

# Calhoun County Public Schools

## Comprehensive Health Education

### Course Syllabus

**Teachers: Shawanna White, Thelma Threat, and Justin Farmer**

Calhoun County High/ K8 schools teach comprehensive health through physical education and classroom instruction.

#### Course Description:

Comprehensive Health Education is a required course that will be taught along with Physical Education. The health course is aimed at helping students gain a better understanding of health related matters. We will focus on all areas indicated by the Health Education Scope and Sequence.

#### Course Expectations and Rules:

- All School Rules must be followed at all times
- Take care of all health class facilities and equipment at all times
- Be respectful to others at all times.
- You must be on time. 3 tardies will equal an absence.

#### Supplies:

- Students need to have a class folder created on their laptop for Health.
- Students who do not use the laptops must bring a notebook.
- Students must have an active Google and Edmodo account.

#### Course Outline:

Standard 1	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
Standard 2	Students will analyze the influence of family, peers, culture, media, technology, and other factors of health behaviors.
Standard 3	Students will demonstrate the ability to access valid information, products, and services to enhance health.
Standard 4	Students will demonstrate the ability to use interpersonal communication skills to enhance health.
Standard 5	Students will demonstrate the ability to use decision making skills to enhance health.
Standard 6	Students will demonstrate the ability to use goal-setting skills to enhance health.
Standard 7	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

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Standard 8	Students will demonstrate the ability to advocate for personal, family, and community health.
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## Pacing:

Unit	Standards	Activities
Theme I – Overall Health and Mental Health	1, 5,7, 8	Google Classroom, Edmodo, Erin's Law, Power Points Kahoot and Project Based Learning/Tests
Theme II – Substance Abuse	2,3,5,6,7,8	Google Classroom, Edmodo, Erin's Law, Power Points Kahoot and Project Based Learning/Tests
Theme III - Diseases	1,2,3,5,7,8	Google Classroom, Edmodo, Erin's Law, Power Points Kahoot and Project Based Learning/Tests
Theme IV – Nutrition and Physical Activity	1,2,4,6	Google Classroom, Edmodo, Erin's Law, Power Points Kahoot and Project Based Learning/Tests
Theme V - CPR	3,4,5,7	Google Classroom, Edmodo, Erin's Law, Power Points Kahoot and Project Based Learning/Tests

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## Erin's Law:

Select or develop instructional units in sexual abuse and assault awareness and prevention, with separate units appropriate for each age level from four-year-old kindergarten through twelfth grade; and to amend section 59-32-30, relating to the requirement that local school districts implement the comprehensive health education program, among other things, so as to provide that beginning with the 2015-2016 school year, the districts annually shall provide age appropriate instruction in sexual abuse and assault awareness and prevention to all students in four-year-old kindergarten, where offered, through twelfth grade.

## Lessons:

### Grades Kindergarten –First

Lesson	Discussion	Activity
“Private Parts”	Body parts are unique and private	Discuss body parts at home with parents prior to the lesson.
“Touch”	Good vs Bad Touch/Knowing the difference	List the different touches and discuss
“No, Go, Tell!”	How to tell someone that they don’t like their touches.	Identify adults they can tell.

### Grades Second –Third

Lesson	Discussion	Activity
“Private Parts”	Body parts are unique and private and should be respected	Discuss body parts at home with parents prior to the lesson.
“Touch”	Good vs Bad Touch/Knowing the difference/Sexual Abuse	List the different touches and discuss
“No, Go, Tell!”	Role Play how to tell someone that they don’t like their touches.	Identify adults they can tell.

### Grades Fourth –Fifth

Lesson	Discussion	Activity
“Private Parts”	Body parts are unique and private	Discuss body parts at home with parents prior to the lesson.
“Touch”	Good vs Bad Touch/Knowing the difference/	Good decisions
“No, Go, Tell!” and “Checking First”	How to tell someone that they don’t like their touches./ Consulting with a parent before doing or going anywhere	Identify adults they can tell.

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Grades Sixth, Seventh, and Eighth

Because of the increased maturity of this age level and teenagers' natural belief in their ability to be independent and self-sufficient, this lesson will concentrate primarily on grooming. The different stages of grooming will be discussed as well as a discussion on feelings. Students should be encouraged to trust their instincts/feelings and discuss any concerns or happenings with a trusted adult.