

International School of Kenya



MS Health Curriculum Map

ISK Health Curriculum

The aim of the Health Curriculum is to enable students to understand health literacy, make well-informed, healthy choices and to develop behaviors that contribute to the well being of self and others.

Health Literacy

- 1- Critical Thinkers and Problem Solvers when confronting health problems and issues.
- 2- Self-directed learners who have the competence to use basic health information and services in health enhancing ways.
- 3- Effective Communicators who organize and convey beliefs, ideas and information about health issues
- 4- Responsible and Productive citizens who help ensure that their community is kept healthy, safe and secure.

GENERAL OUTCOMES:

Three general outcomes serve as the foundation for the Health Program of Studies.

Wellness Choices

Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Relationship Choices

Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.

Life Learning Choices

Students will use resources effectively to manage and explore life roles, opportunities and challenges.

The general outcomes are interrelated and interdependent. Each is to be achieved through a variety of experiences. The emphasis is on overall well-being. Students learn to enhance attitudes and behaviours that reflect healthy choices and reduce the potential for harm. They develop personal responsibility for health, and they demonstrate caring for others.

Specific Outcomes:

A) Wellness Choices:

- Personal Health
- Safety & Responsibility

B) Relationship Choices:

- Understanding & Expressing Feelings
- Interactions
- Group Roles & Processes

C) Life Long Learning Choices:

- Life Roles
- Consequences of Decision Making
- Using Technology effectively (To locate resources)

ISK MS HEALTH UNIT FRAMEWORK			
	Wellness Choices	Relationship Choices	Life-Long Learning Choices
Gr. 6	Hygiene Puberty	Feelings, Emotions and Commun. (I statements)	Decision-Making
Gr. 7	Nutrition Growth and Development Dealing with Stress	Self-Esteem	Decision-Making
Gr. 8	Teen Health Nutrition	Self-Esteem / Self-Concept	Dangerous Decisions