



ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS	RESOURCES
<p>NUTRITION (all FACS)</p> <p>Food Pyramid Components Nutrient Information Nutritional Labeling Nutritional Value Consumer Health Resources</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Identify and discuss the components of the Food Plate • Identify the six major classes of nutrients (water, protein, carbohydrate, fat, minerals, vitamins), their sources and their importance and function in the body • Identify foods high in fat, cholesterol, fiber, and sugar and describe their effect on health • Analyze a nutritional label explaining the unit price, nutritional content, expiration date, and the order and amount of ingredients • Calculate the nutritional value of various foods • Recognize some credible resources for health information such as the CDC, FDA, and public health departments 	<p>http://www.fda.gov/Food</p> <p>http://www.choosemyplate.gov/</p>
<p>INJURY PREVENTION AND SAFETY</p> <p>Safety Precautions (PE) Personal Safety and Responsibility (PE)</p> <p>Technology Safety (Tech teacher, Counselor)</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Analyze safety precautions for various leisure and fitness activities • Demonstrate proactive self-defense techniques • Identify safety precautions when using technology • Cyber Bullying 	<p>Ally Kemp Foundation The Research Foundation</p> <p>Think First (assembly) 816-276-4218 816-276-3163</p> <p>www.theresearchfoundationkc.org District Community Website BV Rec SRO</p>

ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS	RESOURCES
<p>PERSONAL HEALTH AND FITNESS (all PE)</p> <p>Healthy Lifestyle Personal Health Goals Lifelong recreational and leisure skills Cardiovascular endurance</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Identify healthy lifestyle habits and opportunities • Apply strategies and skills needed to attain personal health goals • Identify lifelong recreational and leisure skills needed for a healthy lifestyle • Identify four major components of cardiovascular exercise (frequency, intensity, duration, type) and give examples of each • Identify the benefits of aerobic exercise 	<p>PE Curriculum</p>
<p>MENTAL AND EMOTIONAL HEALTH (all Counselors)</p> <p>Communication Skills & Problem Solving Strategies Bullying Stress Verbal, Physical, and Sexual Abuse</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Recognize effective verbal and nonverbal communication skills (passive, aggressive, assertive) • Analyze possible causes of conflict among youth in schools and communities (bullying) • Demonstrate ways an upstander can de-escalate a bullying situation • Explain the roles of family and friends in maintaining a healthy mental and emotional state • Describe ways that mental well-being can affect his/her physical well-being and also the reverse • Predict stressful situations and describe physical effects on the body (headaches, stomachaches, and various diseases) • Recognize the difference between positive and negative stress • Describe problem-solving strategies to cope with stress • Define sexual harassment and develop the necessary skills to stop, prevent, and report it • Recognize sources for reporting abuse such as parent, school counselor, school nurse, teacher or school administrator 	<p>BV Diversity Modules HRM DVDs</p> <p>Counselor Curriculum</p>

ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS	RESOURCES
<p>SUBSTANCE USE, MISUSE, ABUSE, AND ADDICTION (Counselors and Nurses)</p> <p>Self-Concept Refusal Skills Consequences of drug use</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Identify characteristics of a healthy self-concept and the strategies for strengthening self-concept • Demonstrate refusal skills for alcohol, tobacco, and other drugs • Recognize that most students do not use drugs and alcohol 	<p>Red Ribbon Week activities</p>
<p>FAMILY LIFE AND SEXUALITY (Nurses)</p> <p>Puberty</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • List changes in physical and emotional patterns of adolescents, various stages of puberty, and the effects on adolescent behavior • Recognize that there is an increase in sexual feelings in adolescence and this is natural 	



Health | Seventh



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<p>PREVENTION AND CONTROL OF DISEASE (Nurses, Science Teachers)</p> <p>Prevention and Control of Disease Community Health</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Identify primary defense mechanisms to stop spread of disease-causing organisms • Identify diseases for which we currently have immunizations • Define vaccination (live vs. attenuated) • Identify and utilize resources from home, school, and the community that provide valid health information • Express information about health issues and making positive health choices 	<p>Check teen health Check science curriculum</p> <p>Possible Immunization (district ppt)</p> <p>Johnson County Health Department</p>
<p>PERSONAL HEALTH AND FITNESS (PE)</p> <p>Healthy Lifestyle Personal Health Goals Lifelong recreational and leisure skills Cardiovascular endurance</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Identify healthy lifestyle habits and opportunities • Apply strategies and skills needed to attain personal health goals • Identify lifelong recreational and leisure skills needed for a healthy lifestyle • Identify four major components of cardiovascular exercise (frequency, intensity, duration, type) and give examples of each • Identify the benefits of aerobic exercise 	<p>PE curriculum</p>

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<p>MENTAL AND EMOTIONAL HEALTH (Counselors)</p> <p>Communication Skills & Problem Solving Strategies Bullying Depression Stress Verbal, Physical, and Sexual Abuse Healthy Body Image</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Recognize effective verbal and nonverbal communication skills (passive, aggressive, assertive) • Analyze possible causes of conflict among youth in schools and communities (bullying) • Demonstrate ways an upstander can de-escalate a bullying situation • Recognize warning signs of depression and suicide • Explain the roles of family and friends in maintaining a healthy mental and emotional state • Describe ways that mental well-being can affect his/her physical well-being and also the reverse • Predict stressful situations and describe physical effects on the body (headaches, stomachaches, and various diseases) • Recognize the difference between positive and negative stress • Describe problem-solving strategies to cope with stress • Define sexual harassment and develop the necessary skills to stop, prevent, and report it • Recognize sources for reporting abuse such as parent, school counselor, school nurse, teacher or school administrator • Identify the importance of a healthy body image • Identify sign of eating disorders (anorexia nervosa, bulimia, compulsive overeating/binge eating, improper use of laxative, enemas, or diuretics) and recognize that these are complex disorders requiring interventions 	<p>Counselor Curriculum</p> <p>District ppt for eating disorders District/community page for resources Children’s Mercy K Med – Healthy Hawks</p> <p>Parents can preview Signs of suicide program</p> <p>Look for DVD on body image/eating disorders</p>

ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS	RESOURCES
<p>SUBSTANCE USE, MISUSE, ABUSE, AND ADDICTION (PE, Counselors)</p> <p>Resistance Skills Media messages Consequences of drug use</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Demonstrate refusal skills for alcohol, tobacco, and other drugs • Recognize that most students do not use drugs and alcohol • Recognize subtle messages in the media regarding alcohol, tobacco, and other drug use • Identify laws pertaining to alcohol and other drug use 	<p>Project Alert</p> <p>How do we cover legalization of Marijuana laws?</p> <p>SRO</p>
<p>FAMILY LIFE AND SEXUALITY (Science)</p> <p>Structure and function of the reproductive system</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Understand the structure and function of the human reproductive system 	<p>Unit 4 Science (?)</p>



Health | Eighth



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<p>MENTAL AND EMOTIONAL HEALTH (Counselors)</p> <p>Communication Skills & Problem Solving Strategies Bullying Depression Stress Verbal, Physical, and Sexual Abuse</p>	<p>SKILLS</p> <ul style="list-style-type: none"> Recognize effective verbal and nonverbal communication skills (passive, aggressive, assertive) Analyze possible causes of conflict among youth in schools and communities (bullying) Demonstrate ways an upstander can de-escalate a bullying situation Recognize warning signs of depression and suicide Explain the roles of family and friends in maintaining a healthy mental and emotional state Describe ways that mental well-being can affect his/her physical well-being and also the reverse Predict stressful situations and describe physical effects on the body (headaches, stomachaches, and various diseases) Recognize the difference between positive and negative stress Describe problem-solving strategies to cope with stress Define sexual harassment and develop the necessary skills to stop, prevent, and report it Recognize sources for reporting abuse such as parent, school counselor, school nurse, teacher or school administration 	<p>Counselor Curriculum</p> <p>Safehome “The Outrage” Dramatic Aids project MOCSA lessons – check BVMS</p> <p>DVD’s PPT</p>

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<p>SUBSTANCE USE, MISUSE, ABUSE, AND ADDICTION (PE, Counselors)</p> <p>Resistance Skills Media messages Consequences of drug use</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Demonstrate resistance skills for alcohol, tobacco, and other drugs • Recognize that most students do not use drugs and alcohol • Recognize subtle messages in the media regarding alcohol, tobacco, and other drug use • Identify laws pertaining to alcohol and other drug use 	<p>Project Alert SRO</p>
<p>FAMILY LIFE AND SEXUALITY (Nurses)</p> <p>Abstinence Birth Control Resistance Skills Healthy Relationships Dating Situations</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Review Anatomy Structure & Function • Recognize that abstinence is the only 100% effective way of preventing pregnancy and STI's • Recognize the types and reliability of various types of birth control • Recognize the physical, social and emotional consequences of early sexual activity • Define the characteristics of healthy vs. unhealthy realtionships 	<p>District ppt for birth control MOCSA The OUTRAGE Dramatic AIDS Michelle Thomas – abstinence speaker JOCO Health Dept</p>