

## **SMMS Heath Education Curriculum**

### **Elementary School**

Students in the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> grades have a third Physical Education class on their schedules that meets every other week. This class is taught in the Phys. Ed. environment as a Health Education class. Because the class meets every other week, students are not required to wear a Phys. Ed. uniform on those days. Instead, the class will start with a discussion of a health topic, and continue with a related physical activity used to illustrate that concept. Topics include Heart and Lung Connection, Germs, and Temperature Control.

### **Junior High**

During the 2<sup>nd</sup> Trimester, students in the Junior High will have Health Education during the three weekly when Physical Education appears on their schedule. The Health Education course is only taught during this trimester and will have a Comprehensive exam at the end of the trimester. Students will be taught in a traditional classroom and therefore are not required to have their Physical Education uniform during this trimester. They should be prepared for class with a notebook and pen, and may leave their Health textbooks at home to be used as a reference.

The basis for all three grade levels starts with the concept of the importance of having a balanced Health Triangle. The Health Triangle consists of Physical Health, Social Health, and Mental/Emotional Health facets and is surrounded by the more important Spiritual Health. Although each grade level will have a different focus (see below) the interactions of these health components will be the foundation.

### **6<sup>th</sup> Grade**

The primary focus of 6<sup>th</sup> Grade Health will be of the Physical Health side of the Health Triangle. Physical Health will be studied by examining the 6 Risky Behaviors of Youth as identified by the Centers for Disease Control. These behaviors are: Malnutrition, Sedentary Lifestyles, Preventable Injuries, Sexual Behavior, Tobacco Use, and Alcohol and Other Drug Use. Students will learn about each risk factor with the task of both

gaining content as knowledge, and developing skills to make healthy choices.

### 7<sup>th</sup> Grade

The primary focus of 7<sup>th</sup> Grade Health will be of the Mental/Emotional Health and Social Health sides of the Health Triangle. Students will learn about Mental/Emotional Health by studying the mind-body connection. Topics will include a comparison between the brain and the mind, stress, and the Fight or Flight response. Social Health will be studied by examining how one's self is part of a larger society. Topics will include a comparison of different family types, and bullying.

### 8<sup>rd</sup> Grade

The primary focus of 8<sup>th</sup> Grade Health will be a return to the Physical Health side of the Health Triangle. Students will learn about the different aspects of fitness, and how to improve upon their own fitness level. These aspects include, muscle strength, muscle endurance, aerobic capacity, body composition and flexibility. During the trimester, students will participate in standardized fitness tests in order to determine their current fitness level. Learning about concepts such as the F.I.T.T. principle, and healthy fitness zones will allow the students to develop a regimen suited to their own fitness goals.