

**FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT**

**HEALTH AND SCIENCE 1000**

**DATE: April, 2008**

**SUBJECT AREA: Health**

**PROPOSED GRADE LEVEL: 9-12**

**COURSE LENGTH: 1 year**

**GRADING: A-F**

**NUMBER OF CREDITS: 5 per semester**

**PREREQUISITES: Recommendation of IEP team.**

**COURSE DESCRIPTION:**

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

**GENERAL GOALS/PURPOSES:**

Students will be 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 be acquainted with:

- Calendar activities: days of the week, months of the year
- Written letters of alphabet
- Simple recipes
- Survival signs
- Written parts of the body

**STUDENT WRITING COMPONENT:**

Students will be acquainted with:

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

**STUDENT ORAL COMPONENT:**

Students will be 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:**

All students should have access to district core materials as a first option

Teacher Supplemental Resources:

Life Skills for Special Child (K-8)

Calendars

Survival Signs

Special education core materials:

PECS Pyramid Educational Products

175 Task Analysis online

Personal Hygiene Materials

Measuring Materials

Basic Cooking Materials

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

Positive Prevention: HIV/STD prevention education for special population. American Red Cross © 2004

## **Semester 1**

### 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.
  - Appropriate and inappropriate relationships

### 4. Interpersonal Relationships

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

## **Semester 2:**

### 5. Positive Health Behaviors

- Practice good personal hygiene.
  - Use of toothbrush/toothpaste, use of deodorant, use of hairbrush/comb and understanding 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.
  - Who to contact in emergencies

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

Moderate-Severe Physical Education

Moderate-Severe Health and Knowledge

### **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:** Students will be acquainted with knowledge to assist them in continuing to learn outside the classroom setting.
- **Effective Communicators:** Students will be acquainted with responsible social behavior. Students will be acquainted with effectively communicating with peers and teachers.
- **Quality Producers/Performers:** Students will be acquainted with movement activities. Students will be acquainted with basic food preparation.
- **Constructive Thinkers:** Students will be acquainted with the how and why they move in a variety of situations. Students will be acquainted with acceptable ways in which to express their feelings.
- **Collaborative Workers:** Students will be acquainted with a variety of settings in culturally diverse groups.
- **Responsible Citizens:** Students will be acquainted with responsible personal and social behavior while participating in various activities.