

Plymouth Elementary School's Mission Statement:

Educating children to become caring, capable citizens and lifelong learners in a global community.

Health

Philosophy Statement: To help students understand the importance of a healthy lifestyle so they have the opportunity to make choices and decisions based on healthy attitudes. Students will recognize that wellness is simply a way of living.

Grade Five Experience (Once a week)

Grade Six Experience (Once a week)

Overarching Question(s):

How do I know if I'm healthy?
How do the decisions I make affect my health?
What's the best way to communicate my thoughts and feelings?

Sampling of Topics of Study:

Planning for a Healthy Lifetime, The Health Triangle, Self-concept, Decision making, Setting goals, Caring for yourself, Healthy eyes and ears, Personal products, Health professionals, Social and emotional health, Communication, Stress and conflict, Nutrition, and Fitness and exercise.

Critical Skills and Standards:

- Prove the importance of reaching and achieving your goals.
- Recognize how important it is to resist peer pressure and what you can do to get out of it.
- Identify ways to recognize family problems and learn to

Overarching Question(s):

What are Body Systems? How are the Body Systems interrelated? What are the body's defenses against communicable diseases? What diseases can you catch from other people? What are the three causes of noncommunicable diseases? What are some common noncommunicable diseases? What are the signs of misuse and abuse of drugs? Why do people become addicted?

Sampling of Topics of Study:

The 7 major Body Systems, The functioning of the Body Systems, Communicable Diseases and Noncommunicable Diseases, Vaccines, STD's (Sexually Transmitted Diseases), HIV/AIDS, Drugs, Alcohol, and Tobacco.

Critical Skills and Standards:

- Identify ways to keep the body systems healthy.

<p>deal with them as a family unit.</p> <ul style="list-style-type: none"> ● Prove the importance of communicating your thoughts and feelings in a clear manner. ● Incorporate healthy behavior when feeling stressed out. ● Recognize the importance of proper nutrition for a healthy body. ● Prove the importance of keeping your body physically fit. 	<ul style="list-style-type: none"> ● Recognize the importance of healthy behaviors to help stop the spread of communicable diseases. ● Recognize what STD's are and why choosing abstinence is the best protection against them. ● Prove the importance of why a healthy lifestyle is a wiser choice than treating it later in life. ● Express the importance of staying substance free.
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<p>Grade Seven Experience (Once a week)</p>	<p>Grade Eight Experience (Once a week)</p>
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<p>Overarching Question(s): How do I know if I'm healthy? How does my view of myself affect my health? How do I set and achieve my goals? What's the best way to communicate my thoughts and feelings?</p> <p>Sampling of Topics of Study: The Health Triangle, Self concept, Decision making, Setting goals, Caring for yourself, Healthy eyes and ears, Personal products, Health professionals, Social and emotional health, Communication, Stress and conflict, Nutrition, Fitness and exercise.</p> <p>Critical Skills and Standards:</p> <ul style="list-style-type: none"> ● Explore the ways of what level of personal health you should aim for, ● Prove the importance of reaching and achieving your goals, ● Exhibit decisions that make positive choices when taking care of your physical appearance., ● Recognize the differences of people eyesight and the 	<p>Overarching Question(s):</p> <p>Sampling of Topics of Study: Body Systems, Endocrine System, Male and Female Reproductive System, Growth and Development, Noncommunicable Diseases, Social Health</p> <p>Critical Skills and Standards:</p>
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importance of taking care of your eyes.

- Recognize the differences of people eyesight and the importance of taking care of your eyes.
- Recognize how advertising persuades you into buying a product,
- Express the importance of understanding the doctor's instructions on prescriptions and OTC medicines,
- Discuss ways to promote a healthy friendship,
- Recognize how important it is to resist peer pressure and what you can do to get out of it,
- Prove the importance of communicating your thoughts and feelings in a clear manner,
- Incorporate healthy behavior when feeling stressed out,
- Express the importance of taking control of what you eat to stay healthy,
- Incorporate fitness goals that you want to accomplish by the end of the summer.