

Independent School District of Boise City

Health 4

District Course # 4005

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** Emotional and Intellectual Health
- Unit No. 2** Safety, Injury and Violence Prevention
- Unit No. 3** Nutrition
- Unit No. 4** Growth and Development
- Unit No. 5** Family and Social Health
- Unit No. 6** Environmental Health
- Unit No. 7** Personal Health
- Unit No. 8** 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
- Unit No. 2** Bloodborne Pathogens

Health 4 (Teachers)	District Reference 4005
Unit No. 1 Emotional and Intellectual Health	Time Frame 4 hours

Instructional Objective 4005.01 Identify communication skills that can be used to build interaction between families, friends, and community.		Standard Reference 807.01a, 807.01c	
No.	Performance Objective	HealthTeacher Lessons	Text
01	List ways that appreciation, consideration, and cooperation promotes healthy relationships.	Families Give and Receive	Ch 3
02	Describe the positive and negative ways family or friends can influence one another.	Refuse to Use Choosing Friends Drugs Don't Solve Problems All in the Family Dealing with Bullying Caring for Self and Others Families Give and Receive Stand Up for Your Health Who or What Influences You?	Ch 3
03	Compare and contrast healthful and unhealthful ways of handling emotions.	Choosing Friends Dealing with Bullying Problems in Families	Ch 3
04	Compare and contrast healthful and unhealthful ways of handling conflict with family or friends.	Choosing Friends Dealing with Bullying Family Communication Problems in Families Stand Up for Your Health	Ch 3

Instructional Objective 4005.02 Identify physical activities that promote fitness and the relief of mental and emotional tensions.		Standard Reference 809.01a, 809.01c	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Identify stress and ways that it affects your body.	Drugs Don't Solve Problems	Ch 3.4

		Problems in Families	
02	Explore ways to avoid or reduce stress.	Problems in Families Healthful Eating and Exercise The Benefits of Physical Activity Flexibility and Cardio-respiratory Fitness	Ch 3.4

Instructional Objective 4005.03 Identify ways to maintain a healthy outlook in the presence of disease or disabilities.		Standard Reference 809.01b	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Give examples in which people with disabilities can contribute to the community and maintain a productive lifestyle.		Ch 5 Pg 181
02	Explore recent technologies that help people with disabilities to lead active lifestyles.		

Health 4 (Teachers)	District Reference 4005
Unit No. 2 Safety, Injury and Violence Prevention	Time Frame On Going

Instructional Objective 4005.04 Recognize a safe environment and demonstrate readiness skills that deal with emergency situations.		Standard Reference 805.01c, 806.01a	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Brainstorm a list of home safety rules.	Planning for Fire Safety	Ch 9
02	Brainstorm fire safety rules.	Planning for Fire Safety	Ch 9
03	Create a map or diagram of your home. With an adult or parent decide where fire detectors and fire extinguishers should be placed.	Planning for Fire Safety	Ch 9
04	Draw two escape routes from your home.	Planning for Fire Safety	Ch 9

05	Share the map with your family and conduct a family fire drill.		Ch 9
06	Generate a list of outdoor safety rules: hot weather, cold weather, playground, rural.	Biking Safely Preventing Water Accidents Geared for Safety	Ch 9
07	Generate a list of bicycle safety rules.	Biking Safely Geared for Safety	Ch 9

Health 4 (Teachers)	District Reference 4005
Unit No. 3 Nutrition	Time Frame 10-20 hours

Instructional Objective 4005.05 Identify the nutritional benefits of different foods.		Standard Reference 805.01f	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Describe why the body needs food.	Calcium Muscle Power The 206 Piece Puzzle	Ch 5 Idaho Dairy Council
02	Identify the five basic food groups. Classify and sort into the food pyramid.	The Food Guide Pyramid Finding Fat Healthful Snacks	Ch 5 Idaho Dairy Council
03	Explain the role of nutrients (carbohydrates, fats, proteins, water, vitamins and minerals) and fiber in a healthy diet.	Clean Water The Digestive Process It's a Matter of Balance Finding Fat Can You Digest This? Muscle Power	Ch 5 Idaho Dairy Council
04	Recognize the importance of a balanced diet for overall health.	The Digestive Process It's a Matter of Balance Finding Fat Eat More Fruits and Vegetables The 206 Piece Puzzle	Ch 5 Idaho Dairy Council

05	Interpret nutritional information of food labels.	Finding Fat Healthful Snacks Calcium Food Labels	Ch 5 Idaho Dairy Council
06	Explain how the amount and kinds of food eaten affect health, including body weight and stress levels.	The Digestive Process It's a Matter of Balance Finding Fat Eat More Fruits and Vegetables Wake Up Sleepy Head Can You Digest This?	Ch 5 Idaho Dairy Council
07	Compare and contrast the results of having a nutritious diet versus a diet lacking nutrients, and the diseases that may result.	The Digestive Process Eat More Fruits and Vegetables	Ch 5 Idaho Dairy Council
08	Identify ways to prepare and handle food safely, and situations in which food may be unsafe to eat.	Preventing Infectious Illness	Ch 5 Idaho Dairy Council

Health 4 (Teachers)	District Reference 4005
Unit No. 4 Growth and Development	Time Frame 1-2 hours

Instructional Objective 4005.06 Recognize growth and development as a lifelong process.		Standard Reference 805.01g	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Discuss the life cycle and the changes people make as they progress through the stages of development.	Changing Families The Passage Into Puberty Problems in Families	Ch 2, L 1
02	Explain how heredity and environment can affect growth and development throughout one's life.	Changing Families	Ch 2, L 1

Health 4 (Teachers)	District Reference 4005
Unit No. 5 Family and Social Health	Time Frame 2-5 hours

Instructional Objective 4005.07 Describe the role of family and friends in affecting our health.		Standard Reference 805.01h	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Define “family.”	Changing Families Caring for Self and Others Families Give and Receive	Ch 4, L 1
02	Explain how family interactions, rules, and habits can affect the physical, emotional, intellectual and social health of family members.	Drugs Don’t Solve Problems All in the Family Changing Families Respecting Myself and Others Caring for Self and Others Families Give and Receive Family Communication Problems in Families	Ch 4, L 1
03	Distinguish between healthy and unhealthy friendships, and identify ways to make new friends.	Caring for Self and Others Stand Up for Your Health	Ch 4, L 1

Health 4 (Teachers)	District Reference 4005
Unit No. 6 Environmental Health	Time Frame 2-5 hours

Instructional Objective 4005.08 Determine factors that influence the health of our environment.		Standard Reference 805.01j, 818.01c	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Identify community guidelines and laws that are designed to protect and promote health.	No Noise Clean Water Reducing Pollution and Conserving Resources Clean Air is Healthy	Ch 10, L 2
02	Explain ways community members and facilities help keep a community clean and safe.	Clean Water	Ch 10, L 2

		Reduce, Reuse, Recycle Reducing Pollution and Conserving Resources	
03	Explain why Earth's natural resources need to be protected and ways this can be done.	Clean Water Reduce, Reuse, Recycle Reducing Pollution and Conserving Resources	Ch 10, L 3

Health 4 (Teachers)	District Reference 4005
Unit No. 7 Personal Health	Time Frame 2 hours

Instructional Objective 4005.09 Describe healthy living habits that can reduce the risk of illness.		Standard Reference 806.01a	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Identify the three domains of health: physical, emotional and social.		Ch 1
02	Recognize the difference between healthful and risky behaviors and each person's personal responsibility for his or her health.	Drugs in the News Refuse to Use Universal Precautions Healthful Eating and Exercise You Know What to Say Clean Air is Healthy	Ch 1
03	Set individual goals for practicing healthy behaviors.	Choosing Friends No Noise It's a Matter of Balance Sun Safe Dental Hygiene Preventing Infectious Illness Wake Up Sleepy Head Warm Up Cool Down	Ch 1
04	Identify good health behaviors including checkups, getting enough rest and sleep, healthy diet.	The Food Guide Pyramid It's a Matter of Balance Sun Safe Dental Hygiene Preventing Infectious Illness	Ch 1

		Wake Up Sleepy Head The Benefits of Physical Activity Flexibility and Cardio-respiratory Fitness Destination Respiration	
05	Explain how proper dental care can help you avoid some dental problems.	Dental Hygiene	Ch 1
06	Describe some warning signs of vision and hearing problems and explain the importance of proper eye and ear care.	No Noise	Ch 1
07	Explain ways to properly care for the skin, hair and nails.	Sun Safe	Ch 1

Health 4 (Teachers)	District Reference 4005
Unit No. 8 Consumer Health	Time Frame 2 hours

Instructional Objective 4005.10 Identify reliable sources of personal health information, products and services.		Standard Reference 805.01i, 808.01a	
No.	Performance Objective	HealthTeacher Lessons	Text
01	List community health care workers and facilities and describe the service provided by each.	Health Care in the Community Learning About HIV/AIDS Problems in Families Preventing Infectious Illness How We Breathe	Ch 10.1
02	Identify reliable sources of health care products such as local pharmacists, doctors, dentists, nurses, etc.	Learning About HIV/AIDS Preventing Infectious Illness Managing Diabetes, Asthma and Allergies Using Medications Appropriately How We Breathe What's In Tobacco Smoke? Learning More About Tobacco	Ch 10. Local Phone Book

Instructional Objective 4005.11 Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.		Standard Reference 808.01b	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Identify hidden messages in advertising techniques designed to convince people to buy products.	Listening in Families Advertising and Food Choices Tell the Tobacco Ads What You Think Who or What Influences You?	Ch 8.4
02	Explain how advertising of alcohol and tobacco persuades people to drink or smoke.	Choosing Friends Advertising and Food Choices Tell the Tobacco Ads What You Think Who or What Influences You?	Ch 8.5

Health 4 (Counselor)	District Reference 4005
Unit No. 1 Conflict Management	Time Frame 2-3 hours

Instructional Objective 4005.01 Extend awareness of emotional and interpersonal skills.		Standard Reference 805, 806, 807, 809	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Identify a range of emotions and demonstrate their connection to a person's mind and body.	Problems in Families	Counseling Curriculum
02	Recognize healthy ways to express emotions.	Problems in Families	Counseling Curriculum
03	Identify causes and effects of conflict in school and family.	Caring for Self and Others Family Communication Listening in Families	Counseling Curriculum

		Problems in Families	
04	Demonstrate interpersonal communication skills that build connection between family and friends.	Caring for Self and Others Families Give and Receive Family Communication Listening in Families Problems in Families	Counseling Curriculum
05	Recognize how a person's actions can affect the behavior of another person.	Refuse to Use Caring for Self and Others Families Give and Receive Family Communication Clean Air is Healthy Who or What Influences You?	Counseling Curriculum

Health 4 (Counselor)	District Reference 4005
Unit No. 2 Safe Choices	Time Frame 2-3 hours

Instructional Objective 4005.02 Recognize and respond responsibly to health and safety risks.		Standard Reference 805, 806, 807, 809	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Identify impact of risky behavior on personal and family health.	Drugs in the News Preventing Infectious Illness Wake Up Sleepy Head Learning More About Tobacco Tell the Tobacco Ads What You Think	Counseling Curriculum
02	List high-risk situations and behaviors that pose a risk to self and others.	Inhalants Preventing Infectious Illness Wake Up Sleepy Head Learning More About Tobacco Tell the Tobacco Ads What You Think	Counseling Curriculum

03	Demonstrate refusal and decision making skills as they relate to substance use and abuse.	Refuse to Use You Know What to Say Decisions About Tobacco and Health Stand Up for Your Health	Counseling Curriculum
04	Show ways to assume responsibility for the safety of self and others.	Surveying Over-the-Counter Medicines What's In Tobacco Smoke? You Know What to Say Decisions About Tobacco and Health Clean Air is Healthy	Counseling Curriculum
05	Identify ways to avoid negative social and peer pressures to use alcohol, tobacco, and other drugs.	Refuse to Use Choosing Friends Dealing with Bullying You Know What to Say Decisions About Tobacco and Health Clean Air is Healthy	Counseling Curriculum

Health 4 (Nurses)	District Reference 4005
Unit No. 1 Health and Illness	Time Frame 45 minutes

Instructional Objective 4005.01 Identify characteristics and causes of diseases and disorders.		Standard Reference 805.1	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Distinguish between communicable and non-communicable diseases.	Preventing Infectious Illness	Ch 7, L 1 Nursing Curriculum
02	Identify how communicable diseases are spread.	Preventing Infectious Illness	Ch 7, L 1 Nursing Curriculum
03	Explain ways that the body defends itself against diseases.	Using Medications Appropriately	Ch 7, L 1 Nursing Curriculum

04	Identify symptoms and treatment of some common diseases.	Preventing Infectious Illness Managing Diabetes, Asthma and Allergies	Ch 7, L 1 Nursing Curriculum
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Health 4 (Nurses)	District Reference 4005
Unit No. 2 Bloodborne Pathogens (ie: Hepatitis B, Hepatitis C, HIV)	Time Frame 45 minutes

Instructional Objective 4005.02 Identify characteristics of bloodborne pathogens and their impact on society.		Standard Reference 805.1	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Define bloodborne pathogens.	Universal Precautions	Ch 7, L 3 Nursing Curriculum
02	In an age appropriate manner, identify ways that bloodborne pathogens are spread and not spread.	Universal Precautions Preventing Infectious Illness	Ch 7, L 3 Nursing Curriculum
03	Explain how HIV/AIDS affects the immune system.		Ch 7, L 3 Nursing Curriculum
04	Discuss the current treatment for HIV and global implications.		Ch 7, L 3 Nursing Curriculum