

Health

COURSE DESCRIPTION: This course is designed to motivate the students to take care of the body God has given them, to educate them in how best to accomplish this, to train them to be courteous, and to develop good health and safety habits.

TEXTBOOKS:

Health, Safety and Manners 1

Goal 1: To establish good habits

- 1.1 The student will define a habit.
- 1.2 The student will describe how a habit is formed.
- 1.3 The student will list good habits.

Goal 2: To develop good health habits

- 2.1 The student will list reasons for eating healthy foods.
- 2.2 The student will identify good breakfast foods.
- 2.3 The student will orally recite healthy snack foods.
- 2.4 The student will describe ways we can exercise.
- 2.5 The student will discuss the benefits of fresh air and sunshine.
- 2.5 The student will list ways animals sleep.
- 2.6 The student will determine what time they need to go to bed to get proper rest.
- 2.7 The student will define good posture.
- 2.8 The student will demonstrate good posture.
- 2.9 The student will list the reasons for having skin.
- 2.10 The student will list the times we should wash our hands.
- 2.11 The student will describe what happens when skin is broken.
- 2.12 The student will list the purpose of hair and fingernails.
- 2.13 The student will list the purpose of our eyes.
- 2.14 The student will list good eye care habits.
- 2.15 The student will list the parts of the ear.
- 2.16 The student will list the habits for good ear care.
- 2.17 The student will describe good things to see and hear.
- 2.18 The student will discuss the parts of the nose and their function.
- 2.19 The student will discuss the importance of having healthy teeth.
- 2.20 The student will complete a tooth brushing chart.
- 2.21 The student will describe appropriate clothing choices for different activities.
- 2.22 The student will discuss the importance of chores at home.
- 2.23 The student will complete a health checklist.

GOAL 3: To develop proper safety habits.

- 3.1 The student will discuss the importance of safety at home.
- 3.2 The student will describe how to carry sharp objects.
- 3.3 The student will describe how to carry heavy objects on the stairs.
- 3.4 The student will list items that children should never play with.
- 3.5 The student will recite their phone number and address.
- 3.6 The student will list to whom they should speak when they are lost.
- 3.7 The student will list rules for crossing the street properly.
- 3.8 The student will explain the best places to ride a bicycle.
- 3.9 The student will reenact proper playground behavior.
- 3.10 The student will demonstrate proper fire safety (stop, drop and roll).
- 3.11 The student will illustrate good water habits.
- 3.12 The student will write a story about storm safety.

Goal 4: To have good manners.

- 4.1 The student will discuss what manners are and how they make us feel.
- 4.2 The student will demonstrate proper table manners.
- 4.3 The student will describe correct speaking manners.
- 4.4 The student will illustrate school manners during the class day.
- 4.5 The student will list proper church manners.
- 4.6 The student will reenact behavior in public places.