

Purpose

Kindergarten students will be introduced to personal and family health, safety and injury prevention, nutrition and physical activity, tobacco prevention, Child Lures Program Program and the Step 2 Program so that they will continue to learn acceptance and an appreciation for themselves and others.

Outcomes:

The students will

- learn to wash hands properly.
- learn to brush teeth properly.
- learn to buckle up and sit in the back of all vehicles and how to be safe in a truck with front seat seating only.
- learn what a stranger is and how they can be lured by them.
- learn how to choose healthy foods, limiting sweets, and drinking plenty of water.
- learn that exercising helps the heart and what other exercises help the heart.
- learn getting plenty of sleep is healthy for you

Teaching Strategies

- Use of worksheets
- Discussion and demonstration
- Use of secondary source such as videos

Assessments

- Student oral feedback of the themes
- Examination of the work sheets completed

Resource

- Video-The Back is Where It is At
- Video-Child Lure
- Video-Come See What the Doctor Sees
- Video-xerenstein Bears videos about pollution, strangers, and getting along
- various work sheet

Purpose

The First Grade students will be introduced to behavior concepts that will help them in drug prevention, safety and injury prevention, Child Lures Program, and the Step 2 Program will be introduced so that they will continue to learn acceptance and an appreciation for themselves and others.

Outcomes

The students will

- learn good character by being drug free.
- learn responsibility, good character, and citizenship.
- learn what courage, respect, and caring is all about.
- learn what a stranger is and how they can be lured by them.

Teaching Strategies

- Use of worksheets
- Discussion and demonstration
- Use of secondary source such as videos

Assessments

- Student oral feedback
- Examination of the work sheets completed

Resources

- Video-Child Lures Program
- Let's Show Good Character by Being Drug Free (2004)
- Child Lures Program elementary teacher's book

Purpose

Second grade students will be introduced to nutrition, the six essential nutrients and how they affect the body, Child Lures Program prevention and the Step 2 Program so that they will continue to learn acceptance and an appreciation for themselves and others.

Outcomes

The students will

- learn that too much sugar is not good for them.
- learn about empty calorie foods.
- learn that vitamins are important to them.
- learn what minerals are.
- learn why they need water.
- learn why they need some fat.
- learn what are carbohydrates and protein.

Teaching Strategies

- Use of worksheets
- Discussion and demonstration
- Use of secondary source such as videos

Assessments

- Student oral feedback
- Student artistic feedback
- Examination of the worksheets completed

Resources

- video and teacher's guide Come See About Nutrition and Exercise (1996)

Health

Grade 3

Purpose

Third Grade students will be introduced to more complex safety and Injury prevention, alcohol and tobacco Prevention, Child Lures Program and the Step 2 Program so that they will continue to learn acceptance and an appreciation for themselves and others.

Outcomes

The students will

- learn to understand feelings of being safe.
- learn to think ahead to be safe.
- learn to teach others to be safe.
- learn to get the right kind of help.
- learn to set goal to be safe.
- learn to identify people who can help them reach their goal.
- learn the tobacco and alcohol myths.
- learn to choose to be tobacco and alcohol free.

Teaching Strategies

- Use of worksheets
- Discussion and demonstration
- Use of secondary source such as videos

Assessments

- Student oral feedback
- Student artistic feedback
- Examination of the worksheets completed

Resources

- ETR Health Smart Grade 3 (2001)
- video-Child Lures Program

Health

Grade 4

Purpose

Fourth Grade students will be introduced to more in-depth information about personal and family health, and nutrition, physical activity, the Child Lures Program, and the Step 2 Program so that they will continue to learn acceptance and an appreciation for themselves and others.

Outcomes

The students will

- learn about stress in daily life.
- learn how to handle stress in healthy ways.
- learn about conflict.
- learn about a growing and changing body.
- learn to deal with growing up.
- learn about healthy eating habits.
- learn to use the food guide pyramid to eat healthy.
- learn that different foods help the body in different ways.
- learn to like their body.

Teaching strategies

- Use of worksheets
- Discussion and demonstration
- Use of secondary source such as videos

Assessments

- Student oral feedback of the themes
- Student artistic feedback of the themes
- Examination of the work sheets completed

Resources

- ETR Health Smart (2001)
- video-Foundation of Health, Nutrition, and Exercise
- Nutrition and Body Image ETR (1994)

Purpose

Fifth Grade students will be introduced to in depth information concerning tobacco and alcohol. They will also review drug prevention, the Child Lures Program, and the Step 2 Program

Outcomes

The students will

- learn to identify negative effects of alcohol on the body and brain.
- learn to understand alcohol and addiction.
- learn to understand the influence of peers on alcohol use.
- learn to identify negative effects of tobacco on the body.
- learn to understand tobacco addiction.
- learn to understand the dangers of marijuana and other drug use.

Teaching Strategies

- Use of worksheets
- Discussion and demonstration
- Strong use of secondary source such as videos

Assessments

- Student oral feedback
- Students group project
- Examination of the worksheets completed

Resources

- ETR Health Smart (2001)

- Current Health 2 (2005)
- video- I Can't Breathe
- Video-Why? The Psychological Triggers of Tobacco

Purpose

The Sixth Grade students will be introduced to in-depth information about personal and family health, and the Child Lures Program so that they will continue to learn acceptance and an appreciation for themselves and others.

Outcomes

The students will

- learn to redefine "accidents" as preventable injuries .
- learn to identify the most common injuries among kids.
- learn to understand why safety rules are important.
- learn the value of being injury free.
- learn to assess risks that cause injury.

Teaching Strategies

- Use of worksheets
- Discussion and demonstration

Assessments

- Student oral feedback
- Examination of the worksheets completed
- Students artistic group project

Resources

- ETR Health Smart (2001)

Purpose

Seventh Grade students will explore many health-related issues so that they will continue to learn acceptance and an appreciation for themselves and others.

Outcomes

The students will

- learn to explore different health issues and topics

Teaching Strategies:

- Discussion and demonstration

Assessments

- Student oral and written feedback
- Student artistic feedback

Resources

- Current Health 2 (2002-2005)

Health

Grade 8

Purpose

Eighth Grade students will be introduced to CPR and Heimlick Maneuver so that they will continue to learn about the quality of their life and others.

Outcomes

The students will

- learn to perform CPR on a adult, child, and infant.
- learn to clear a foreign object in a adult, child, and infant.

Teaching Strategies

- Discussion and demonstration
- Use of secondary source such as videos

Assessments

- Student oral and proper technique
- Examination of the test completed

Resources

- [American Heart Association Heartsaver CPR](#) booklet and video
- Manikins and other equipment to perform CPR technique