

# OAHPERD Health Education Resources

OAHPERD Coronavirus Task Force Members



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## Health Education Guidance

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1. Health Education General Planning Guide
2. OAHPERD Health Education Model Curriculum
  - Revisit your local curriculum to align your curriculum to the National Health Education Standards and the health education topics required in Ohio Revised Code
  - Utilize the Content Frameworks and Standards Priority Charts to develop your local scope and sequence.
  - Review your planning guide to ensure your curriculum is aligned and connected to the different instructional formats.
3. Health Education Scope & Sequence
4. Plan units and lessons

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## Health Education Matrix

	In-School Learning (Limited Restrictions)				In-School with Physical Distancing				Physical Distancing: No Common Areas				Blended (Online & In-Person)				Distance Learning Synchronous				Distance Learning Asynchronous																					
	High				Moderate								Low				Minimal																									
Content																																										
NHES Standards	1		2		3		4		1		2		3		4		1		2		3		4		1		2		3		4		1		2		3		4			
	5		6		7		8		5		6		7		8		5		6		7		8		5		6		7		8		5		6		7		8			
Activities/Topics	E	Mod	N/A	E	Mod	N/A	E	Mod	N/A	E	Mod	N/A	E	Mod	N/A	E	Mod	N/A	E	Mod	N/A	E	Mod	N/A	E	Mod	N/A	E	Mod	N/A	E	Mod	N/A	E	Mod	N/A	E	Mod	N/A			
Safety & Disease Prevention																																										
Instructional Delivery Considerations																																										
Technology																																										
Disease Prevention																																										
Equipment																																										
Space																																										
Safety																																										
Hydration & Restroom																																										

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	High				Moderate								Low				Minimal																								
Climate & Culture (Behavior & Relationship Building)																																									
Physically & Emotionally Safe Environment																																									
Building Relationships with & between Students																																									
Creating a Sense of Belonging																																									
Promoting Positive Behaviors																																									
Other Considerations																																									
Resources																																									
Professional Development																																									
Advocacy & Public Relations																																									
Whole Child Initiatives																																									
Engaging & Supporting Families																																									
Comprehensive School Physical Activity Programs																																									
Social-Emotional Learning Connections																																									
Teacher Self-Care & Promoting Staff Wellness																																									

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## OAHPERD Model Curriculum

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- **Model Curriculum**
  - Tool that provides educators with information that clarifies the learning standards for planning and developing instruction
  - Model Curriculum is a tool or structure that facilitates local curriculum development.
    - It is not a local curriculum.
- **Key Terms:**
  - **Standard**
    - Overreaching goal for the K-12 curriculum.
    - Aligned with NHES
  - **Benchmark**
    - Outcome to be achieved by the end of the grade band
    - Aligned with HECAT grade band outcomes.
    - Grade bands – K-2, 3-5, 6-8, 9-12.
  - **Indicator**
    - Grade level outcomes
    - Associated with health topics

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## Topic Areas

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- **ATOD = Alcohol, Tobacco, & Other Drugs**
    - Includes Opioid Prevention\*
  - **HE = Healthy Eating**
  - **HGD = Human Growth & Development**
    - Human Sexuality & Puberty
  - **HR = Healthy Relationships**
  - **MEH = Mental & Emotional Health**
  - **PHW = Personal Health & Wellness**
    - Includes Anatomical Gifts\* in High School
    - STIs / Venereal Disease\*
  - **S = Safety**
  - **VP = Violence Prevention\***
- \* denotes a required topic from ORC

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**Grade Band 6-8, OAHPERD Health Education Standards Priority Chart**

**Grade Band Overview**

Content Area	ATOD	HE	HR	MEH	PHW	S	VP
Grade	8	8	8	8	8	8	8
Ohio Health Education Standard	1	E	E	E	E	E	E
	2	E	S	S	S	S	E
	3	S	E	S	E	S	E
	4	E	S	S	E	S	E
	5	E	*	E	S	S	E
	6	*	E	S	S	E	S
	7	*	E	E	E	S	E
	8	E	S	E	E	E	S

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**High School OAHPERD Health Education Standards Alignment Chart**

**Grade Band Overview**

Content Area	ATOD	HE	HR	MEH	PHW	S	VP
Grade	HS	HS	HS	HS	HS	HS	HS
Ohio Health Education Standard	1	E	E	E	E	E	E
	2	S	S	E	S	S	E
	3	S	E	S	E	E	S
	4	E	S	E	S	E	E
	5	E	S	E	S	S	S
	6	*	E	*	S	S	S
	7	*	S	S	E	E	S
	8	E	S	S	E	S	S

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## What is a Content Framework?

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- Detailed explanation of the knowledge and skills represented in the learning standards.
- It's not a unit plan, but it provides the framework to develop one.
- Learning Outcomes
- Essential Understandings
- Content Elaboration
  - Explanation of the benchmarks, indicators, and content
  - Progression of content within the topic
- Instructional Resources

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## Tips for Developing Local Curriculum

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- Advocate with colleagues, district leadership, as well as community and health partners.
- Examine local data to leverage resources for curriculum.
- Determine needs & readiness.
  - Examine resources & supports for your efforts
- Examine current curriculum
  - Refine or restart?
- Shift to a skills-based approach.
- Connection to other activities, programs, or opportunities to build skills.
  - Advisory and connections to other programming for healthy schools.

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## Advocacy:

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- Are you meeting the requirements in the Ohio Revised Code & Operating Standards?
  - Graduation Requirements
  - Prescribed Curriculum / Topic Requirements
- Benefits of Health Education
  - Whole Child
  - Connection to other school health initiatives
    - Social Emotional Learning
    - Ohio K-12 Prevention Initiative

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## Reminders for 2020-21

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- Plan for the best and be flexible
  - Prepared for any option
  - Taking a long-term view but a short-term perspective
- Grace & patience
- Get connected & stay connected
  - Build relationships
    - Professional organizations, mentors, and colleagues
    - Students, families, and communities

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