

WARREN COUNTY SCHOOL DISTRICT
PLANNED INSTRUCTION

COURSE DESCRIPTION

Course Title: Daily Living

Course Number: 05308

Course Prerequisites: none

Course Description: Daily Living is a class designed to instruct the student in the areas of grooming/hygiene, dress, daily cleaning activities, home/community safety, daily nutrition, physical exercise, and basic medical and self-care needs.

This course is limited to teacher recommendation.

Suggested Grade Level: 5-8

Length of Course: One Semester X Two Semesters Other

(Describe)

Units of Credit: none (Insert *NONE* if appropriate.)

PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certification(s)

(Insert certificate title and CSPG#) CSPG 61 - Special Education PK-12

Certification verified by WCSD Human Resources Department:

 X Yes No

Board Approved Textbooks, Software, Materials:

Title:

Publisher:

ISBN #:

Copyright Date:

Date of WCSD Board Approval:

BOARD APPROVAL:

Date Written: 1/14/21
Date Approved: 2/8/2021
Implementation Year: 2021-2022

Suggested Supplemental Materials:

Course Standards

PA Core Standards

10.2.6

- A. Explain the relationship between personal health practices and individual wellbeing
- B. Explain the relationship between health related information and consumer choices
- D. Describe and apply the steps of a decision-making process to health and safety issues.
- E. Analyze environmental factors that impact health

10.3.6

- A. Explain and apply safe practices in the home, school and community
- B. Know and apply appropriate emergency responses
- C. Describe strategies to avoid or manage conflict and violence
- D. Analyze the role of individual responsibility for safety during physical activity

10.1 Concepts of Health

- A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes
 - education
 - socioeconomic
- B. Identify and describe the structure and function of the major body systems
- C. Analyze nutritional concepts that impact health
 - healthful food selection
 - relationship of food intake and physical activity (energy output)
- D. Explain factors that influence childhood and adolescent drug use
 - social acceptance
 - decision-making/refusal skills
 - consequences

E. Identify and describe health problems that can occur throughout life

- stroke
- heart disease

10.2.0 Healthful Living

A. Explain the relationship between personal health practices and individual wellbeing

- health examinations

B. Explain the relationship between health-related information and consumer choices

- dietary guidelines/food selection
- sun exposure guidelines/sunscreen selection

C. Explain the media's effect on health and safety issues

D. Describe and apply the steps of a decision-making process to health and safety issues

E. Analyze environmental factors that impact health

- radiation
- natural disasters

10.3.3 Safety and Injury Prevention

A. Explain and apply safe practices in the home, school and community

- emergencies (e.g. fire, natural disasters)
- communication (e.g. telephone, Internet)

B. Know and apply appropriate emergency responses

- basic first aid

C. Describe strategies to avoid or manage conflict and violence

- anger management
- peer mediation

D. Analyze the role of individual responsibility for safety during physical activity

