Course Title: PRIMARY SCHOOL HEALTH

Course No. N/A **Grade level**: K-3

Text and Resources:
Teacher-generated activities and resources

Course Content: Key Content Standards and Course Objectives

1. **Students will demonstrate ways in which they can enhance and maintain their health and well-being.**
   - Good personal hygiene
   - Healthy food choices
   - Activities that promote fitness
   - Develop and use effective communication skills.
2. **Students will understand and demonstrate behaviors that prevent disease and speed recovery from illness.**
   - Practice positive health behaviors
   - Take medicines properly
   - Recognize symptoms of common illnesses.
3. **Students will practice behaviors that reduce the risks of becoming involved in potentially dangerous situations.**
   - Safe behavior in and around motorized vehicles.
   - Safe behavior in or near water.
   - Conflict resolution
   - Behaviors that prevent poisonings.
   - Safe behavior in recreational activities
   - Distinguish between helpful and harmful substances.
4. **Students understand and demonstrate how to play a positive, active role in promoting the health of his/her family, school and community.**
   - Effective communication skills
   - Acceptable actions toward others
   - Follow school rules related to health
5. **Students understand the variety of physical, mental, emotional and social changes throughout life.**
   - Describe the cycle of growth and development in humans and other animal species.
   - Understand individual differences.
6. **Students identify information, products, and services that may be helpful/harmful to their health.**
   - Identify health care workers
   - Identify and analyze a variety of things that influence consumers.

Course Description

Course Duration: *One Year

Credit Value: N/A

This course will focus on the prevention of unhealthy behaviors and the promotion of attitudes and behaviors that can lead to lifelong health practices. It will address the four unifying ideas from the California State Frameworks on Health Education:

- Acceptance of personal responsibility for lifelong health.
- Respect for and promotion of the health of others.
- An understanding of the process of growth and development.
- Informed use of health-related information, products and services.

*Open entry/open exit

Methods of Study

1. Students will complete all activities assigned.
2. Students will participate in discussion with other class members and/or teacher.

Evaluation of Performance Standards

1. Students will complete all assignments with a minimum of 70% accuracy.
2. The supervising teacher will be satisfied with the quality of the student's work.