

School District of Upper Moreland Township  
2900 Terwood Road  
Willow Grove, Pa 19090

## ***Planned Course for Health Education***

**Course:** Kindergarten, Grade 1, and Grade 2 Health Education

### **National Standards:**

- NS1. Students will comprehend concepts related to health promotion and disease prevention.
- NS2. Students will analyze the influence of family, peers culture, media, technology and other factors on health behavior.
- NS3. Students will demonstrate the ability to access valid information and products and services to enhance health.
- NS4. Students will demonstrate the ability to use interpersonal communications skills to enhance health and avoid or reduce health risks.
- NS5. Students will demonstrate the ability to use decision-making skills to enhance health.
- NS6. Students will demonstrate the ability to use goal-setting skills to enhance health.
- NS7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- NS8. Students will demonstrate the ability to advocate for personal, family and community health.

### **Pennsylvania Standards:**

- 10.1 Concepts of Health
- 10.2 Healthful Living
- 10.3 Safety and Injury Prevention

### **Course Description:**

The K-10 Health Education program is designed to help students build the knowledge and skills that will enable them to achieve and maintain a physically active and healthy life. The Program is developmentally sequential across grade levels and reflects the increasing complexity and rigor that will favorably impact students' lives and the lives of those around them. By becoming and remaining physically, mentally, socially, and emotionally healthy, students will increase their chances of achieving to their highest academic potential. The follow big ideas guide learning:

- Health concepts are essential for wellness and a health-enhancing lifestyle.
- Community well-being is dependent upon a balance of personal and social responsibility.
- Safety impacts individual and community well-being.

Through the K-2 Health Education courses, students will develop an awareness of the knowledge and skills related to Concepts of Health, Healthful Living, and Safety and Injury Prevention. The health related core of the standards are the Concepts of Health, Healthful Living, and Safety and Injury Prevention. Concepts are related to enhancing health through: (1) health promotion and disease prevention; (2) influence of family, peers, culture, media, technology, and other factors on health behaviors; (3) the ability to access valid health-related information and services; (4) communication skills; (5) decision-making skills; (6) goal setting; (7) healthy behaviors and avoiding or reducing health risks; and (8) advocating personal, family, and community health. Topics include Safety, Personal Hygiene, Nutrition, and Social/Emotional Health.

**Specific and measurable objectives to be attained by students:**

Specific objectives for this course are aligned to the National Health Education Standards and Performance Indicators, as well as the Pennsylvania State Standards outlined in the scope and sequence and Units of Study documents for Health Education Grades K-2.

**Materials:**

<b>Text Resources:</b>			
Fiction and Nonfiction Books related to the following topics:			
<b>Safety</b>	<b>Personal Hygiene</b>	<b>Nutrition</b>	<b>Social &amp; Emotional Health</b>
Proper use of medicine	Hand washing	Healthy food choices	Conflict resolution
Playground safety	Dental Hygiene	Food allergies	Bullying prevention
Fire & electrical safety	Preventing spread of germs		Emotional Wellness
Bike safety	Environmental allergies		
Bus & vehicle safety	Asthma		
Pedestrian safety	Preventing spread of lice		
Weather safety	Keeping organized		
Water safety			
Social & personal safety			
Response to emergencies			
Animal Safety			
Macmillan/McGraw-Hill, Health and Wellness; 2008			
<b>Technology:</b> Supplemental web resource materials			
<b>Other Resources:</b>			
Teacher created materials			
CPR/First Aid demonstration resources			
Other supplemental resources			

**Instructional Strategies:**

A standards-based Health program requires that our students develop thinking processes that are self-directed, creative, critical, and reflective. Instructional activities include the following best practices:

- Instructional components outlined in the *Framework for Teaching* by Charlotte Danielson
- Promote active engagement
- Differentiated Instruction
- Cooperative Learning
- Discussions and Questioning
- Role Playing
- Hands-on Activities
- Super 3 research process

**Estimated instructional time to be devoted to achieving objectives:**

40 minutes in a 6 day cycle

**Forms of Assessment:**

A variety of assessments will be used to determine student progress developing healthful life skills, habits and behaviors. The Assessment Plan includes the following components:

- Formative Assessment
- Formal Formative Assessment
- Summative Assessment

**An explanation of how student grades will be determined:**

Students will not receive a health grade on the report card. A minimum of three performance tasks will be used to determine student progress on the attainment of health standards. These tasks will become part of the students' overall grade in physical education.