Scope & Sequence

Reviewed September, 2013

Health

K5 1 2 3 4 5 6 7 8 9 10 11 12

I. Growth and Development

The student will

- 1. Identify the characteristics of stages of life.
- 2. Review the interdependence of body sytems.
 - 3. Recognize changes of puberty.
 - 4. Review reproductive system
 - 5. Learn impairments
 - 6. Identify learning styles

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II. Disease Prevention

The student will

- 1. Differentiate between the world view and biblical view of disease.
 - 2. Relate lifestyle choices to disease.
 - 3. Identify eating disorders.
 - 4. Recognize dangers of sunning.
 - 5. Define sexually transmitted diseases.
- 6. Review reducing risk of communicable and acquired diseases.
 - 7. Understand reality of health problems.

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III. Substance Use/Abuse

The student will

- 1. Research alcohol, tobacco and drug abuse
- 2. Role play decision-making and refusal skills

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IV. Nutrition

The student will

1. Learn about proper nutrition and dieting.

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V. Emotional/Mental Health

The student will

- 1. Identify self as God's image bearer and God's child.
- 2. Discover what it means to be made new in Christ
 - 3. Define self-talk and self-confidence.
 - 4. Discover, accept and develop gifts.
 - 5. Use gifts to serve God and community.
- 6. Show the influence of media on self-concept.
 - 7. Learn decision-making values/strategies.
 - 8. Practice setting goals.
 - 9. Develop study skills.

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10. Recognize and express feelings.	7 8 9
VI. Social Health/Interpersonal Skills The student will	
 Differentiate between a world view and biblical view of community. 	7 8
2. Define the types of love.	7 8 9
3. Express what it means to live in	7 8
community.	7 0 0
4. Learn to deal with internal/peer pressure	7 8 9
5. Learn to use peer pressure positively.6. Define friendship.	7 8 9
7. Identify ways to deal with conflict.	7 8 9
8. Express communication skills.	7 8 9
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VII. Family Life/Human Sexuality The student will	
State an overview of family life.	7 8 9
Contrast a world view of sexuality versus History of sexuality	7 8 9
a biblical view of sexuality. 3. Identify changes in puberty.	7 8 9
4. Explain healthy male-female	7 8 9
relationships.	7 5 5
VIII. Personal Health	
The student will	
 Learn to make healthy lifestyle choices. Explore the relationship of dieting and 	7 8 9
health.	7 8 9
3. Define physical fitness and overall wellness.	7 8 9
4. Review components of health fitness.	7 8 9
5. Review personal hygiene concepts.	7 8 9
IX. Safety/First Aid	
The student will	
1. Review basic safety and first aid.	7 8 9 10
2. Role play responding in emergency	9 10
situations. 3. Identify ways to prevent sexual abuse.	8 0
5. Identity ways to prevent sexual abuse.	6 9