

COMPONENT	OBJECTIVES	COMPETENCY
<p><i>I Family, Friends and Self</i></p>	<ol style="list-style-type: none"> 1. <i>Discuss honesty and respect for self and others.</i> (HE.B.3.1.4) 2. <i>Recognize the need to respect the rights and property of others.</i> (HE.B.3.1.4) 3. <i>Explain the needs for listening and following directions carefully.</i> (HE.B.3.1.5) 4. <i>Identify acceptable ways of gaining attention.</i> (HE.B.3.1.3) 5. <i>List ways that will make someone feel better when he/she is angry, upset or ill.</i> (HE.B.3.1.8) 6. <i>Describe various conflict-resolution techniques (i.e., avoid name-calling and put-downs).</i> (HE.B.3.1.7) 	<p>A. <i>Given different situations, the student will be able to role play behaviors that support positive family interactions.</i> (HE.B.3.1.2)</p>
<p><i>II Nutrition and Other Needs</i></p>	<ol style="list-style-type: none"> 1. <i>Become aware of the relationship between healthy teeth and good dental hygiene.</i> (HE.A.1.1.6) 2. <i>Discuss the food groups, the food guide pyramid, and indicate the number of daily servings suggested for each.</i> (HE.A.1.1.9) 	<p>A. <i>The student will keep a daily health checklist including: diet, exercise, dental care, rest and sleep.</i> (HE.A.1.1.2)</p>

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<p><i>III Our Body</i></p>	<ol style="list-style-type: none"> 1. <i>Describe the transmission of disease causing organisms.</i> (HE.A.1.1.5) 2. <i>Discuss why ear infections should be treated early.</i> (HE.A.1.1.6) 3. <i>Explain the importance of brushing teeth.</i> (HE.C.1.1.2) 4. <i>List ways to avoid head lice.</i> (HE.A.1.1.5) 	<p>A. <i>The student will write a monthly diary describing ways to maintain cleanliness of the body.</i> (HE.B.1.1.1)</p>
<p><i>IV Living Safely</i></p>	<ol style="list-style-type: none"> 1. <i>Recognize that media, technology and other sources provide information about health.</i> (HE.B.2.1.1) 2. <i>Understands the dangers of harmful substances.</i> (HE.A.1.1.2) 3. <i>Discuss the importance of identifying warning signs and symbols on hazardous substances.</i> (HE.A.2.1.2) 4. <i>Recognize the importance of not touching bodily fluids of others to prevent disease.</i> (HE.A.1.1.2) 5. <i>Describe water safety procedures (i.e., swimming, skiing).</i> (HE.B.1.1.2) 6. <i>Discuss the necessity of proper safety gear when skating or biking.</i> (HE.C.2.1.4) 7. <i>Prepare an advertisement for a health product that should be found in the home.</i> (HE.A.2.1.3) 	<p>A. <i>The student will construct posters illustrating safe and unsafe behaviors: gun safety, alcohol/tobacco, medicines, sun exposure, bike safety, skating, and water safety.</i> (HE.B.1.1.2)</p>

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<p><i>V Achieving Wellness</i></p>	<p>8. <i>Recognize potential harmful or dangerous situations (i.e., swimming alone).</i> (HE.B.3.1.6)</p> <p>1. <i>Identify environmental health problems and discuss possible solutions.</i> (HE.A.1.1.4)</p> <p>2. <i>Understand that the health of the community will improve when the individual demonstrates positive health practices.</i> (HE.B.1.1.1)</p> <p>3. <i>Name common health problems and list some preventive strategies (e.g., lice, impetigo, etc.).</i> (HE.A.1.1.5)</p> <p>4. <i>Explain the necessity for identifying and treating health problems.</i> (HE.A.1.1.6)</p> <p>5. <i>List safety measures for adverse weather conditions (e.g., hurricanes, tornados).</i> (HE.B.1.1.5)</p> <p>6. <i>Discuss what to do in case of home, playground or school injuries.</i> (HE.C.2.1.2)</p>	<p>A. <i>After participating in a class Clean-Up Litter Day, the student will construct a litter bulletin board.</i> (HE.A.1.1.4)</p> <p>B. <i>Working in cooperative groups, the student will discuss a specific health problem, ways to prevent it, and present his/her findings to the class.</i> (HE.A.1.1.5)</p>