

**FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT**

**COURSE OUTLINE  
HEALTH AND KNOWLEDGE 600, 700, 800**

**Date: March 2007**

**Subject Area: Health**

**Proposed Grade Level: 6-8**

**Course Length: Year**

**Grading: Pass/Fail or A-F**

**Number of Credits: N/A**

**Prerequisites: Recommendation of IEP team.**

**COURSE DESCRIPTION:**

Students will become acquainted with movement knowledge, self-image, personal, and social development.

**GENERAL GOALS/PURPOSES:**

Students will become acquainted with:

- Movement activities
- How and why they move in a variety of situations
- Various parts of their body
- Responsible personal behavior
- Responsible social behavior
- Interpersonal relationships
- Positive health behaviors
- Personal safety

**STUDENT READING COMPONENT:**

Students will become acquainted with:

- Calendar activities: days of the week, months of the year
- Letters of the alphabet in written form
- Simple recipes
- Survival signs
- Parts of the body in written form

**STUDENT WRITING COMPONENT:**

Students will become acquainted with:

- Days of the week and months of the year
- Upper and lower case letters of the alphabet
- Personal identification information

## **STUDENT ORAL COMPONENT:**

Students will become acquainted with:

- Personal identification information
- Parts of the body
- Expression of feelings
- Survival signs
- Days of the week and months of the year
- Changes in his/her body

## **DETAILED UNITS OF INSTRUCTION:**

### **Teacher Core Resources:**

Life Skills for Special Child (K-8)

Calendars

Survival signs

### **Teacher Supplemental Resources:**

PECS

Pyramid Educational products online

175 Task Analysis

Personal Hygiene Materials

Measuring Materials

Basic Cooking Materials

Basic Household Appliances: Refrigerator, stove, microwave, hand mixer, clothes washer, and clothes dryer.

### **Trimester One:**

#### 1. Safety

- Learn to use equipment safely and responsibly
  - Household appliances:
    - Refrigerator, stove, microwave, hand mixer, washer, and dryer.

#### 2. Movement

- Identify various parts of the body and their location

#### 3. Growth and Maturation

- Begin to recognize changes in his/her body
  - Height, weight, and physical changes

#### 4. Interpersonal Relationships

- Demonstrate acceptable ways to show or express feelings
- Develop positive relationships with peers
- Develop and use effective communication skills
  - Appropriate expressive language
  - Appropriate body gestures

#### 5. Positive Health Behaviors

- Practice good personal hygiene
  - Use of toothbrush/toothpaste, use of deodorant, use of hairbrush/comb, and understanding the difference between clean and dirty clothes
- Develop basic food preparation skills
  - Microwave food preparation
  - Measurement of materials

- Follow basic recipe instructions

#### 6. Personal Safety

- Avoid self-destructive behaviors
  - Understand consequences of personal actions
- Practice safe behavior in or near motorized vehicles
  - Street crossing skills
  - Parking lot skills
  - Community based exploration
- Recognize emergencies

#### **Trimester Two and Three:**

Continue to build on the Health curriculum.

#### **THIS COURSE WILL PREPARE STUDENTS FOR THE CAPA EXAM IN:**

Moderate-Severe Physical Education  
Moderate-Severe Health and Knowledge

#### **LAB FEE, IF REQUIRED:**

None

#### **SUBJECT AREA CONTENT STANDARDS TO BE ADDRESSED:**

##### **CAPA:**

Physical Education

Safety 1.1

Movement/Mobility 2.1

Growth and Maturation 5.1

Health and Knowledge

Interpersonal Relationships 1.1, 1.2, 1.3

Positive Health behaviors 2.1, 2.2

Personal Safety 3.1, 3.2, 3.3

#### **DISTRICT ESLR's TO BE ADDRESSED:**

##### **Students will be:**

**Self Directed Learners:** Who will become acquainted with the knowledge to assist them in continuing to learn outside of the classroom setting.

**Effective Communicators:** Who will become acquainted with responsible social behavior. Students will become acquainted with communicating effectively with their peers and their teachers.

**Quality Producers/Performers:** Who will become acquainted with movement activities. Students will become acquainted with basic food preparation.

**Constructive Thinkers:** Who will become acquainted with the how and why they move in a variety of situations. Students will become acquainted with acceptable ways in which to express their feelings.

**Collaborative Workers:** Who will become acquainted with a variety of settings in culturally diverse groups.

**Responsible Citizens:** Who will become acquainted with what is responsible personal and social behavior while participating in various activities.