

Independent School District of Boise City

Health 1

District Course # 1005

Course Description

Health at the elementary level will explore concepts in five main areas: healthy lifestyles, risk taking behavior, communication skills, consumer health, and mental and emotional wellness. A team composed of the classroom teacher, the counselor, the nurse, and the PE specialist will teach the curriculum. State standards are imbedded throughout the course and guide its instructional objectives.

Adopted Materials

Website: HealthTeacher.com

Textbook Title: Health

Authors: Giarrantano-Russell & Lloyd-Kolkin

Publisher: McGraw Hill

Course Scope for Teachers

Unit No. 1 Safety

Unit No. 2 Healthy Lifestyles

Unit No. 3 Consumer Health

Course Scope for Counselors

Unit No. 1 Conflict Management

Unit No. 2 Safe Choices

Course Scope for Nurses

Unit No. 1 Health and Illness

Course Scope for PE

Unit No. 1 Exercise and Fitness

Health 1 (Teacher)	District Reference 1005
Unit No. 1 Safety	Time Frame 3 weeks/On-going

Instructional Objective 1005.01 Identify safety procedures. (Safety Theme Unit=STU)		Standard Reference 778.01, 781.01, 782.01	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Demonstrate how signs and signals help keep children/people safe on the road.	Be Safe My Community Crossing Guards	Ch 9
02	Identify potentially harmful household products.	Be Safe	Ch 9
03	Demonstrate knowledge of proper fire drill behavior and how to identify and avoid fire hazards.	Be Safe Fire Fighters	Ch 9 Local Fire Station
04	Ascertain ways to stay safe when alone.	My Community Stay Safe and Tell	Ch 9
05	Demonstrate knowledge of safe and not safe activities (i.e. chase ball into the street).	Be Safe Wear Your Seat Belt Riding in the Back Seat Staying Safe Near the Water Buddy System Preventing Dog Bites	
06	Ascertain how to get assistance when needed.	Help in an Emergency Stay Safe and Tell Emergencies: Getting Help Choking	Ch 9

Health 1 (Teacher)	District Reference 1005
Unit No. 2 Healthy Lifestyles 2	Time Frame 3 weeks/On-going

Instructional Objective 1005.02 Taking care of our bodies.		Standard Reference 778.01, 780.01, 782.01, 722.04	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Develop an understanding of how to take care of the body to prevent illness.	Brushing Teeth Flossing Teeth How Teeth Change Caring for Our Skin How Immunizations Help Wash Away Germs Good For Your Heart Let's Move My Happy Healthy Heart Five Fabulous Senses Where Does It Go? Mighty Muscles Bravo for Bones Love Your Lungs	Ch 1, 7
02	Demonstrate strategies for properly expressing feeling and getting along with others.	Respect for Self and Others Feelings Dealing with Feelings Expressing Uncomfortable Feelings Respect Resolving Conflict	Ch 3, 4
03	Differentiate and select between healthful/unhealthful foods.	Food Guide Pyramid Let's Feed Our Bodies Let's Go Shopping Let's Make a Snack Where Does It Go? Mighty Muscles Bravo for Bones	Trade Bks Ch 5, 8
04	Differentiate and select between healthful/unhealthful activities.	Resolving Conflict Caring for Our Skin Wash Away Germs Let's Get Physical Good For Your Heart Let's Move Safety Counts My Happy Healthy Heart	Ch 6

		Five Fabulous Senses Mighty Muscles Bravo for Bones Love Your Lungs	
--	--	------------------------------------------------------------------------------	--

Health 1 (Teachers)		District Reference 1005	
Unit No. 3 Consumer Health		Time Frame 2 weeks	

Instructional Objective 1005.03 Explore and develop good consumer skills.		Standard Reference 778.01, 780.01, 781.01	
------------------------------------------------------------------------------	--	-----------------------------------------------------	--

No.	Performance Objective	HealthTeacher Lessons	Text
01	Identify use of health products.	Safe Use of Medicine Pharmacists Flossing Teeth Caring for Our Skin	Trade Books
02	Identify helpful and potentially harmful household products with the use of labels.	Be Safe Pharmacists	Ch 9
03	Recognize the roles of health workers in schools and the community. (Integration: Science)	Safe Use of Medicine My Community Nurses Help in an Emergency Doctors Optometrist	Ch 10 Trade Books
04	Explore and describe the concepts of pollution and recycling.	Sanitation Workers	Ch 10

Health 1 (Counselor)		District Reference 1005	
Unit No. 1 Conflict Management		Time Frame 2-3 hours	

Instructional Objective 1005.01 Recognize and manage emotions.		Standard Reference 778, 779, 780, 782	
-------------------------------------------------------------------	--	-------------------------------------------------	--

No.	Performance Objective	HealthTeacher Lessons	Text
------------	------------------------------	------------------------------	-------------

01	Share positive ways to express feelings.	Respect for Self and Others Conflict Resolution Feelings Dealing with Feelings Expressing Uncomfortable Feelings	Counselor Curriculum
02	Demonstrate feelings.	Feelings Dealing with Feelings Expressing Uncomfortable Feelings	Counselor Curriculum
03	Explain a variety of emotions and understand that they can be managed successfully.	Family Changes Conflict Resolution Feelings Dealing with Feelings Expressing Uncomfortable Feelings Stay Safe and Healthy	Counselor Curriculum
04	Identify how each person is unique and worthwhile both physically and emotionally.	Family Roles and Diversity Conflict Resolution I Am Unique and So Are You Positive Self-Image Respect	Counselor Curriculum
05	Explain the necessity for rules for acceptable and unacceptable behavior.	Respect for Self and Others Conflict Resolution Dealing with Feelings Expressing Uncomfortable Feelings Respect Resolving Conflict Safety Counts	Counselor Curriculum

Health 1 (Counselors)(District Reference 1005
Unit No. 2 Safe Choices	Time Frame 2-3 hours

Instructional Objective 1005.02 Recognize and respond appropriately to health and safety risks.		Standard Reference 778, 779, 780, 781	
No.	Performance Objective	HealthTeacher	Text

		Lessons	
01	Recognize trusted adults who can provide assistance.	Police Officers Fire Fighters Nurses Doctors Pharmacists Optometrist Crossing Guards Positive Self-Image Flossing Teeth	Counselor Curriculum
02	Identify refusal and decision making skills.	Staying Safe Near the Water Buddy System Resolving Conflict Friends Is Tobacco a Friend? Stay Safe and Healthy	Counselor Curriculum
03	Determine how to make a responsible choice.	Wear Your Seat Belt Riding in the Back Seat Stay Safe and Tell Staying Safe Near the Water Buddy System Preventing Dog Bites Role Models Resolving Conflict Friends Let's Feed Our Bodies Is Tobacco a Friend? Stay Safe and Healthy	Counselor Curriculum
04	Discuss risky behaviors.	Choking Staying Safe Near the Water Buddy System Preventing Dog Bites Friends Safety Counts Is Tobacco a Friend? Stay Safe and Healthy Bravo for Bones Love Your Lungs	Counselor Curriculum
05	Distinguish between over the counter and prescription drugs and explain how the use of known and unknown substances can be hazardous.	Safe Use of Medicines Pharmacists	Counselor Curriculum

		Role Models	
Health 1 (Nurses)		District Reference 1005	
Unit No. 1 Health and Illness		Time Frame 30 minutes	
Instructional Objective 1005.01 Tell how germs are spread and describe how the body fights disease.		Standard Reference 778.01, 779.01	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Describe what germs are.		Ch 7, L 23 Nurses Curriculum
02	Name common symptoms of illness caused by germs.	Getting Ready to Eat	Ch 7, L 23 Nurses Curriculum
03	Name ways germs can get into the body, in an age-appropriate context	Getting Ready to Eat Covering Sneezes and Coughs Wash Away Germs	Ch 7, L 23 Nurses Curriculum
04	Describe behaviors that prevent illness by keeping germs from spreading and keeping the body healthy.	Getting Ready to Eat How Immunizations Help Covering Sneezes and Coughs Wash Away Germs	Ch 7, L 25 Nurses Curriculum
05	Describe how people help one another in times of illness.	Nurses	Ch 7, L 25 Nurses Curriculum