Course Title: INTERMEDIATE SCHOOL HEALTH

Course No. N/A **Grade level**: 4-6

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
- Protective equipment/behaviors and safety rules
- Effective communication skills.
- Participate in a variety of physical activities

2. Students will understand and demonstrate behaviors that prevent disease and speed recovery from illness.
- Practice positive health behaviors
- Correctly interpret medicine instructions
- Recognize symptoms of common illnesses.

3. Students will practice behaviors that reduce the risks of becoming involved in potentially dangerous situations.
- Develop/use skills to avoid/resolve conflicts.
- Danger of weapons/rules prohibiting weapons at school.
- Avoid, recognize, and respond to negative social influences and peer pressure.
- Identify ways to seek assistance with abuse
- Distinguish between helpful and harmful substances.
- Respond appropriately during emergencies.

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
- Positive ways to show/express feelings
- Follow school rules
- Assume responsibility for taking care of the school.
- Help support positive family interactions.
- How to deal with negative peer pressure.

5. Students understand the variety of physical, mental, emotional and social changes throughout life.
- Recognize the changes that occur during preadolescence.
- Use correct terminology for body parts.
- Understand individual differences.

6. Students identify information, products, and services that may be helpful/harmful to their health.
- Use critical thinking skills to analyze marketing and advertising techniques.
- Recognize helpful products and services.
- Identify health-care workers.
- Use valid nutrition information to make healthy food choices.

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.
3. The student must receive a minimum score of 70% on a teacher assigned final evaluation.