

PERFORMANCE OBJECTIVE

The learner will demonstrate the ability to locate resources and services from home, school and community that provide valid health information.

INSTRUCTIONAL OBJECTIVE

1. Describe what to do in event of injury. (1d, 3c, 6b)

2. Determine appropriate skills and demonstrate skills needed to maintain personal safety.
 - a. Safety procedures to follow concerning fire. (1d, 3e)
 - (1) Do not play with matches.
 - (2) Stop, drop and roll.

 - b. Safety procedures in travel. (1d, 3e)
 - (1) On the bus.
 - (2) In the car.
 - (3) Crossing the street.
 - (4) Stranger danger.

Suggested Classroom Activities to Meet IO

Practice dialing emergency phone number (911) in event of emergency, and child's own phone number and address.

Classroom speakers: principal, school nurse, guidance counselor, fireman.

Visit a hospital.

Fire safety trailer

Bus safety speaker

Quest

Health Fair held by nurses

RECOMMENDED ASSESSMENTS

PERFORMANCE OBJECTIVE

The learner will demonstrate the ability to locate resources and services from home, school and community that provide valid health information.

INSTRUCTIONAL OBJECTIVE

- c. Safety habits at home. (1d, 3c, 3e)
 - (1) Medicine/poison.
 - (2) Strangers on the phone and at the door.
 - (3) Electrical outlets and appliances.
 - (4) Items that can burn or cut.

- d. Demonstrate safety procedures at school. (1b, 3e)
 - (1) In the classroom.
 - (2) In the halls.
 - (3) On the playground.

Suggested Classroom Activities to Meet IO**RECOMMENDED ASSESSMENTS**

PERFORMANCE OBJECTIVE

The learner will decide responsible health behaviors and personal health needs.

INSTRUCTIONAL OBJECTIVE

1. Choose nourishing food. (3a)
2. Demonstrate and describe proper dental care. (3a, 3c, 6c, 6d)
3. Demonstrate and describe good personal hygiene. (3e, 6b)
 - a. Washing hands.
 - b. Not sharing hats.
 - c. Not putting things in mouth.
 - d. Covering coughs and sneezes

Suggested Classroom Activities to Meet IO

Nutrition week
Dental health week: have a dentist in as a speaker.
Possibly tying in with "T" sound week for tooth.
"Cover when you sneeze" or "Achoo Andy"
Paper plate project

RECOMMENDED ASSESSMENTS

PERFORMANCE OBJECTIVE

INSTRUCTIONAL OBJECTIVE

None

Suggested Classroom Activities to Meet IO

RECOMMENDED ASSESSMENTS

PERFORMANCE OBJECTIVE

The learner will demonstrate attentive listening skills to build and maintain healthy relationships.

INSTRUCTIONAL OBJECTIVE

1. Respect the rights of others. (1a, 1d, 3e, 6b, 6c)

Suggested Classroom Activities to Meet IO

Quest program

Counselor visits

Playing and working within a group

RECOMMENDED ASSESSMENTS

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PERFORMANCE OBJECTIVE

The learner will demonstrate healthy ways to express needs, wants and feelings.

INSTRUCTIONAL OBJECTIVE

1. Recognize that as we grow we can do more for ourselves (develop independence). (1c, 1d, 3a, 3e)
2. Discuss choice-making decision. (1c, 1d, 3a, 3e)

Suggested Classroom Activities to Meet IO

Quest Program

Free play, centers, leading group and getting along.

RECOMMENDED ASSESSMENTS

PERFORMANCE OBJECTIVE

The learner will demonstrate ways to communicate and care, have consideration and respect of self and others.

INSTRUCTIONAL OBJECTIVE

1. Respect the rights of others. Appreciate uniqueness of individual. (1a, 1b, 1c, 1d, 6b, 6c)
2. Be willing to share and wait turn. (1a, 1b, 1c, 1d, 6b, 6c)
3. Develop responsibility for actions. (1a, 1b, 1c, 1d, 6b, 6c)
4. Develop positive self-image. (1a, 1b, 1c, 1d, 6b, 6c)
 - a. Recognize what we do well.
 - b. Not be afraid to make mistakes.

Suggested Classroom Activities to Meet IO

Quest Program
Appropriate behavior during center time or free play.
Show and Tell
Counselor visits

RECOMMENDED ASSESSMENTS

PERFORMANCE OBJECTIVE

The learner will demonstrate the ability to apply a decision-making process to health issues and problems.

INSTRUCTIONAL OBJECTIVE

1. Recognize that food, exercise and sleep affect growth.
(1d, 3a, 3b, 3c, 3e)
2. Name some body parts. (1d, 3a, 3b, 3c, 3e)
3. Be made aware that germs cause disease. (1d, 3a, 3b, 3c, 3e)
4. Be made aware that not all diseases are caused by germs.
(1d, 3a, 3b, 3c, 3e)
5. Identify various health concerns. (1d, 3a, 3b, 3c, 3e)
6. Discuss current health concerns. (1d, 3a, 3b, 3c, 3e)
7. Recognize that drugs can be helpful or harmful. (1d, 3a, 3b, 3c, 3e)

Suggested Classroom Activities to Meet IO

Skeleton unit—bones

Wash hands—snack

Quest Program

RECOMMENDED ASSESSMENTS

PERFORMANCE OBJECTIVE

Demonstrate the ability to locate resources from home, school and community that provide valid health and safety information.

INSTRUCTIONAL OBJECTIVE

1. Practice the skills necessary to act in emergency situations (emergency telephone numbers, where fire alarms are located, how to contact the school nurse). (1d, 3a, 3e, 6b)
2. Identify people who help keep us healthy and those who are qualified to give medications. (3a, 3f)
3. Discuss rules for keeping safe while walking to and from school (obeying safety rules and regulations: crossing street at safe locations, going directly to and from school, avoiding strangers). (1d, 3b, 6b, 6c)
4. Explain the importance of safety rules while riding the bus. (6b, 6c)
5. Identify safe practices around the home and playground. (3a, 3b, 3c, 6a, 6b)

Suggested Classroom Activities to Meet IO

Inventory of smoke and carbon monoxide detectors in the home.
Classroom visit from the school nurse.
Bus safety speaker.

RECOMMENDED ASSESSMENTS

On paper assessment:

Identify people who are people to turn to for help.
Identify children who practice safe behavior.

PERFORMANCE OBJECTIVE

Decide responsible health behaviors and personal health needs.

INSTRUCTIONAL OBJECTIVE

1. Decide where types of food fall in the food pyramid and demonstrate healthy eating. (1d, 2a, 3b, 5)
2. Select foods which do not contribute toward tooth decay, demonstrate proper care of teeth and realize the importance of regular dental checkups. (1d, 3a, 3b, 3d)
3. Relate good health habits to daily life in the areas of washing, proper care of hair, changing clothes, choosing clothes. (1a, 1c, 2a, 2b, 3e)
4. Follow up on a plan of exercise and rest. Understand the function of heart, brain and lungs. (2a, 2b, 3a, 3c, 3e)
5. Recognize that feelings such as love, hate, anger, joy, fear and sadness are normal emotions that every individual experiences. (1a, 1b, 1c, 3e, 6b)
6. Recognize that germs cause illness. (3a, 3e, 6c)

Suggested Classroom Activities to Meet IO

Nutrition Week

Use disclosure tablets and practice brushing with a toothbrush in the mirror.

Food Service Speaker

Walking/Running Club

Role-play

Quest

Guidance Counselors

RECOMMENDED ASSESSMENTS

Fill in a food pyramid.

Draw pictures of healthy meals.

Draw and label faces with the feeling they show.

PERFORMANCE OBJECTIVE

Demonstrate the ability to apply decision-making process to health issues and problems.

INSTRUCTIONAL OBJECTIVE

1. Understand and express attitudes and behaviors that demonstrate positive and healthy self-image. (1a, 3e, 4, 6a, 6b)
2. Identify that deciding to do and doing an action involves choices, responsibilities and consequences. (1d, 3a, 3b, 3c, 3e)
3. Have knowledge and understanding of the physical, social and emotional changes that occur during human growth and development. (1a, 1c, 3a, 3d, 3e)
4. Identify products and substances which may be detrimental toward health such as tobacco and alcohol. (1a, 3c, 3a, 3d, 3e)
5. Discuss current health issues. (1b, 3a, 3b, 3c 3e, 3f, 6c, 6d)

Suggested Classroom Activities to Meet IO

Quest Program

Role-play Decisions

RECOMMENDED ASSESSMENTS

Show sequence of a person changing.
Draw in the result/consequence after a choice is made.

PERFORMANCE OBJECTIVE

Demonstrate the ability to locate resources from home, school and community that provide health and safety information.

INSTRUCTIONAL OBJECTIVE

1. Demonstrate appropriate safety behaviors for: (1a, 1b, 1c, 1d, 3e, 6b, 6c)
 - A. Home
 - B. School
 - C. Bus
 - D. Playground
 - E. Medicine
 - F. Bicycle
 - G. Fire
 - H. Water
 - I. Strangers

Suggested Classroom Activities to Meet IO

Bus safety speaker/video
Fire Prevention Week assembly
Role-playing

RECOMMENDED ASSESSMENTS

- 1-C. Write at least 3 bus safety rules to follow while on the bus or waiting for the bus.

PERFORMANCE OBJECTIVE

Decide responsible health behaviors and personal health needs.

INSTRUCTIONAL OBJECTIVE

1. Demonstrate exercise, rest and relaxation, and their effects on the heart, lungs and muscles. (1d, 2a, 2b, 3e)
2. Make a plan for a balanced diet using the Food Pyramid. (1d, 3a, 3e, 3f, 6a, 6b)
3. Demonstrate proper care of teeth including brushing, flossing and dental checkups. (1d, 2b, 3e)
4. Practice good hygiene habits such as bathing and washing hands. (1d, 2e, 3e)
5. Recognize drugs and other substances and how they change the way the body works and cause health problems. (1dm 3am 3bm 3c, 3e)

Suggested Classroom Activities to Meet IO

Heart Power Kit

Food Service speaker

Dental health speakers from Owens

B.A.B.E.S. and Quest

RECOMMENDED ASSESSMENTS

2. Cut pictures from a magazine or draw pictures of foods and glue them on a pyramid to show a balanced diet for one day.

PERFORMANCE OBJECTIVE

Demonstrate respect of self and others.

INSTRUCTIONAL OBJECTIVE

1. Demonstrate refusal skills to enhance health. (1d, 3b, 6a, 6b, 6c)
2. Practice naming feelings and emotions and their effects on personal health. (1a, 1b, 1c, 1d, 3e, 6a, 6b, 6c)
3. Practice actions that can be taken to feel good about yourself. (1d, 3b, 6a, 6b, 6c)

Suggested Classroom Activities to Meet IO

B.A.B.E.S.
Quest
Role-playing
Guidance lessons

RECOMMENDED ASSESSMENTS

2. Make a Feeling Wheel and act out 3 feelings using facial expressions, voice or body movements.

PERFORMANCE OBJECTIVE

Demonstrate the ability to apply decision-making skills to health issues and problems.

INSTRUCTIONAL OBJECTIVE

1. Set a personal health goal and track progress toward its achievement.
(1d, 2a, 2b, 3a, 3b, 3c, 3d, 3e, 6a)
3. Discuss current health concerns.
(1a, 1d, 3a, 3b, 3c, 3e, 3f, 6a, 6b, 6c, 6d)

Suggested Classroom Activities to Meet IO

Walking Club

RECOMMENDED ASSESSMENTS

1. Write a log listing steps to take to achieve their health goal.

PERFORMANCE OBJECTIVE

Demonstrate the ability to locate resources from home, school and community that provide valid health information.

INSTRUCTIONAL OBJECTIVE

1. Determine appropriate skills and demonstrate those skills needed to maintain personal safety through the Sexual Abuse Prevention Program (SAPP).
2. Demonstrate the ability to identify and describe local community personnel and their responsibilities.
3. Demonstrate the ability and skill needed to act in an emergency situation. (1d, 3a, 3e, 3f)

Suggested Classroom Activities to Meet IO

SAPP representative

Educators arrange for local community workers to visit the classroom, i.e., fireman, paramedic, dentist, nurse, Wood County Health Department, Police Department, dental hygienist.

Students gather information and share it with the class. Possible choices would include: medication containers, health booklets, medical books from home, Internet information and periodicals from local hospitals, health organizations, etc.

Using the information gathered, students perform skits demonstrating skills learned.

Perrysburg Schools' Assistant Business Manager presentation on "nutritious eating".

Fire drill; tornado drill

RECOMMENDED ASSESSMENTS

A completed SAPP form which details a student's community support system.

PERFORMANCE OBJECTIVE

Follow responsible health behaviors.

INSTRUCTIONAL OBJECTIVE

1. Demonstrate an understanding of the relationship between daily physical, mental, social and emotional health care and overall wellness.
(1c, 1d 2a, 2b, 3e)

Suggested Classroom Activities to Meet IO

Plan and implement a one-week health fitness program which includes learning and using:

- Healthy snacks for nutritious eating.
- Daily exercise for physical fitness, i.e., brisk walk for 15 minutes at the start of the day, running at recess, beginning aerobics, 15 minutes of physically stimulating recess play.
- Peer Mediation training and role playing for social health.
- Situation box: at the end of the week, class discusses the social and emotional situations addressed.

Adopted Text: Health Focus on You (Merrill, 1990)

RECOMMENDED ASSESSMENTS

Plan/outline a one-week health fitness program.

PERFORMANCE OBJECTIVE

Demonstrate how culture, peer pressure, the media and other factors influence our health.

INSTRUCTIONAL OBJECTIVE

1. Express attitudes that demonstrate unhealthy/negative health images and attitudes. (1a)
2. Express attitudes that demonstrate healthy self-images and attitudes. (1c, 1d, 3e)

Suggested Classroom Activities to Meet IO

Brainstorming

Create a collage of unhealthy images that the media and our peers advocate as healthful.

Create a collage of healthy images that the media and our peers advocate as healthful.

RECOMMENDED ASSESSMENTS

Collage of healthy images.

PERFORMANCE OBJECTIVE

Demonstrate ways to communicate strategies showing consideration and respect for self and others.

INSTRUCTIONAL OBJECTIVE

1. Describe characteristics needed to be a responsible friend and family member. (1a, 1b, 1c, 1d, 3e)
2. Demonstrate nonviolent strategies to avoid and resolve conflicts. (1a, 1b, 1c, 1d, 3e)
3. Differentiate between negative and positive behaviors used in conflict situations. (1a, 1b, 1c, 1d, 3e)

Suggested Classroom Activities to Meet IO

Venn Diagram
New Kids on the Block
Peer Mediation Training
Decision-making skills taught by counselors

RECOMMENDED ASSESSMENTS

Peer Mediation Training or Venn Diagram

PERFORMANCE OBJECTIVE

Demonstrate the ability to apply decision-making process to health issues and problems.

INSTRUCTIONAL OBJECTIVE

1. Recognize that food, exercise and sleep effect growth. (1c, 1d, 2b, 3a, 3e)
2. Identify various health concerns. (1c, 1d, 2b, 3a, 3e)
3. Discuss current health concerns. (1c, 1d, 2b, 3a, 3e)

Suggested Classroom Activities to Meet IO

Smokeless tobacco package from The American Cancer Society

Various health professionals

Community dentist to speak on smokeless tobacco

Various health professionals discuss concerns (dentist, nurse, doctor, etc.)

RECOMMENDED ASSESSMENTS

Student participation in a class-generated KWL (What you Know, What you Want to Know, What you Learned) chart

PERFORMANCE OBJECTIVE

Identify characteristics of valid health information and health-promoting products and services.

INSTRUCTIONAL OBJECTIVE

1. Extend and demonstrate their knowledge of what foods are included in the four food groups. (3a)
2. Practice healthy behaviors for staying physically fit and preventing heart disease. (1d)

Suggested Classroom Activities to Meet IO

Make Food Pyramid
Chart Healthy/Unhealthy Foods Eaten
Discuss in Class
Assistant Business Manager (Food Service Director) - Speaker
Log Exercise Program

RECOMMENDED ASSESSMENTS

Completion of food/exercise log for one week.

PERFORMANCE OBJECTIVE

Follow responsible health behaviors.

INSTRUCTIONAL OBJECTIVE

1. Recognize sequential development in the life cycle. (3c)
2. Recognize the role of the hormonal body systems as related to puberty changes in his/her body. (3c)
3. Identify function and importance of many body parts. (3c)
4. Recognize inherited characteristics. (1a)
5. Express attitudes about peer pressure. (6a)
6. Demonstrate knowledge of pressure related to drug abuse and misuse. Express positive influences of alternative behaviors to drug use. (3e)
7. Express knowledge related to tobacco, smokeless tobacco, alcohol and other common drugs. (6b)

Suggested Classroom Activities to Meet IO

- 1/2/3/4. "Growth and Development" presented by School Nurses
5. Class Discussion
6. Representative of Police Department
7. Keynote Speaker
Dentist
Videos
Discussion

RECOMMENDED ASSESSMENTS

Written evaluation (worksheet). (Pass/Fail)
Create a Venn Diagram comparing negative and positive aspects of peer pressure.

PERFORMANCE OBJECTIVE

Describe ways technology can influence personal health.

INSTRUCTIONAL OBJECTIVE

1. Extend their knowledge of current health trends. (3f)

Suggested Classroom Activities to Meet IO

Computer Usage

RECOMMENDED ASSESSMENTS

Student will access a technological presentation such as computer, TV, overhead, cassette, etc., to gain current health knowledge.

PERFORMANCE OBJECTIVE

Demonstrate ways to communicate care, consideration and respect of others and self.

INSTRUCTIONAL OBJECTIVE

1. Develop an understanding (express empathy) of those who must cope with physical limitations. (1d, 6c)
2. Demonstrate healthy ways to express needs, wants, feelings, stress management. (6b)

Suggested Classroom Activities to Meet IO

1. Everybody Counts Program
2. Peer Mediation Program
Guidance Counselors
Classroom Discussion
Relaxation Techniques

RECOMMENDED ASSESSMENTS

Pass/Fail essay demonstrating the importance of good relationships with others.

PERFORMANCE OBJECTIVE

Predict outcomes of positive health decisions.

INSTRUCTIONAL OBJECTIVE

1. Identify (demonstrate) the various types of problems which create conflict within the classroom and family, and appropriate ways to resolve them. (3c)
2. Demonstrate knowledge of basic fire safety prevention skills. (6a, 6c)

Suggested Classroom Activities to Meet IO

1. Role Play
Guidance Department
Peer Mediation Program
Class Discussion
Box in which to put comments from children.
2. Fire Safety Program
Fire Exit Plan

RECOMMENDED ASSESSMENTS

Demonstrate conflict-reducing behaviors on checklist. (Pass/Fail basis)

PERFORMANCE OBJECTIVE

Decide how media influences the selection of health information, products and services.

INSTRUCTIONAL OBJECTIVE

1. Demonstrate how to contact valid health services. (1e)
2. Read and view health information and evaluate its validity. (3e)

Suggested Classroom Activities to Meet IO

1. 1-800 numbers
Phone book review
Internet search
2. Product evaluation log
Commercial viewing
Ad collage

RECOMMENDED ASSESSMENTS

The learner will use a phone book and locate a valid health service as requested by the teacher. (Scored: Pass/Fail)

PERFORMANCE OBJECTIVE

Follow responsible behaviors.

INSTRUCTIONAL OBJECTIVE

1. Distinguish between the use, misuse and abuse of drugs. (3a)
2. Recognize the effects of using drugs on oneself and others. (3c)
3. Demonstrate responsible decisions and develop alternatives regarding the use of drugs, alcohol and tobacco. (1d)
4. Identify hygiene practices important to their age (hair, skin, nails). (3c)
5. Describe the changes associated with puberty and how they affect emotions and self-image. (3e)
6. Discuss the reproductive anatomy and physiology focusing on correct terminology for one's own body parts and functions. (3e)

Suggested Classroom Activities to Meet IO

- 1/2/3. D.A.R.E.
Tar Wars - Tobacco Education Project
The Academy of Medicine
4428 Secor Road, Toledo, OH 43623
Phone 473-3200
Quest Materials
Current events/News magazines
Alternative to use posters
Just Say No Club – Recommended Activity
4. Hygiene packets
- 5/6. "Growth and Development" presented by the school nurses

RECOMMENDED ASSESSMENTS

The learner will create a hygiene packet (on paper or items brought in to the classroom). (Scored: Pass/Fail)

PERFORMANCE OBJECTIVE

Demonstrate how culture and technology influence personal health behaviors.

INSTRUCTIONAL OBJECTIVE

1. Investigate the causes of diseases including AIDS, cancer and heart disease and preventative measures against them. (3c)
2. Discuss current health issues. (6b, 6c)

Suggested Classroom Activities to Meet IO

1. Wood County HIV Curriculum Kit
School Nurse
Speaker - St. Vincent Health Partners (251-6940)
2. News Magazines/Newspapers
 - a. Current Health Magazine

RECOMMENDED ASSESSMENTS

The learner will investigate a current health issue and give an oral report. (Scored on a rubric scale)

PERFORMANCE OBJECTIVE

Demonstrate ways to communicate care, consideration and respect of self and others.

INSTRUCTIONAL OBJECTIVE

1. Develop an awareness of diseases, their possible presence in school and community, and appropriate behavior toward disease victims. (1a, 1d)
2. Practice ways of expressing and dealing with emotions such as stress and anger. (1c)
3. Demonstrate empathy for people with physical and mental handicaps. (1a, 1d)
4. Demonstrate an appreciation for one's self and others. (3e)
5. Analyze the pros and cons of gang influence. (3c)

Suggested Classroom Activities to Meet IO

1. Current Events
Wood County HIV Curriculum
2. Peer Mediation Program
- 3/4. Possible Suggestions:
Guest Speaker
Video on physical and mental handicaps
Don't Laugh at Me program
5. Wood County Gang Task Force Speaker
Local Police Speaker
Pros vs. Cons Poster

RECOMMENDED ASSESSMENTS

The learner will write a letter to a person with a disease or a handicapping condition asking them to play. (Scored on a rubric scale)

PERFORMANCE OBJECTIVE

Demonstrate the ability to apply decision-making process to health issues and problems.

INSTRUCTIONAL OBJECTIVE

1. Practice safety rules for bus, car, bike and home. (3e)
2. Recognize that child abuse is unacceptable, must be stopped and what support systems are available. (3e)
3. Demonstrate the correct treatment for burns, choking, broken bones and universal protection for bleeding. (3e)

Suggested Classroom Activities to Meet IO

1. Safety Log Book/Fire Safety Trailer
2. Wood County SAPP Curriculum
3. School Nurse/Local Doctor/Paramedic

RECOMMENDED ASSESSMENTS

The learner will keep and complete a safety log book concerning bus, car and bike safety. (Scored with a checklist for completion)

PERFORMANCE OBJECTIVE

Demonstrate the ability to locate resources from home, school and community that provide valid health information.

INSTRUCTIONAL OBJECTIVE

1. Identify, locate and know some functions of the hormonal body systems. (3c)
2. Describe the physical and emotional changes associated with puberty in both males and females. (3a)
3. Associate male and female physiology with reproduction. (3c)
4. Identify ways of coping with emerging sexual feelings. (3e)
5. Explain the responsibilities of mature sexual behavior. (1d)

Suggested Classroom Activities to Meet IO

District's Nursing Staff

RECOMMENDED ASSESSMENTS

Completion of worksheet(s) distributed by school nurse.

PERFORMANCE OBJECTIVE

Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

INSTRUCTIONAL OBJECTIVE

1. Determine facts from myth in a study of up-to-date information on HIV/AIDS. (3a)
2. Comprehend the human tragedy which HIV/AIDS presents to the world community. (1a)

Suggested Classroom Activities to Meet IO

Kids On The Block

Wood County HIV/AIDS informational kit (videos, curriculums, project ideas, etc.)

RECOMMENDED ASSESSMENTS

PERFORMANCE OBJECTIVE

Demonstrate the ability to use goal-setting, interpersonal communication, and decision-making skills to enhance self-image.

INSTRUCTIONAL OBJECTIVE

1. Recognize the impact of drugs such as alcohol, tobacco, and marijuana on self and society. (1d)
2. Practice methods to resist peer/media influence. (1d)
3. Develop an understanding and acceptance of people's differences. (1a)

Suggested Classroom Activities to Meet IO

Life Skills Program

RECOMMENDED ASSESSMENTS

1. Completion of Life Skills Student Guide.