

Know Your Body

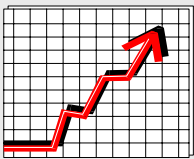
Grades K-6



A comprehensive health program for students grades K-6 featuring:

- *HIV/AIDS and Conflict Resolution/Violence Prevention Modules*
- *Current resources including technology and Internet addresses*
- *Family Letters and Family/Community Interactive Activities*
- *Student Performance Assessments aligned to National Health Education Standards, and*
- *New Standards™ Performance Standards for the English Language Arts with Scoring Rubrics are provided on a CD-ROM and Blackline Masters.*

Results



The KYB program has a significant positive effect on students' health-related knowledge, behavior, and biomedical risk factors such as physical fitness levels, cholesterol levels, saturated fat intake, and smoking.

The Program

Know Your Body (KYB) is a comprehensive, skills-based school health promotion program for grades K-6. This state-of-the-art health curriculum addresses all of the health education content area recommended by the Centers for Disease Control. Through its cross-curricula matrix, **KYB** can easily be integrated into programs such as science, math, social studies, language arts, and physical education.

These five life skills form the core of the **KYB** health curriculum:

- Decision making,
- Self-esteem building,
- Goal setting,
- Effective communication, and
- Stress management.

The interaction of teachers, administrators, school food service personnel, and parents is key to program success. The involvement of local health agencies, hospitals, and health care professionals is also an important part of program effectiveness.

Professional Development

Several Professional Training programs are available. Call Lisa Zenner for more information.

Training options are provided through:

Green Mountain Training Center, VT 802-254-4511
Rocky Mountain Training Center, CO 303-239-6494
or
Kerry Bossa, Program Writer, ID 208-725-0758

Costs & Funding Options

Know Your Body can be purchased for \$249.00 per grade level. This fee includes copyright permission for unlimited use of student and parent materials. Kits include Teacher's guide, Performance Assessment booklet and classroom set of puppets (K-3) or posters (4-6).

Learning Standards

Health, Physical Education & Home Economics: 1) have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health; 2) acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Contact

Lisa Zenner
Know Your Body
Program
4050 Westmark Drive
Dubuque, IA 52002
800-247-3458 x4
Email: Lzenner@kendallhunt.com