



Health Education Instructional Materials

2021-2022

ELEMENTARY SCHOOL	
Health and Physical Education	Harcourt Health and Fitness Textbook by Holt McDougal
Physical Education	Fitnessgram for grades 2-5
Guidance	Academy of Family Physicians an AnMed Health Medical Staff Community Health Initiative <ul style="list-style-type: none"> ● Tar Wars - 5th grade ● Nutrition Detectives – 4th grade ● Red Ribbon Week ● YMCA Mentor Program
Guidance	<u>Connect with Character</u> , Character Counts, <u>Core Essentials</u> , Chick-fil-a “Dipper and the Bucket” by Dr. Donald Clifton
Guidance	<u>Second Step</u> Social Emotional Curriculum
Guidance	Erin’s Law- Lessons from the SCDE <i>I am Gonna Like Me</i> by Jamie Lee Curtis
Guidance	<u>7 Habits of Happy Kids</u> by Sean Covey
Guidance/Classroom	<u>Leader in Me</u>
Guidance	Dove Self-Esteem Project - 4th & 5th Grade Girls
Guidance	<u>Curriculum</u> by Dr. Randall Parr <u>Spectacular Guidance Activities</u> by Dr. Diana Senn
Guidance	Shining Smiles for K5
Guidance and Parents/Guardians	Parent’s Toolbox by Jody Johnson Pawel, LSW

MIDDLE SCHOOL	
Health and Physical Education	Holt Decisions for Health by Holt McDougal <ul style="list-style-type: none"> ● Physical Fitness ● Life Skills ● Diet and Nutrition ● Disease Prevention
Physical Education	Fitnessgram in grades 6-8

Science	Life Science- 7 th grade Science Curriculum <ul style="list-style-type: none"> • Heredity; Human Body System
---------	--

MIDDLE SCHOOL Continued	
Guidance	<p>Academy of Family Physicians an AnMed Health Medical Staff Community Health Initiative</p> <ul style="list-style-type: none"> • Doclink.org (Doclink is a physician driven nonprofit organization that aims to link doctors, nurses and other health professionals to Anderson County youth. Our goal is to educate and empower young people to make healthy, lifelong decisions. We offer a wide variety of health programs to elementary and secondary schools that can be tailored to fit the needs of individual students and schools. School that have used our programs in the past have shown a vast improvement in their students' overall health behaviors. • Food and Nutrition – 6th grade • Tobacco/Alcohol/Drug Awareness – 7th & 8th grades • YMCA Mentor Program <p>Safeharbor sc.org (Safeharbor Mission: To provide a continuum of services for victims of domestic violence and their children, and to eliminate the cultural acceptance of domestic violence through a coordinated community response, prevention and education.)</p> <ul style="list-style-type: none"> • Domestic Violence Awareness- 8th grade <p>Erin's Law</p>
<p>Comprehensive Health</p> <p>*Comprehensive health materials are available for parents/guardians to preview. Please contact your child's school for more information.</p>	<p><i>Draw the Line, Respect the Line</i> <i>Draw the Line,/Respect the Line</i> is a 3-year evidence-based curriculum that promotes abstinence by providing students in grades 6-8 with the knowledge and skills to prevent HIV, other STDs and pregnancy. Using an interactive approach, the program shows students how to set personal limits and meet the challenges to those limits. Lessons also include the importance of respecting others' personal limits.</p> <p>*Implementation began in the fall of 2016</p>

HIGH SCHOOL	
Physical Education	Fitnessgram- grade 9
Physical Education/Comprehensive Health	<p><i>Be Proud! Be Responsible!</i> is comprised of a series of fun and interactive learning experiences designed to increase participation and enhance learning. Activities include educational videos, trigger films, role plays, condom demonstrations and other exercises.</p> <p>The goals of the program are to:</p> <ul style="list-style-type: none"> ● Help young people change behaviors that place them at risk for HIV. ● Delay the initiation of sex among sexually inexperienced youth. ● Reduce unprotected sex among sexually active youth. ● Help young people make proud and responsible decisions about their sexual behaviors.
ROTC	“Leadership Education 100” Chapters 3 and 4. Pearson Learning Solutions, A Pearson Educational Company www.pearsoned.com
CATE	Food & Nutrition- <u>Food for Today</u> by Helen Kowtaluk Family & Consumer Sciences- <u>Today’s Teen</u> by Joan Kelly-Plate and Eddy Eubanks Parenthood- <u>Parenting: Rewards & Responsibilities</u> by Verna Hildebrand
Guidance	Erin’s Law
Classroom	DocLink for Safe Driving

HIGH SCHOOL continued	
Lifelong Fitness Class	<p>Meeks Heit Health & Wellness Textbook McGraw Hill Course: Health</p> <p>This course is designed to provide students with knowledge and awareness of the physical, mental and social aspects of the individual. This course is intended to motivate health maintenance and promote wellness.</p> <p>Content areas:</p> <ol style="list-style-type: none"> I. Personal health and wellness II. Nutritional choices

	<ul style="list-style-type: none">III. Mental healthIV. Preventing injuriesV. Family living and healthy sexualityVI. Alcohol, tobacco and other drugs
--	--