



# **Program Descriptions**

- **Elementary School**
  - **Middle School**
  - **High School**

## **ELEMENTARY SCHOOL HEALTH AND PHYSICAL EDUCATION PROGRAM DESCRIPTIONS**

### **Grades K – 6**

At the time of the creation of this curriculum (March 2006), Santiago Christian School is not currently teaching health education at the elementary level. Components of health education have been incorporated into the elementary science curriculum taught by the classroom teacher, and additional recommendations have been identified by the health curriculum committee. Sensitive areas of the health curriculum may be taught by support staff such as the school nurse.

Physical education classes are taught by P.E. specialist teachers.

### RECOMMENDED HEALTH PROGRAM, Elementary School

*The Great Body Shop*, Grade K-6

The Children's Health Market, Inc., Copyright Continuously Updated and Revised

## **MIDDLE SCHOOL PHYSICAL EDUCATION PROGRAM DESCRIPTIONS**

### **Course Description: Physical Education**

#### **Grades 7 & 8**

The middle school physical education program consists of an introduction to a variety of exercises, games and sports. The course is aimed at improving fitness and coordination and involving students in physical activity to promote a healthy wellness lifestyle by:

- encouraging competence and confidence in physical skills
- giving students numerous opportunities to succeed
- leading students to experience the joy of physical activity
- leading students to experience, acknowledge, and celebrate physical fitness through self challenge
- providing opportunities for cooperative and collaborative experiences
- providing activities that promote a positive self-image and a strong sense of belonging

## HIGH SCHOOL HEALTH AND PHYSICAL EDUCATION PROGRAM DESCRIPTIONS

### Course Description: Health Education

Grades 9, 10, 11, 12 **Semester** ½ Credit Per Semester (2 PE/Health credits required)

The **Health** program focuses on developing life-long personal health awareness and health enhancing behaviors to reduce health risks. Topics include:

**Mental Health:** Personality and self-esteem; stress management; goal setting; problem solving; and coping skills (death, dying, divorce, moving); suicide prevention.

**Social Health:** Family; healthy relationships; friendship; responsible decision-making; refusal skills; conflict resolution, communication, harassment; bullying; physical, and emotional abuse

**Nutritional Health and Hygiene:** Food and nutrition; healthy food choices; digestion and excretion; personal care; eating disorders

**Physical Fitness:** Movement and coordination; cardiovascular and respiratory health; exercise; rest and relaxation

**Understanding Human Development:** Reproduction and heredity; pregnancy and birth; childhood and adolescence; relationships and responsibilities; marriage; adulthood; parenting; aging and death

**Sexuality and Sexual Health:** Physical, emotional, and social issues; dating; date rape; HIV, AIDS, and sexually transmitted diseases; sexual abuse

**Health Risk Behaviors:** Substance Abuse - tobacco, alcohol and other drugs; physical inactivity; intentional and unintentional injury (personal safety); poor nutrition and hygiene; sexual behaviors resulting in HIV/AIDS and sexually transmitted diseases. Information and skills to prevent them.

**Preventing Disease:** Infectious diseases; noninfectious diseases and disabilities

**Healthy Environment:** What is a healthy environment? Choosing health care; public health; sun protection; safety and basic first aid; injury prevention

### Course Description: Physical Education

Grades 9, 10, 11, 12 **Semester** ½ Credit Per Semester, (2 PE/Health credits required)

The **Physical Education** component of this course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong, healthy, active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. By the end of this course, students will:

- Demonstrate personal competence in applying movement skills and principles
- Demonstrate improvement in their skills
- Demonstrate understanding of specific rules and guidelines for participation in recreation and sport including team, group, dual and individual activities

HEALTH TEXTBOOKS - High School

*Teen Health, Course 3*, Grade 9-12  
Glencoe/McGraw Hill, 2005