affect health.

The students will:

1. Review interrelationships among the body systems
2. Describe mind/body relationship in health and disease
3. Identify mental health issues such as depression, suicide, eating disorders
4. Identify risk factors for one specific contagious and one non-contagious disease: pathogenic, genetic, age-related, cultural, environmental, behavioral

To know changes that occur as a person grows older.

The students will:

1. Identify the characteristics and stages of human growth and development
2. Identify changes that occur during adolescence and healthy ways to express and manage emotions