

# North Hampton School 6-8 Health Education Trimester 1 2023-2024



## 6th Grade

This trimester students in 6th Grade were introduced to:

- **Community Building Activities** focusing on the five SEL competencies
  - Self-Management, Self-Awareness, Responsible Decision Making, Social Awareness and Relationship Skills
- **Personal Health**
- *A User's Guide to Life's Little Emergencies*
  - **Learning Objective** - Identify health benefits involved in emergency preparedness; describe how to respond in some common emergency scenarios; identify facts and myths associated with emergency preparedness.
  - **Health Education Standard** - Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
  - **CASEL Competency** - Responsible decision-making
- *Your Body On.... Sunlight*
  - **Learning Objective** - Identify a range of health benefits and dangers associated with sun exposure; distinguish facts from myths about sun exposure; describe a variety of ways to protect yourself from the sun.
  - **Health Education Standard** - Comprehend concepts to promote health and disease prevention.
  - **CASEL Competency** - Responsible decision-making
- **Fitness Portfolio**
  - **Learning Objectives** - Analyze results of fitness assessments (pre and post); compare results to fitness components for good health; design a fitness plan to address ways to use physical activity to enhance fitness
  - **Health Education Standards** - Comprehend concepts to promote health and disease prevention; students will demonstrate the ability to use goal-setting skills to enhance health; students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- **Nutrition**
- *Eat the Rainbow*

# North Hampton School 6-8 Health Education

## Trimester 1 2023-2024

- **Learning Objectives** - Identify three different types of food the human body needs; describe a range of health benefits associated with eating the rainbow; evaluate how balanced your own diet is.
- **Health Education Standard** - Practice health-enhancing behaviors and avoid or reduce health risks.
- **CASEL Competency** - Responsible decision-making
- *Your Body On.... Sugar*
  - **Learning Objectives** - Identify the negative effects of excess sugar consumption; describe healthy ways to satisfy sugar cravings.
  - **Health Education Standard** - Identify concepts that promote health and prevent disease.
  - **CASEL Competencies** - Self-management; responsible decision-making
- *It's Snack O'Clock*
  - **Learning Objectives** - Identify times of day when teens need a healthy, satisfying snack; describe a variety of snack solutions for teens; explain how making these choices can improve teens' health.
  - **Health Education Standard** - Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
  - **CASEL Competencies** - Self-management, responsible decision-making
- *Your Body on Processed Food*
  - **Learning Objectives** - Identify qualities of highly processed foods; identify a range of health risks associated with consuming processed foods; distinguish facts from myths about processed foods.
  - **Health Education Standard** - Avoid or reduce health risks.
  - **CASEL Competency** - Responsible decision-making

### 7th Grade

#### This trimester students in 7th Grade were introduced to:

- **Community Building Activities** focusing on the five SEL competencies
  - Self-Management, Self-Awareness, Responsible Decision Making, Social Awareness and Relationship Skills
- **Personal Health**
- *Your Body On.... Sunlight*
  - Learning Objective - Identify a range of health benefits and dangers associated with sun exposure; distinguish facts from myths about sun exposure; describe a variety of ways to protect yourself from the sun.
  - Health Education Standard - Comprehend concepts to promote health and disease prevention.
  - CASEL Competency - Responsible decision-making
- **Fitness Portfolio**

# North Hampton School 6-8 Health Education

## Trimester 1 2023-2024

- **Learning Objectives** - Analyze results of fitness assessments (pre and post); compare results to fitness components for good health; design a fitness plan to address ways to use physical activity to enhance fitness
- **Health Education Standards** - Comprehend concepts to promote health and disease prevention; students will demonstrate the ability to use goal-setting skills to enhance health; students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- **Nutrition**
- *Eat the Rainbow*
  - **Learning Objectives** - Identify three different types of food the human body needs; describe a range of health benefits associated with eating the rainbow; evaluate how balanced your own diet is.
  - **Health Education Standard** - Practice health-enhancing behaviors and avoid or reduce health risks.
  - **CASEL Competency** - Responsible decision-making
- *Your Body On.... Sugar*
  - **Learning Objectives** - Identify the negative effects of excess sugar consumption; describe healthy ways to satisfy sugar cravings.
  - **Health Education Standard** - Identify concepts that promote health and prevent disease.
  - **CASEL Competencies** - Self-management; responsible decision-making
- *It's Snack O'Clock*
  - **Learning Objectives** - Identify times of day when teens need a healthy, satisfying snack; describe a variety of snack solutions for teens; explain how making these choices can improve teens' health.
  - **Health Education Standard** - Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
  - **CASEL Competencies** - Self-management, responsible decision-making
- *Your Body on Processed Food*
  - **Learning Objectives** - Identify qualities of highly processed foods; identify a range of health risks associated with consuming processed foods; distinguish facts from myths about processed foods.
  - **Health Education Standard** - Avoid or reduce health risks.
  - **CASEL Competency** - Responsible decision-making

### 8th Grade

#### This trimester students in 8th Grade were introduced to:

- **Community Building Activities** focusing on the five SEL competencies
  - Self-Management, Self-Awareness, Responsible Decision Making, Social Awareness and Relationship Skills
- **Personal Health**
- *Your Body On.... Sunlight*

# North Hampton School 6-8 Health Education

## Trimester 1 2023-2024

- **Learning Objective** - Identify a range of health benefits and dangers associated with sun exposure; distinguish facts from myths about sun exposure; describe a variety of ways to protect yourself from the sun.
- **Health Education Standard** - Comprehend concepts to promote health and disease prevention.
- **CASEL Competency** - Responsible decision-making
- **Fitness Portfolio**
  - **Learning Objectives** - Analyze results of fitness assessments (pre and post); compare results to fitness components for good health; design a fitness plan to address ways to use physical activity to enhance fitness
  - **Health Education Standards** - Comprehend concepts to promote health and disease prevention; students will demonstrate the ability to use goal-setting skills to enhance health; students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- **Nutrition**
- *Eat the Rainbow*
  - **Learning Objectives** - Identify three different types of food the human body needs; describe a range of health benefits associated with eating the rainbow; evaluate how balanced your own diet is.
  - **Health Education Standard** - Practice health-enhancing behaviors and avoid or reduce health risks.
  - **CASEL Competency** - Responsible decision-making
- *Your Body On... Caffeine*
  - **Learning Objectives** - Identify a range of health issues associated with excess caffeine consumption; distinguish facts from myths about caffeine consumption; describe a variety of ways to protect yourself from the dangers of excess caffeine consumption.
  - **Health Education Standard** - Comprehend concepts to promote health and disease prevention.
  - **CASEL Competency** - Responsible decision-making
- *Listen to Your Gut*
  - **Learning Objectives** - Identify different causes of stomach aches; distinguish stomach-related facts from myths; describe a variety of approaches to healing stomach aches.
  - **Health Education Standard** - Demonstrate a variety of behaviors to avoid or reduce health risks to self.
  - **CASEL Competency** - Self-management