



## Health Education Instructional Materials

### 2018-2019

<b>ELEMENTARY SCHOOL</b>	
Health and Physical Education	Harcourt Health and Fitness Textbook by Holt McDougal
Physical Education	Fitnessgram for grades 2-5 Walkabouts
Guidance	Academy of Family Physicians an AnMed Health Medical Staff Community Health Initiative <ul style="list-style-type: none"> <li>● Tar Wars - 5<sup>th</sup> grade</li> <li>● Nutrition Detectives – 4<sup>th</sup> grade</li> </ul>
Guidance	<u>Connect with Character</u> , Character Counts, <u>Core Essentials</u> , Chick-fil-a “Dipper and the Bucket” by Dr. Donald Clifton
Guidance	Erin’s Law- Lessons from the SCDE <i>I am Gonna Like Me</i> by Jamie Lee Curtis
Guidance	Early Act First Knight, The Code Character Education
Guidance	<u>Curriculum</u> by Dr. Randall Parr <u>Spectacular Guidance Activities</u> by Dr. Diana Senn
Guidance and Parents/Guardians	Parent’s Toolbox by Jody Johnson Pawel, LSW

<b>MIDDLE SCHOOL</b>	
Health and Physical Education	Holt Decisions for Health by Holt McDougal <ul style="list-style-type: none"> <li>● Physical Fitness</li> <li>● Life Skills</li> <li>● Diet and Nutrition</li> <li>● Disease Prevention</li> </ul>
Physical Education	Fitnessgram in grades 6-8
Science	Life Science- 7 <sup>th</sup> grade Science Curriculum <ul style="list-style-type: none"> <li>● Heredity; Human Body System</li> </ul>

<b>MIDDLE SCHOOL Continued</b>	
Guidance	<p>Academy of Family Physicians an AnMed Health Medical Staff Community Health Initiative</p> <ul style="list-style-type: none"> <li>● 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.</li> <li>● Food and Nutrition – 6<sup>th</sup> grade</li> <li>● Tobacco/Alcohol/Drug Awareness – 7<sup>th</sup> &amp; 8<sup>th</sup> grades</li> </ul> <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"> <li>● Domestic Violence Awareness- 8<sup>th</sup> grade</li> </ul> <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><b><i>Draw the Line, Respect the Line</i></b> <b><i>Draw the Line,/Respect the Line</i></b> 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>

<b>HIGH SCHOOL</b>	
Physical Education	Fitnessgram- grade 9
Physical Education/Comprehensive Health	<p><b><i>Making Proud Choices (Adapted for ASD1)</i></b> is an evidence-based, safer sex approach to teen pregnancy and HIV/STD prevention. It is a fourteen module curriculum designed to empower adolescents to change their behavior in ways that will reduce their risk of becoming infected with HIV and other STDs and significantly decrease their chances of being involved in unintended pregnancies. The curriculum</p>

	acknowledges that abstinence is the most effective way to eliminate these risks.
ROTC	“Leadership Education 100” Chapters 3 and 4. Pearson Learning Solutions, A Pearson Educational Company <a href="http://www.pearsoned.com">www.pearsoned.com</a>
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 &amp; Responsibilities</u> by Verna Hildebrand
Guidance	“Chosen” This is a documentary by Shared Hope International regarding human trafficking & bullying in schools by Paul Langan
Guidance	Erin’s Law

<b>HIGH SCHOOL continued</b>	
Lifelong Fitness Class	<p>Meeks Heit Health &amp; 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"> <li>I. Personal health and wellness</li> <li>II. Nutritional choices</li> <li>III. Mental health</li> <li>IV. Preventing injuries</li> <li>V. Family living and healthy sexuality</li> <li>VI. Alcohol, tobacco and other drugs</li> </ol>