

The Hinsdale School District Health Curriculum is based on National and State Standards as well as information from the Centers for Disease Control, information on prevention of adolescent risk behaviors and best practices in health education content areas. All of the above are inter-related and reflected in the curriculum document.

Grades 6-8

Curriculum Guideline # 1	Students will comprehend concepts related to health promotion and disease prevention.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Identifies concepts related to physical well being, nutrition, rest and recovery, and hygiene.	Students will engage in activities that ensure good health, i.e. wash hands; 60 minutes of physical activity; cover your sneeze; healthy food choices; etc.	Question and Answer Observation
Understands how to prevent injuries and illnesses such use of appropriate safety equipment; when to go to the Doctor; etc.	To avoid injury and illness	Following safety rules Observation Question and Answer Quizzes
Understands basic health terms and concepts	Students will know terms and applications to a healthy lifestyle.	Observation Question and Answer Quizzes

Curriculum Guideline # 2

Students will demonstrate the ability to access valid health information and health-promoting products and services.

PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Identifies that there are multiple resources that provide health information.	Students know where to go when they have a health question.	Observation Question and Answer Discussion Projects
Understands and analyzes the influence of media on health choices.	Students are aware of the power of media to influence their choices.	Observation Question and Answer Discussion Project
Understands the meaning of basic signs, symbols, and warning labels (cross bones, triangle, etc.).	Students will avoid dangerous products.	Observation Question and Answer Discussion Projects

Curriculum Guideline # 3	Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Identifies ways to avoid trouble and to seek help in threatening situations.	Students will know what to do in a harmful situation.	Role Play Discussion Question and Answer
Identifies good personal hygiene skills including but not limited to: teeth brushing, bathing, hand washing, hair washing and brushing, cleaning finger nails, wearing deodorant, changing clothes, etc.	Students will be able to utilize the personal hygiene skills needed to stay healthy.	Role Playing Discussion Question and Answer
Identifies the skills needed to avoid injury: safety equipment, road crossing, seat belts, etc.	Students will remain safe while engaged in activities.	Role Play Discussion Question and Answer
Understand that as they get older their bodies will go through changes.	Students will gain the knowledge that their bodies will go through changes at various times during puberty, and that these changes are based on heredity factors.	Role Play Discussion Question and Answer
Identifies strategies to improve or maintain personal and family health: i.e. disease prevention, tobacco, drug and alcohol risks, nutrition, physical activity, etc.	Students are able to make responsible choices that will enable them to reduce their health risks and enhance their personal health.	Written Assignments Quizzes Projects
Identifies stressors and strategies for reducing the stress.	Students will be able to successfully handle stress in their lives.	Written Assignments Quizzes Projects

Curriculum Guideline # 4	Students will analyze the influence of culture, media, technology and other factors on health.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Identifies how media, technology and cultural backgrounds influence their health.	Students understand that there are many factors that influence their decision making.	Question and Answer Observation Quizzes and Tests Projects Written Assignments
Identifies how family structure influences personal health behaviors.	Students understand that all aspects of the family structure influence their decision making and overall health; such as: physical activity, nutrition, leisure activities, and rest.	Question and Answer Observation Quizzes and Tests Written Assignments
Identifies how school and peer influence affects their health.	Students can make informed decisions regarding their personal health and safety.	Question and Answer Observation Quizzes and Tests Written Assignments

Curriculum Guideline # 5	Students will demonstrate the ability to use interpersonal communication skills to enhance health
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Identifies effective communication skills.	Students develop and understand verbal and non-verbal communication skills and use them to respond appropriately to a situation.	Observation Question and Answer Written Assignments Quizzes Role Play
Identifies positive ways to resolve conflicts.	Students will learn techniques for conflict resolution and when to seek adult intervention.	Observation Question and Answer Written Assignments Quizzes Role Play
Identifies factors that influence effective communication.	Students will understand the factors that enhance or prohibit effective communication.	Observation Question and Answer Written Assignments Quizzes Role Play
Identifies ways to say “no” when appropriate	Students will understand when, where and how to use refusal skills.	Observation Question and Answer Written Assignments Role Play

Curriculum Guideline # 6

Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health

PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Explains when and who to ask for assistance in making health related decisions and setting goals.	Students can identify adults who can help them make health related decisions.	Observation Question and Answer Role Play Written Assignments
Predicts how decisions regarding health behaviors have consequences for self and others.	Students understand that decisions will affect their health and the health of others.	Observation Question and Answer Role Play Thinking Map Written Assignments
Demonstrates the ability to apply a decision making process; identify the problem, review the choices, evaluate the consequences, assess the best choice, reflection.	Students understand that there are steps to a decision making process.	Observation Question and Answer Role Play Thinking Map Written Assignments
Demonstrates the ability to set short and long term personal health goals.	Students can make choices that work towards improving their health. Students understand the benefit of setting a goal and working towards it.	Observation Question and Answer Role Play Thinking Map Written Assignments

Curriculum Guideline # 7	Students will demonstrate the ability to advocate for personal, family, and community health.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Demonstrate the ability to share and explain accurate health information.	Students can differentiate between accurate and in-accurate information.	Observation Question and Answer Skits Posters Thinking Maps
Demonstrates the ability to analyze various communication methods to accurately express health information and ideas.	Students can choose a means of communication that is appropriate to the audience and topic.	Projects Posters Written Work
Demonstrates the ability to identify barriers to effective communication.	Students understand that there are barriers that may prevent them from being advocates.	Projects Posters Written Work
Demonstrates the ability to work cooperatively.	Students can work with others to advocate for personal, family, and community health.	Observation Written Assignments Projects