

# Independent School District of Boise City

## Health 6

## District Course # 6005

### 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** Healthy Lifestyles

**Unit No. 2** Risk Taking Behavior

**Unit No. 3** Consumer Health

**Unit No. 4** Mental and Emotional 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

### Course Scope for PE

**Unit No. 1** Exercise and Fitness

<b>Health 6 (Teachers)</b>	<b>District Reference 6005</b>
Unit No. 1 Healthy Lifestyles	<b>Time Frame</b> On Going

Instructional Objective 6005.01 Apply Strategies for developing healthy eating habits.		<b>Standard Reference</b> 814.01, 823.01	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Identify elements of a healthy diet.	Dietary Guidelines Food Guide Pyramid	Ch 5
02	List guidelines for a healthy diet.	Dietary Guidelines Food Guide Pyramid	Ch 5
03	Understand that food processing can deplete nutrients plus increase the amount of additives and preservatives.	Nutrients and Food Labels	Ch 5
04	Compare caloric intake with caloric expenditure.	Physical Activity and Food: the Connection	Ch 5
05	Understand the detrimental effects of excessive fats, sodium and sugar.	The Ins and Outs of Digestion	Ch 5

Instructional Objective 6005.02 Identify the functions and characteristics of the major body systems.		<b>Standard Reference</b> 814.01, 823.01	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Describe specialization of cells.		Ch 2 Gr 5 Dis Wond Mod A Ch 3
02	Identify how organs work together to form specialized systems within the body system.	Changing Bodies The Central Nervous System The Ins and Outs of Digestion Respiratory System	Ch 2 5 <sup>th</sup> Gr Dis Wond Mod A, Ch 3

03	Describe the function of each human body system.	Changing Bodies Menstruation and Sperm Production The Circulatory System The Central Nervous System The Ins and Outs of Digestion Muscles and More Respiratory System	Ch 2 5 <sup>th</sup> Gr Dis Wond Mod A, Ch 3
04	Demonstrate knowledge of the functions of the body system.	Changing Bodies Menstruation and Sperm Production The Circulatory System The Central Nervous System The Ins and Outs of Digestion Muscles and More Respiratory System	Ch 2 5 <sup>th</sup> Gr Dis Wond Mod A, Ch 3
05	Relate human body system to other organisms.		Ch 2 5 <sup>th</sup> Gr Dis Wond Mod A, Ch 3
06	Discuss the interaction of body systems.	The Skeleton	Ch 2 5 <sup>th</sup> Gr Dis Wond Mod A, Ch 3

Instructional Objective 6005.03 Describe environmental health issues and their relationship to healthy lifestyle.		Standard Reference 814.01, 823.01	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Describe characteristics of a healthy environment.	Community and Environmental Health	Ch 10
02	Review the three R's of waste management (reduce, reuse, and recycle.)	Responsible for Recycling Community and Environmental Health	Ch 10
03	Determine factors that influence the health of our environment.	Responsible for Recycling Community and	Ch 10

		Environmental Health	
04	Research local state, and/or national health and environmental protection agencies.	Responsible for Recycling Community and Environmental Health	Ch 10

<b>Health 6 (Teachers)</b>	<b>District Reference 6005</b>
Unit No. 2 Risk Taking Behavior	<b>Time Frame</b> On Going

Instructional Objective 6005.04 Identify risk factors for illness and injuries.		<b>Standard Reference</b> 815.01, 824.01	
<b>No.</b>	<b>Performance Objective</b>	<b>HealthTeacher Lessons</b>	<b>Text</b>
01	Recognize the long range consequences of unhealthy lifestyles (ie: poor diet, too much sun exposure, lack of exercise).	Physical Activity and Food: the Connection Reducing Health Risks Stress Me Out! Benefits of Sleep The Real Truth About Tobacco	Ch 9
02	Identify safety gear necessary for injury prevention.	Safety on Motorized Vehicles Using Public Transportation Safely	Ch 9
03	Know the components of a healthy lifestyle including emotional, physical, social and intellectual wellness.	Looking to My Future Water Safety Preventing Child Abuse Feeling Positive About Yourself Mental Health: Essential to Overall Health Physical Activity and Food: the Connection Reducing Health Risks Benefits of Sleep	Ch 9

<b>Health 6 (Teachers)</b>	<b>District Reference 6005</b>
Unit No. 3 Consumer Health	<b>Time Frame</b> On Going

Instructional Objective 6005.05 Analyze how the media influence information about tobacco, alcohol and drugs.		<b>Standard Reference</b> 817.01, 826.01	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Identify types of advertising techniques.	The Persuaders – Looking at Alcohol & Other Drug Ads The Truth about Tobacco Ads	Ch 8, L 4 Media Res TE Pg 352
02	Describe the need to follow directions on product labels.	Using OTC and Prescription Medications Wisely	Ch 8, L 4 Media Res TE Pg 352
03	List the ways the media influences one’s thinking in relation to mental and emotional health, nutrition and substance abuse.	The Persuaders – Looking at Alcohol & Other Drug Ads It’s OK to Say No Causes of Conflict Positive Influences The Truth about Tobacco Ads	Ch 8, L 4 Med Res TE Pg 352

<b>Health 6 (Teachers)</b>	<b>District Reference 6005</b>
Unit No. 4 Mental and Emotional Health	<b>Time Frame</b>

Instructional Objective 6005.06 Analyze the influence that exercise has on relieving mental and emotional stress.		<b>Standard Reference</b> 818.01, 827.01	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Identify and practice effective strategies for stress management.	Changing Minds Looking to My Future Stress Me Out! Talking Skills	Ch 3 Hlth Txt Hnbk TE Pg 318, 319

02	Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional stress.	Stress Me Out! Benefits of Physical Activity Physically F.I.T. Playing It Safe	Ch 3 Hlth Txt Hnbk TE Pg 318, 319
03	Identify skills necessary for stress management, decision making and managing conflicts.	Looking to My Future Resolving Conflicts Stress Me Out! Talking Skills	Ch 3 Hlth Txt Hnbk TE Pg 318, 319

Instructional Objective 6005.07 Identify skills necessary for stress management, decision making and managing conflicts.		Standard Reference 818.01, 827.01	
No.	Performance Objective	HealthTeacher Lessons	Text
01	List skills necessary for managing conflicts.	Avoiding Conflicts Resolving Conflicts Preventing Child Abuse Listening Skills Problems in Relationships	Ch 3 Hlth Txt Hnbk TE Pg 322, 323
02	Practice skills necessary for managing conflicts.	Recognizing Respect Avoiding Conflicts Resolving Conflicts Preventing Child Abuse Problems in Relationships	Ch 3 Hlth Txt Hnbk TE Pg 322, 323
03	Identify and practice decision making skills.	Looking at Barriers It's OK to Say No Avoiding Gangs and Bullies	Ch 3 Hlth Txt Hnbk TE Pg 322, 323

<b>Health 6 (Counselor)</b>	<b>District Reference 6005</b>
Unit No. 1 Conflict Management	<b>Time Frame</b> 2-3 hours

Instructional Objective 6005.01 Examine the nature of conflict and recognize the role and responsibility of the individual in conflict and wellness.	Standard Reference 824, 825, 827
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No.	Performance Objective	HealthTeacher Lessons	Text
01	Examine and evaluate how the actions of one person can affect the behavior of another	Changing Minds Causes of Conflict Avoiding Conflicts Preventing Child Abuse Friends, Friends, Friends	Counseling Curriculum
02	Describe causes and effects of conflict in school and family.	Causes of Conflict Avoiding Conflict Preventing Child Abuse	Counseling Curriculum
03	Identify and practice effective strategies for stress management.	Looking to My Future Stress Me Out! Talking Skills	Counseling Curriculum
04	Describe emotions that affect personal health.	Changing Minds Feeling Positive About Yourself Getting Help with Feelings Stress Me Out! Recognizing the Connection Between Stress and Depression	Counseling Curriculum
05	Analyze skills that positively express your emotions.	Friends, Friends, Friends Managing Feelings Talking Skills Styles of Communication Don't Gamble with Your Future	Counseling Curriculum

<b>Health 6 (Counselor)</b>	<b>District Reference 6005</b>
Unit No. 2 Safe Choices	<b>Time Frame</b> 2-3 hours

Instructional Objective 6005.02 Recognize the connection between choices and consequences and their impact on safety of self and others.	<b>Standard Reference</b> 823, 824, 827
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No.	Performance Objective	HealthTeacher Lessons	Text
01	Explore aspects of emotional safety.	Changing Minds Looking at Barriers It's OK to Say No Feeling Positive About Yourself Getting Help with Feelings Recognizing the Connection Between Stress and Depression	Counseling Curriculum
02	Identify the choices and consequences related to the abuse of alcohol, tobacco, and other drugs.	No Call for Alcohol Looking at Barriers Positive Influences Using OTC and Prescription Medications Wisely The Real Truth About Tobacco Your Air-Your Health	Counseling Curriculum
03	Describe high risk substance abuse situations and behaviors that pose a risk to one's self and others.	Inhalants – Don't Go There Looking at Barriers Using OTC and Prescription Medications Wisely Your Air-Your Health	Counseling Curriculum
04	Describe the impact of risky behaviors on personal and family health.	No Call for Alcohol Inhalants – Don't Go There Looking at Barriers Abstinence Safety on Motorized Vehicles Water Safety Using OTC and Prescription Medications Wisely	Counseling Curriculum
05	Demonstrate refusal and decision making skills that enhance personal relationships including substance abuse.	No Call for Alcohol Looking at Barriers Abstinence It's OK to Say No Avoiding Gangs and Bullies Preventing Child Abuse Unsafe in Any Form Saying the Right Thing	Counseling Curriculum

		Making Healthful Decisions about Tobacco	
06	Identify behaviors that influence the use of alcohol, tobacco, and other drugs.	Looking at Barriers Saying the Right Thing Be Smart-Don't Start It Makes No Cents	Counseling Curriculum

<b>Health 6 (Nurses)</b>	<b>District Reference 6005</b>
Unit No. 1 Health and Illness	<b>Time Frame</b> 45 minutes

Instructional Objective 6005.01 Identify prevention, causes, and treatment of some diseases.		Standard Reference 823.01	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Differentiate between communicable and non-communicable diseases.	Learning About HIV/AIDS Preventing Infectious Illness	Ch 7, L 1 Nursing Curriculum
02	List the kinds of microbes that cause communicable disease.		Ch 7, L 1 Nursing Curriculum
03	Describe methods by which communicable disease is spread.	Preventing Infectious Illness	Ch 7, L 1 Nursing Curriculum
04	Compare causes, symptoms and prevention of common communicable diseases.	Reducing Health Risks Preventing Infectious Illness	Ch 7, L 3 Nursing Curriculum
05	Summarize mechanisms by which the immune system fights disease.		Ch 7, L 2 Nursing Curriculum
06	Identify causes and prevention of some non-communicable diseases.	Reducing Health Risks	Ch 7, L 5 Nursing Curriculum

<b>Health 5 (Nurses)</b>	<b>District Reference 6005</b>
Unit No. 2 Bloodborne Pathogens (ie: Hepatitis B, Hepatitis C, HIV)	<b>Time Frame</b> 60 minutes

Instructional Objective 6005.02 Examine characteristics of bloodborne pathogens and sexually transmitted diseases and the impact on society.		Standard Reference 823.01	
No.	Performance Objective	HealthTeacher Lessons	Text
01	Review the definition of bloodborne pathogens and how they are spread.	Learning About HIV Preventing STD/HIV	Ch 7, L 4 Nursing Curriculum
02	Review ways that HIV is not spread.	Learning About HIV Preventing STD/HIV	Ch 7, L 4 Nursing Curriculum
03	Examine the destruction of the immune system by the HIV/AIDS virus.	Preventing STD/HIV	Ch 7, L 4 Nursing Curriculum
04	Recognize the effects of HIV/AIDS as a disease that affects people throughout the world.	Learning About HIV Preventing STD/HIV	Ch 7, L 4 Nursing Curriculum
05	Explain the importance of taking responsibility for decision making related to personal health.	Preventing STD/HIV	Ch 7, L 4 Nursing Curriculum
06	Define sexually transmitted diseases and review abstinence as the main method of prevention.	Preventing STD/HIV	Ch 7, L 4 Nursing Curriculum