



ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS	RESOURCES
<p>NUTRITION (all FACS)</p> <p>Food Pyramid Components Nutrient Information Nutritional Labeling Nutritional Value Consumer Health Resources</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Identify and discuss the components of the Food Plate • Identify the six major classes of nutrients (water, protein, carbohydrate, fat, minerals, vitamins), their sources and their importance and function in the body • Identify foods high in fat, cholesterol, fiber, and sugar and describe their effect on health • Analyze a nutritional label explaining the unit price, nutritional content, expiration date, and the order and amount of ingredients • Calculate the nutritional value of various foods • Recognize some credible resources for health information such as the CDC, FDA, and public health departments 	<p>http://www.fda.gov/Food</p> <p>http://www.choosemyplate.gov/</p>
<p>INJURY PREVENTION AND SAFETY</p> <p>Safety Precautions (PE) Personal Safety and Responsibility (PE)</p> <p>Technology Safety (Tech teacher, Counselor)</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Analyze safety precautions for various leisure and fitness activities • Demonstrate proactive self-defense techniques • Identify safety precautions when using technology • Cyber Bullying 	<p>Ally Kemp Foundation The Research Foundation</p> <p>Think First (assembly) 816-276-4218 816-276-3163</p> <p>www.theresearchfoundationkc.org District Community Website BV Rec SRO</p>

ORGANIZING THEME/TOPIC	FOCUS STANDARDS & SKILLS	RESOURCES
<p>PERSONAL HEALTH AND FITNESS (all PE)</p> <p>Healthy Lifestyle Personal Health Goals Lifelong recreational and leisure skills Cardiovascular endurance</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Identify healthy lifestyle habits and opportunities • Apply strategies and skills needed to attain personal health goals • Identify lifelong recreational and leisure skills needed for a healthy lifestyle • Identify four major components of cardiovascular exercise (frequency, intensity, duration, type) and give examples of each • Identify the benefits of aerobic exercise 	<p>PE Curriculum</p>
<p>MENTAL AND EMOTIONAL HEALTH (all Counselors)</p> <p>Communication Skills & Problem Solving Strategies Bullying Stress Verbal, Physical, and Sexual Abuse</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Recognize effective verbal and nonverbal communication skills (passive, aggressive, assertive) • Analyze possible causes of conflict among youth in schools and communities (bullying) • Demonstrate ways an upstander can de-escalate a bullying situation • Explain the roles of family and friends in maintaining a healthy mental and emotional state • Describe ways that mental well-being can affect his/her physical well-being and also the reverse • Predict stressful situations and describe physical effects on the body (headaches, stomachaches, and various diseases) • Recognize the difference between positive and negative stress • Describe problem-solving strategies to cope with stress • Define sexual harassment and develop the necessary skills to stop, prevent, and report it • Recognize sources for reporting abuse such as parent, school counselor, school nurse, teacher or school administrator 	<p>BV Diversity Modules HRM DVDs</p> <p>Counselor Curriculum</p>

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<p>SUBSTANCE USE, MISUSE, ABUSE, AND ADDICTION (Counselors and Nurses)</p> <p>Self-Concept Refusal Skills Consequences of drug use</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • Identify characteristics of a healthy self-concept and the strategies for strengthening self-concept • Demonstrate refusal skills for alcohol, tobacco, and other drugs • Recognize that most students do not use drugs and alcohol 	<p>Red Ribbon Week activities</p>
<p>FAMILY LIFE AND SEXUALITY (Nurses)</p> <p>Puberty</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • List changes in physical and emotional patterns of adolescents, various stages of puberty, and the effects on adolescent behavior • Recognize that there is an increase in sexual feelings in adolescence and this is natural 	