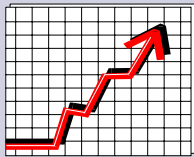




*An integrated health curriculum designed for elementary grades:*

- *Instructional health units are infused in the language arts, math, and science curricula.*

## Results



*The program promotes:*

- *Students' development of positive self-esteem;*
- *The ability to maintain physical, mental, and emotional health; and*
- *An understanding of the ill effects of alcohol, tobacco, and other drugs.*

## The Program

Providing instruction in all health areas currently mandated by New York State, including drug abuse and HIV/AIDS, the C-SHEC program infuses 10 instructional units into language arts, math, and science. An 11<sup>th</sup> conceptual area, healthful lifestyles, is integrated throughout the other 10 units. Students learn methods of inquiry and engage in activities that reinforce basic communication and computation skills.

Teachers plan integrated lessons, subtly developing the concept that there are interrelationships of knowledge. A curriculum guide, which addresses content and instructional activities for each grade level, is provided so that the students receive appropriate, uniform instruction. Content and activities are related to the goals and objectives for each unit. Each activity includes resources and materials necessary for its implementation, including worksheets that may be duplicated. Students gain the knowledge, skills, and attitudes required to contribute to the promotion and maintenance of health in the community.

## Professional Development

Teachers receive one day of training in the use of the curriculum materials prior to implementation. District directors of curriculum and building principals are also encouraged to receive training. More extensive training may be provided to district curriculum personnel.

## Costs & Funding Options

The program can be implemented on a system-wide basis K-5 or one grade per year until all grades are covered. Trainers cost \$400 a day, plus expenses. A follow-up day in the year of implementation is recommended. Possible funding sources for replication include BOCES COSER (if training is provided on an area-wide basis), local district curriculum development funds, ESEA Title IV, and ESEA Title VI.

While many of the activities use common classroom or household materials, the district must purchase curriculum manuals for each grade level in which implementation is to take place.

## Learning Standards

**Health, Physical Education and Home Economics:** 1) have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

**English Language Arts:** 3) read, write, listen, and speak for critical analysis and evaluation.

## Contact

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