

# ST. JOHN'S LUTHERAN SCHOOL

## COURSE OF STUDY

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SUBJECT: HEALTH

GRADE: PRESCHOOL

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### **COMPONENTS**

Students will learn skills and concepts in the following areas:

- Alcohol, tobacco, & Other Drugs
- Growth & Development
- Sexual Health
- Nutrition & Physical Activity
- Mental, Emotional, and Social Health
- Personal and Community Health
- Injury Prevention & Safety

### **GRADE LEVEL OBJECTIVES**

#### **Personal Health**

- Individual health needs are addressed
- Allergy awareness & education (no sharing food)
- Wearing sunscreen and/or hats to protect your skin
- Hand-washing techniques taught and enforced
- Wiping/blowing noses
- Coughing/Sneezing into elbow taught
- Staying home when you are sick
- Toileting needs addressed and reinforced

#### **Nutrition and Physical Activity**

- Teach food groups
- Teach how to make healthy choices for snacks and meals
- Teach importance of being physically active

1. muscle development
2. aerobic activity

- Importance of resting your body (rest/naptime)

### **Safety**

- Classroom Rules taught for safety instruction
  1. Take care of yourself
  2. Take care of others
  3. Take care of our things
- Wearing appropriate clothing and shoes to school
- Following teacher's directions
- Participate in fire and safety drills
- Awareness and education of community helpers and their relationship to us

### **Spiritual/Mental/Emotional/Social Health**

- God gives us our bodies and our abilities; we respond to his goodness by taking care of ourselves
- We keep ourselves spiritually healthy by listening to Bible stories and relating them to our own behavior, feelings, etc.
- We pray to God: to give us strength and perseverance in taking care of our bodies, to heal our friends and families, etc.
- Social Skills Curriculum is intertwined throughout the entire preschool curriculum
- Character development is encouraged as a response to knowing that Jesus loves us

### **INSTRUCTIONAL MATERIALS**

- Handwashing Kit & Book
- CD's with Movement Activities
- Videos for Pre-K Exercise
- Nutrition Puzzles
- Anatomy Apron
- Games (Lotto, etc.)
- Children's Books
- Play Food
- Outdoor PE Equipment
- Social Skills Curriculum
- Character Development: Core Values Curriculum
- Bible Story Materials

# ST. JOHN'S LUTHERAN SCHOOL

## COURSE OF STUDY

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SUBJECT: HEALTH

GRADE: K

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### **COMPONENTS**

Students will learn skills and concepts in the following areas:

- Alcohol, tobacco, & Other Drugs
- Growth & Development
- Sexual Health
- Nutrition & Physical Activity
- Mental, Emotional, and Social Health
- Personal and Community Health
- Injury Prevention & Safety

### **ESLRs ADDRESSED**

- I. Students will understand the saving knowledge of Jesus Christ and grow in their **relationship with Him** through daily living in God's Word.
- II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.
- III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.
- IV. Students will celebrate God's love by **servicing Christ, His Church, and His world.**

### **GRADE LEVEL OBJECTIVES**

#### Alcohol, tobacco, & Other Drugs

#### Growth & Development

- Students will develop fine motor skills through handwriting activities. (3)
- Students will develop gross motor skills through physical education activities. (3)
- Students will understand that living things grow and change. (1, 3)
- Students will learn the life cycles of several different animals. (1,3)
- Students will gain a basic understanding of the human life cycle. (1, 2, 3)

### Sexual Health

- Students will begin to understand and respect the differences between the male and female body. (1, 2)
- Students will learn where babies come from, and recognize them as a gift of God. (1,2)

### Nutrition & Physical Activity

- Students will appreciate the need for taking care of the body through regular exercise and healthy eating. (1, 2, 3)
- Students will engage in regular gross motor movement exercises: running, jumping, skipping, hopping. (3)

### Mental, Emotional, and Social Health

- Students will demonstrate the use of conflict resolution and of being a “peacemaker”. (1,2 , 3, 4)
- Students will identify their feelings through journaling and classroom discussions and team building. (1,2,3, 4)
- Students will display the fruits of the Spirit. (1, 2, 3, 4)
- Students will recognize the needs of others through prayer. (1, 3, 4)

### Personal and Community Health

- Students will appreciate the need for dental hygiene. (2, 3)
- Students will understand the importance of hand washing and general hygiene. (2,3,4)

### Injury Prevention & Safety

- Students will demonstrate the use of safety rules at recess. (2, 3, 4)
- Students will learn “Stop, Drop, and Roll” as well as “Stay Low and Go”. (2, 3, 4)
- Students will follow emergency procedures as needed. (2, 3, 4)

## **ASSESSMENT**

Teacher Observation

Student Interaction

P.E. curriculum and assessment

## **INSTRUCTIONAL MATERIALS**

Fire Department

Videos

CPH Sexual Education Materials  
Dairy Council  
Peacemaker Booklets



# ST. JOHN'S LUTHERAN SCHOOL

## COURSE OF STUDY

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SUBJECT: HEALTH

GRADE: 1

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### COMPONENTS

Students will learn skills and concepts in the following areas:

- Alcohol, tobacco, & Other Drugs
- Growth & Development
- Sexual Health
- Nutrition & Physical Activity
- Mental, Emotional, and Social Health
- Personal and Community Health
- Injury Prevention & Safety

### ESLRs ADDRESSED

- I. Students will understand the saving knowledge of Jesus Christ and grow in their **relationship with Him** through daily living in God's Word.
- II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.
- III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.
- IV. Students will celebrate God's love by **servicing Christ, His Church, and His world**.

### GRADE LEVEL OBJECTIVES

#### Alcohol, tobacco, & Other Drugs

#### Growth & Development

- Students will develop fine motor skills through handwriting activities.
- Students will develop gross motor skills through physical education activities.
- Students will understand that living things grow and change.
- Students will learn the life cycles of several different animals.

- Students will gain a basic understanding of the human life cycle.

#### Sexual Health

- Students will begin to understand and respect the differences between the male and female body.
- Students will learn where babies come from, and recognize them as a gift of God.

#### Nutrition & Physical Activity

- Students will appreciate the need for taking care of the body through regular exercise and healthy eating.

#### Mental, Emotional, and Social Health

- Students will demonstrate the use of conflict resolution and of being a “peacemaker”.
- Students will identify their feelings through journaling and conflict resolution.
- Students will display the fruits of the Spirit.
- Students will recognize the needs of others through prayer.

#### Personal and Community Health

- Students will appreciate the need for dental hygiene.
- Students will understand the importance of hand washing and general hygiene.

#### Injury Prevention & Safety

- Students will demonstrate the use of safety rules at recess.
- Students will learn “Stop, Drop, and Roll” as well as “Stay Low and Go”.
- Students will follow emergency procedures as needed.

### **ASSESSMENT**

Teacher Observation

Student Interaction

Presidential Physical Fitness Awards

### **INSTRUCTIONAL MATERIALS**

Fire Department

Videos

CPH Sexual Education Materials

Dairy Council

Presidential Physical Fitness Standards

Peacemaker Booklets

# ST. JOHN'S LUTHERAN SCHOOL

## COURSE OF STUDY

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SUBJECT: HEALTH

GRADE: 2

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### COMPONENTS

Students will learn skills and concepts in the following areas:

- Alcohol, tobacco, & Other Drugs
- Growth & Development
- Sexual Health
- Nutrition & Physical Activity
- Mental, Emotional, and Social Health
- Personal and Community Health
- Injury Prevention & Safety

### ESLRs ADDRESSED

- I. Students will understand the saving knowledge of Jesus Christ and grow in their **relationship with Him** through daily living in God's Word.
- II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.
- III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.
- IV. Students will celebrate God's love by **servicing Christ, His Church, and His world.**

### GRADE LEVEL OBJECTIVES

#### Alcohol, tobacco, & Other Drugs

N/A

#### Growth & Development

- Students will practice fine gross motor skills through manuscript and cursive handwriting activities (3)
- Students will identify the different stages of the life cycle in both plants and animals (3)

- Students will identify the different parts of the digestive system and explain how those parts affect their growth and development (2,3)
- Students will utilize fine and gross motor skills through Physical Education games and activities (2)

#### Sexual Health

- Students will recognize the importance of God's gift of families and how families are always changing (1)
- Students will discuss the process of a baby growing and developing in a mother's womb (3)
- Students will recognize the importance of having both a mother and a father/husband and wife, to create a baby (1,3)
- Students will recognize similarities and differences in boys and girls, such as social, emotional, spiritual, and physical characteristics (1,3)
- Students will use appropriate language when discussing sexual topics and know what is appropriate to discuss with other students (3)

#### Nutrition & Physical Activity

- Students will identify ways to maintain a healthy diet, such as taking vitamins and minerals, and eating the correct amount of servings from the food pyramid (2,3)
- Students will practice healthy physical activity through Presidential Physical Fitness activities as well as other Physical Education activities and games (2)

#### Mental, Emotional, and Social Health

- Students will define conflict and what causes conflict (2)
- Students will identify and practice healthy ways in which to respond to conflict (1,2,4)
- Students will identify and practice healthy ways in which to prevent conflict (1,2,4)
- Students will recognize their classmates' as a blessing to their classroom community through the Student of the Week activities and prayer (1,2,4)

#### Personal and Community Health

- Students will identify ways to maintain a healthy diet, such as taking vitamins and minerals, and eating the correct amount of servings from the food pyramid (2,3)
- Students will identify and demonstrate ways in which to keep teeth healthy, such as brushing, flossing, and proper diet (2,3)
- Students will practice basic cleaning responsibilities in the classroom such as cleaning the floor and center areas, and maintaining a clean desk (2,4)

#### Injury Prevention & Safety

- Students will practice the proper recess rules while out at recess (2,4)

- Students will identify important fire safety information such as stop, drop and roll, how to exit a building that is on fire, and having an evacuation plan in the event of a fire (2,3)
- Students will practice the proper procedures in the event of a fire or an earthquake (2,3)

### **ASSESSMENT**

- Informal observation
- Student interaction
- Worksheets
- Classroom experiments
- Iowa Test of Basic Skills

### **INSTRUCTIONAL MATERIALS**

- Core Knowledge materials
- CPH Sex Education Curriculum
- Food Pyramid materials
- The Young Peacemaker Curriculum
- Fire Department

# ST. JOHN'S LUTHERAN SCHOOL

## COURSE OF STUDY

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SUBJECT: HEALTH

GRADE: 3

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### COMPONENTS

Students will learn skills and concepts in the following areas:

- Alcohol, tobacco, & Other Drugs
- Growth & Development
- Sexual Health
- Nutrition & Physical Activity
- Mental, Emotional, and Social Health
- Personal and Community Health
- Injury Prevention & Safety

### ESLRs ADDRESSED

- I. Students will understand the saving knowledge of Jesus Christ and grow in their **relationship with Him** through daily living in God's Word.
- II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.
- III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.
- IV. Students will celebrate God's love by **servicing Christ, His Church, and His world**.

### GRADE LEVEL OBJECTIVES

#### Alcohol, tobacco, & Other Drugs

\*Students will define drug. (1,2,3)

\*Students will communicate the effects of caffeine, alcohol, and nicotine on the body. (1,2,3)

\*Students will describe products that contain caffeine, nicotine, and alcohol. (2,3)

#### Growth & Development

\*Students will participate in physical education activities that increase endurance and flexibility. (2,3,4)

\*Students will learn how the different body systems are formed and how they make the body function. (2,3,4)

\*Students will learn cursive writing and develop small motor skills. (2,3)

#### Sexual Health

\*Students will learn about the social-psychological and physiological aspects of human sexuality in his/her relationship to the God who created and redeemed us. (1,2,4)

\*Students will respect other's sexuality and refrain from any type of harassment or bullying. (1,2,3,4)

\*Students will practice appropriate language and social behavior (etiquette). (1,2,3,4)

#### Nutrition & Physical Activity

\*Students will infer the need for healthful foods. (1,2,3)

\*Students will identify foods in the five healthful food groups. (1,2,3)

\*Students will participate in various physical education activities. (2,3)

\*Students will participate in the Presidential Physical Fitness testing. (2)

#### Mental, Emotional, and Social Health

\*Students will participate in The Young Peacemaker curriculum. (1,2,3,4)

\*Students will learn to resolve conflicts through conflict resolution activities. (1,2,3,4)

\*Students will learn confession, forgiveness, and repentance through religion discussions. (1,2,3,4)

\*Students will participate in personal and corporate prayer. (1,2,3,4)

#### Personal and Community Health

\*Students will define immunity and disease. (2,3)

\*Students will tell why liquids, healthful foods, and rest are important during an illness. (2,3)

\*Students will learn and demonstrate healthy habits. (2,3)

\*Students will be involved in service projects that benefit the community. (1,3,4)

#### Injury Prevention & Safety

\*Students will demonstrate competence in natural disaster, fire, and lockdown drills and procedures. (2,3)

\*Students will demonstrate safe practices while on the playground. (2,3,4)

\*Students will learn and practice appropriate behaviors in physical education classes. (2,3,4)

\*Students will read, sign, and follow the Code of Student Behavior. (2,3,4)

### **ASSESSMENT**

Teacher observation

Teacher designed assessment

Merrill Science assessment activities

Presidential Physical Fitness standards

Group and partner activities

**INSTRUCTIONAL MATERIALS**

Christ Light religion curriculum

The Young Peacemaker

How You are Changing

Merrill Science 3

The Body Book

Human Body

Easy Make and Learn Projects:Human Body

The Presidential Physical Fitness standards

# ST. JOHN'S LUTHERAN SCHOOL

## COURSE OF STUDY

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SUBJECT: HEALTH

GRADE: 4

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### COMPONENTS

Students will learn skills and concepts in the following areas:

- Alcohol, tobacco, & Other Drugs
- Growth & Development
- Sexual Health
- Nutrition & Physical Activity
- Mental, Emotional, and Social Health
- Personal and Community Health
- Injury Prevention & Safety

### ESLRs ADDRESSED

- I. Students will understand the saving knowledge of Jesus Christ and grow in their **relationship with Him** through daily living in God's Word.
- II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.
- III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.
- IV. Students will celebrate God's love by **servicing Christ, His Church, and His world**.

### GRADE LEVEL OBJECTIVES

#### Alcohol, tobacco, & Other Drugs

- Students will be able to identify the potential danger and harm to physical, mental, and spiritual health by the misuse of alcohol, tobacco, and drugs. (1,2,3)

#### Growth & Development

- Students will identify the stages of human growth and development from infancy through adulthood. (1,2,3)

Comment [d1]:

- Students will recognize their responsibility to foster healthy growth and development as individuals and as a community. (1,2,3,4)

#### Sexual Health

- Students will recognize that sexuality is a good gift from God. (1,2,4)
- Students will respect others' sexuality and refrain from any type of harassment or bullying. (1,2,4)
- Students will practice appropriate social behavior by using proper etiquette and language. (1,2,3)

#### Nutrition & Physical Activity

- Students will understand the food pyramid and the importance of choosing foods that are nutritionally beneficial for optimal health. (2,3)
- Students will understand the importance of exercise in maintaining physical and mental health. (2,3,4)
- Students will participate in a physical education class. (1,2,4)

#### Mental, Emotional, and Social Health

- Students will recognize healthy minds, bodies, and relationships with others are essential. (2,3,4)
- Students will be encouraged to follow Christ's example in their lives as they lead healthy lives and live in positive relationships with others. (1,2,4)

#### Personal and Community Health

- Students will identify and practice health and hygiene habits such as hand washing, covering coughs, etc. (2,3)
- Students will be encouraged to see health professionals regularly. (2,3)

#### Injury Prevention & Safety

- Students will identify safety guidelines to prevent injury from fire, natural disasters, and other hazards. (2,3)
- Students will participate in regular safety drills at school. (2,3)

### **ASSESSMENT**

- Teacher observation.
- Administration of appropriate tests and quizzes.

### **INSTRUCTIONAL MATERIALS**

- McGraw-Hill Science text
- Nutrition Pathfinders-Dairy Council of California
- P.G.&E. Electrical and Gas Safety booklets
- CPH Sex Education Series
- Guest speakers such as DARE officers, Fire Department



# ST. JOHN'S LUTHERAN SCHOOL

## COURSE OF STUDY

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SUBJECT: HEALTH

GRADE: 5

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### COMPONENTS

Students will learn skills and concepts in the following areas:

- Alcohol, tobacco, & Other Drugs
- Growth & Development
- Sexual Health
- Nutrition & Physical Activity
- Mental, Emotional, and Social Health
- Personal and Community Health
- Injury Prevention & Safety

### ESLRs ADDRESSED

- I. Students will understand the saving knowledge of Jesus Christ and grow in their **relationship with Him** through daily living in God's Word.
- II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.
- III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.
- IV. Students will celebrate God's love by **servicing Christ, His Church, and His world**.

### GRADE LEVEL OBJECTIVES

#### Alcohol, tobacco, & Other Drugs

Students will learn of the effects of alcohol, tobacco, and drugs on the body. 3

#### Growth & Development

Students will learn how they change physically with age. 2,3

Students will participate in the President's Physical Fitness Program. 2

#### Sexual Health

Students will learn the unique differences between boys and girls. 2,3

Students will learn the male and female reproductive organs and function. 2,3

Students will respect others' sexuality. 1, 2

#### Nutrition & Physical Activity

Students will demonstrate various movement and motor skills. 2,3

Students will demonstrate manipulative skills i.e. throwing, catching, kicking, and dribbling an object. 2,3

Students will correctly demonstrate activities designed to improve and maintain muscular strength and endurance, speed, flexibility, and cardio-respiratory functions. 2,3

#### Mental, Emotional, and Social Health

Students will learn and demonstrate proper responses to conflict. 1,2,3,4

Students will identify and discuss mental, emotional, and social issues found in fifth grade literature. 1,2,3,4

Students will refrain from any type of harassment or bullying. 1,2,3,4

Students will practice appropriate social behavior regarding proper etiquette and language. 1,2,3,4

#### Personal and Community Health

Students will practice proper hygiene. 2,3

Students will help keep the campus free of litter. 2,3,4

### Injury Prevention & Safety

Students will respond correctly to fire, earthquake, and lock down drills. 2,3

Students will learn proper fire and electrical safety for home, school, and businesses.  
2,3

Students will practice school rules in regard to safety while on school property 2,3

### **ASSESSMENT**

Teacher observation

Testing

### **INSTRUCTIONAL MATERIALS**

Harcourt Science

President's Physical Fitness Council

Sex and the New You

The Young Peace Maker

Novels – Summer of the Swans

>From the Mixed up Files of Mrs. Basil E. Frankweiler

Rats of NIMH

Sign of the Beaver

Fire Prevention Program

# ST. JOHN'S LUTHERAN SCHOOL

## COURSE OF STUDY

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SUBJECT: HEALTH

GRADE: 6

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### COMPONENTS

Students will learn skills and concepts in the following areas:

- Alcohol, tobacco, & Other Drugs
- Growth & Development
- Sexual Health
- Nutrition & Physical Activity
- Mental, Emotional, and Social Health
- Personal and Community Health
- Injury Prevention & Safety

### ESLRs ADDRESSED

- I. Students will understand the saving knowledge of Jesus Christ and grow in their **relationship with Him** through daily living in God's Word.
- II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.
- III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.
- IV. Students will celebrate God's love by **servicing Christ, His Church, and His world.**

### GRADE LEVEL OBJECTIVES

#### Alcohol, tobacco, & Other Drugs

Students will identify health complication from over usage of alcohol, tobacco, and other drugs. 1,2,3,4

Students will learn the difference between prescription and illegal drugs. 2, 3

Students will learn how to say "No" to drugs. 2, 3, 4

#### Growth & Development

Students will identify the functions of the glands in the endocrine and reproductive systems. 2, 3

Students will learn the endocrine and reproductive systems work best if they have a balanced diet, exercise daily, get plenty of rest, and have regular checkups with a doctor. 2, 3

#### Sexual Health

Students will identify physical changes that take place during puberty. 2, 3

Students will learn that God created a man and woman to be different to follow His plan. 2, 3

Students will practice appropriate social behavior, language, and etiquette, respect others' sexuality, and refrain from any type of harassment or bullying. 2, 3

#### Nutrition & Physical Activity

Students will identify what is a balanced diet. 2, 3

Students will participate in daily physical activity. 1, 2, 3

Students will learn healthy nutrition and physical activity leads to being a healthy person. 2, 3

#### Mental, Emotional, and Social Health

Students will distinguish the differences between mental, emotional and social health. 2, 3

Students will learn how important it is to have good mental, emotional and social health. 2, 3

#### Personal and Community Health

Students will identify the importance of personal and community health. 2, 3

#### Injury Prevention & Safety

Students will practice injury prevention and safety while following playground and dress code rules, and through the practice of following procedure for lock down, earthquake, and fire drills. 2, 3

### **ASSESSMENT**

Following through with practice  
Science quizzes and tests  
Hand writing assignments  
Discussions

**INSTRUCTIONAL MATERIALS**

DARE

Bible and religion book and Religion class

The Giver, Journey Home, Flying Against the Wind- Reading novels

Science Text

PE

Service projects

# ST. JOHN'S LUTHERAN SCHOOL

## COURSE OF STUDY

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SUBJECT: HEALTH

GRADE: 7 & 8

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### COMPONENTS

Students will learn skills and concepts in the following areas:

- Alcohol, tobacco, & Other Drugs
- Growth & Development
- Sexual Health
- Nutrition & Physical Activity
- Mental, Emotional, and Social Health
- Personal and Community Health
- Injury Prevention & Safety

### ESLRs ADDRESSED

- I. Students will understand the saving knowledge of Jesus Christ and grow in their **relationship with Him** through daily living in God's Word.
- II. Students will become **confident individuals** as they identify, develop, and use their God-given gifts and abilities.
- III. Students will become **academically capable individuals** by obtaining the knowledge and skills needed to reach their potential and finding effective ways to apply what they learn to real life situations and challenges.
- IV. Students will celebrate God's love by **servicing Christ, His Church, and His world.**

### GRADE LEVEL OBJECTIVES

#### Alcohol, tobacco, & Other Drugs

Students will understand the physical affects that alcohol, tobacco, and different types of drugs have on the human body. (3)

Students will learn about the dangers involved in alcohol and drug use. (3)

Students will appreciate the risk of alcohol / drug addiction. (3)

Students will learn ways to say no to alcohol / drug use. (2, 3)

Students will understand reasons why underage youth use alcohol / drugs. (2, 3)

Students will recognize that a life lived free from alcohol abuse and illegal drug use is a life lived more fully. (2, 5)

### Growth & Development

Students will learn that the adolescent teenage years are a time of great change. (2)

### Sexual Health

Students will learn that sex is a gift from God. (1)

Students will understand that marriage is instituted by God, and is sacred. (1)

Students will understand the physical and emotional risks of sexual promiscuity. (1, 2, 3)

Students will recognize the uniqueness of each gender, and that the differences between male and female are blessings from God. (1, 2)

### Nutrition & Physical Activity

Students will exercise vigorously in physical education class at least three times weekly. (2)

Students will perform the Presidential Physical Fitness Tests three times each year, and through these tests will learn areas of strength and areas needing improvement. (2)

Students will learn the benefits of proper nutrition and hydration. (3)

Students will understand the importance of stretching prior to physical activities. (3)

Students will learn how to stretch properly. (3)

### Mental, Emotional, and Social Health

Students will understand that conflict is a natural part of life. (2, 3)

Students will learn that although conflict is not enjoyable, it does often times present opportunities for goodness and growth. (1, 2, 3, 4)

Students will learn constructive conflict resolution strategies. (2, 3)

Students will learn the importance of having a high self-esteem and strategies to maintain a high self-esteem. (1, 2, 3, 4)

### Personal and Community Health

Students will appreciate the importance of reducing, reusing, and recycling. (4)

Students will learn the dangers posed by viruses and bacteria. (3)

Students will learn about antibiotics and how they are used to kill harmful bacteria. (3)

Students will learn about the use of radiation to kill cancerous cells. (3)

Students will understand the importance of proper nutrition, daily exercise, and good hygiene. (2, 3)

### Injury Prevention & Safety

Students will learn how to respond to earthquakes and other disasters in such a way as to minimize the chance of injury. (2, 3)

Students will learn the proper use of tools. (2, 3)

## **ASSESSMENT**

Class discussions

Reading the Bible and discussing its content

Small group work

Oral presentations

Completion of written assignments

**INSTRUCTIONAL MATERIALS**

The NIV Bible

Scholastic SCOPE Magazine

*Natural High* video by Sundt Memorial Foundation

*On the Air* and *Unfiltered* videos by Total TV Network

The following novels: *Roll of Thunder, Where the Red Fern Grows, Outsiders, Lord of the Flies*  
*Parade of Life*. Prentice Hall, 1997.

*Chemistry of Matter*. Prentice Hall, 1997.