

Health Education Instructional Materials
Anderson School District One

ELEMENTARY	
Health and PE	Harcourt Health and Fitness Textbook by Holt McDougal
PE	Fitnessgram for grades 2-5
Guidance	Academy of Family Physicians An AnMed Health Medical Staff Community Health Initiative, <ul style="list-style-type: none"> • Tar Wars - 5th Grade • Nutrition Detectives - 4th Grade
Guidance	<u>Connect with Character</u> , Character Counts. <u>Core Essentials</u> , Chick-fil-a "Dipper and the Bucket" by Dr. Donald Clifton
Guidance	Erin's Law - Lessons from the SCDE <i>I am Gonna Like me</i> , by Jamie Lee Curtis
Guidance	Early Act First Knight, The Code Character Education
Guidance	<u>Curriculum</u> by Dr. Randall Parr <u>Spectacular Guidance Activities</u> by Dr. Diana Senn
Guidance and Parents	<u>Parent's Toolbox</u> by Jody Johnston Pawel, LSW

MIDDLE LEVEL	
Health and PE	Holt Decisions for Health by Holt McDougal <ul style="list-style-type: none"> • Physical Fitness • Life Skills • Diet and Nutrition • Disease Prevention
PE	Fitnessgram for grades 6-8

<p>Guidance</p>	<p>Academy of Family Physicians, An AnMed Health Medical Staff Community Health Initiative</p> <ul style="list-style-type: none"> ● Doclink.org (Doclink is a physician-driven, nonprofit organization that aims to link doctors, nurses and other health professionals to Anderson County youth. Our goal is to educate and empower young people to make healthy lifelong decisions. We offer a wide variety of health programs to elementary, middle and high schools that can be tailored for individual schools and their students. Schools that have used our programs in the past have shown a vast improvement in their students' overall health behaviors) ● Food and Nutrition - 6th Grade ● Tobacco/Alcohol/Drug Awareness - 7th and 8th Grade <p>Safeharbor sc.org (SafeHarbor Mission: To provide a continuum of services for victims of domestic violence and their children, and to eliminate cultural acceptance of domestic violence through a coordinated community response, prevention and education.)</p> <ul style="list-style-type: none"> ● Domestic Violence Awareness - 8th Grade <p>Erin's Law</p>
<p>Science</p>	<p>Life Science - 7th Grade Science Curriculum</p> <ul style="list-style-type: none"> ● Heredity; Human Body System
<p>Comprehensive Health</p> <p>*Comprehensive Health materials are available for parents to preview. Please contact your child's school for more information.</p>	<p><i>Draw the Line, Respect the Line</i> <i>Draw the Line/Respect the Line</i> is a 3-year evidence-based curriculum that promotes abstinence by providing students in grades 6, 7 and 8 with the knowledge and skills to prevent HIV, other STD and pregnancy. Using an interactive approach, the program shows students how to set personal limits and meet challenges to those limits. Lessons also include the importance of respecting others' personal limits.</p> <p>*Implementation will begin in the fall of 2016.</p> <p>Teen Aid, Inc. http://www.teen-aid.org/default.htm Curricula</p> <ul style="list-style-type: none"> ● Maturing in Body and Character

	<p><i>Maturing in Body and Character</i>, our newest curriculum, introduces an in-depth program for upper elementary students that develop character skills as it presents a moderation message for eating and a prevention messages for smoking and drugs. Parents are given resources for discussing puberty information and skills for developing character in their children.</p> <ul style="list-style-type: none"> ● Me, My World, My Future <i>Me, My World, My Future</i> helps the junior high student tie the many facets of a healthy lifestyle together, avoiding negative consequences and achieving positive results. ● Sexuality, Commitment & Family <i>Sexuality, Commitment & Family</i> is a senior high sex education program with emphasis on the societal context: parenting, marriage, and responsibility. ● HIV: You Can Live Without It! <i>HIV: You Can Live Without It!</i> is being revised. The experiential lessons present prevention and compassion while teaching the no-risk message of abstinence until marriage. Parents are given resources for developing skills and compassion in their children.
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HIGH SCHOOL	
Lifelong Fitness Class	<p>Meeks Heit Health & Wellness textbook Course: Health</p> <p>I. Course Description: This course is designed to provide students with knowledge and awareness of the physical, mental, and social aspects of the individual. This course is intended to motivate health maintenance and promote wellness.</p> <p>II. Learning and Developmental Goals It is my goal to develop a health program at the high school level based on the following</p>

Performance Indicators:

1. Evaluate risk relationships between healthy lifestyle behaviors and disease preventions
2. Analyze the consequences of poor nutritional choices;
3. Develop strategies for maintaining positive self-concept throughout life;
4. Analyze the short- and long-term results of safe, risky, and harmful behaviors; and
5. Analyze validity of information about the characteristics and responsibilities of relationships (e.g., dating, marriage);
6. Evaluate the long- and short-term effects of ATOD use on health, behavior, appearance, and the ability to contribute to society

Health & Safety Curriculum Standards

1. Students will comprehend health promotion and disease prevention concepts.
2. Students will demonstrate the ability to access valid health information, products, and services.
3. Students will demonstrate the ability to practice behaviors that enhance health and reduce risks.
4. Students will analyze the influence of personal beliefs, culture, mass media, technology, and other factors on health.
5. Students will demonstrate the ability to use interpersonal communication skills to enhance health.
6. Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
7. Students will demonstrate the ability to advocate for personal, family, and community health.

Content Areas

- I. Personal Health and Wellness
- II. Nutritional Choices
- III. Mental Health
- IV. Preventing Injuries
- V. Family Living and Healthy Sexuality
- VI. Alcohol, Tobacco, and Other Drug

PE	Fitnessgram for grade 9
PE/Comprehensive Health	Teen Aid, Inc. http://www.teen-aid.org/default.htm
ROTC	"Leadership Education 100" Chapter 3 and 4. The book is from the company below. Pearson Learning Solutions, 501 Boylston Street, Suite 900, Boston, MA 02116 A Pearson Education Company www.pearsoned.com Printed in the United States of America Copyright © 2015 by Pearson Learning Solutions All rights reserved.
CATE	Foods & Nutrition-- <u>Food for Today</u> by Helen Kowtaluk Family & Consumer Sciences-- <u>Today's Teen</u> by Joan Kelly-Plate and Eddy Eubanks Parenthood-- <u>Parenting: Rewards & Responsibilities</u> by Verna Hildebrand
Guidance	Chosen-this is a documentary by Shared Hope International regarding Human Trafficking Bullying in Schools by Paul Langan
Guidance	Erin's Law
Guidance	Bullying in Schools by Paul Langan "Human Trafficking" A documentary by Shared Hope International