

CHOICE LED HEALTH



HEALTH CAFÉ

Starters

Appetizers

Main Course

Desserts

**SKILLS-BASED
HEALTH
CURRICULUM**

**PERSONALIZED
LEARNING**

**STUDENT
CHOICE &
VOICE**

VIRGINIA PUBLIC SCHOOLS

Choice Led Health Overview:

Choice Led Health is a skills-based health curriculum providing student learning experiences to deepen their knowledge, attitudes, and skills using a variety of participatory methods. Choice led health personalizes instruction for all learners by providing a variety of "student choice and voice" assignments aligned with national and state health education standards.

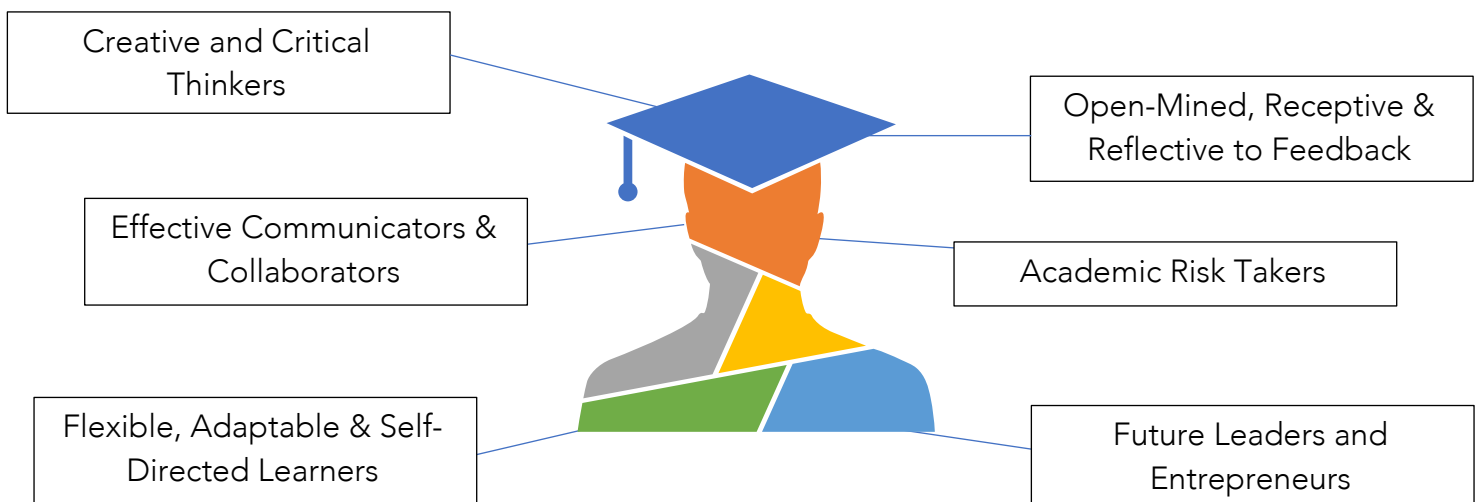
"The point of school is not to simply excel in each class, but to be able to use one's learning in other settings."

Curriculum is aligned to the Health Education Standards of Learning for Virginia Public Schools. The essential health concepts include:

1. Mental Wellness and Social Emotional Skills
2. Body Systems
3. Substance Abuse Prevention
4. Violence Prevention
5. Nutrition
6. Physical Health Disease Prevention &
7. Safety/Injury Prevention
8. Community and Environmental Health
9. Disease Prevention and Health Promotion

"Personalized learning aims to develop the whole child and empower them to take ownership of their learning by providing them with multiple pathways to demonstrate mastery learning in order to be successful and productive 21st century citizens in an ever-changing world"

Personalized Learning Scholars Strive to Be:



Choice Led Health Course Design:

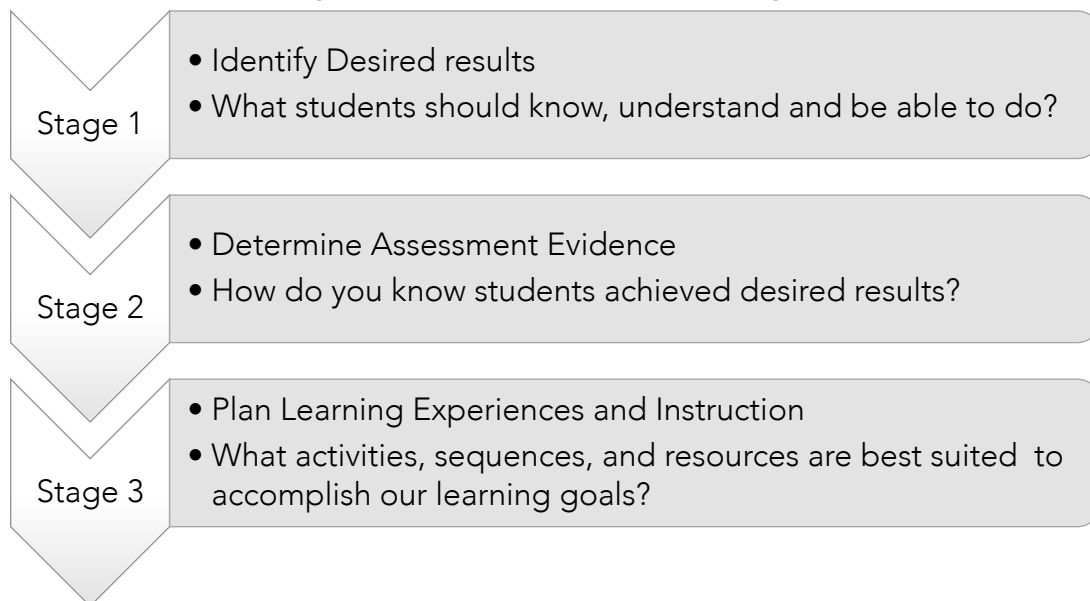
Why a Skills-Based Learning Approach?

The skills-based approach extends traditional methods of teaching about health, which tend to be knowledge based and didactic in approach. In contrast, skills-based health education focuses upon the development of Knowledge, Attitudes, Values, and Skills (including life skills such as inter-personal skills, critical and creative thinking, decision making and self-awareness) needed to make and act on the most appropriate and positive health-related decisions.

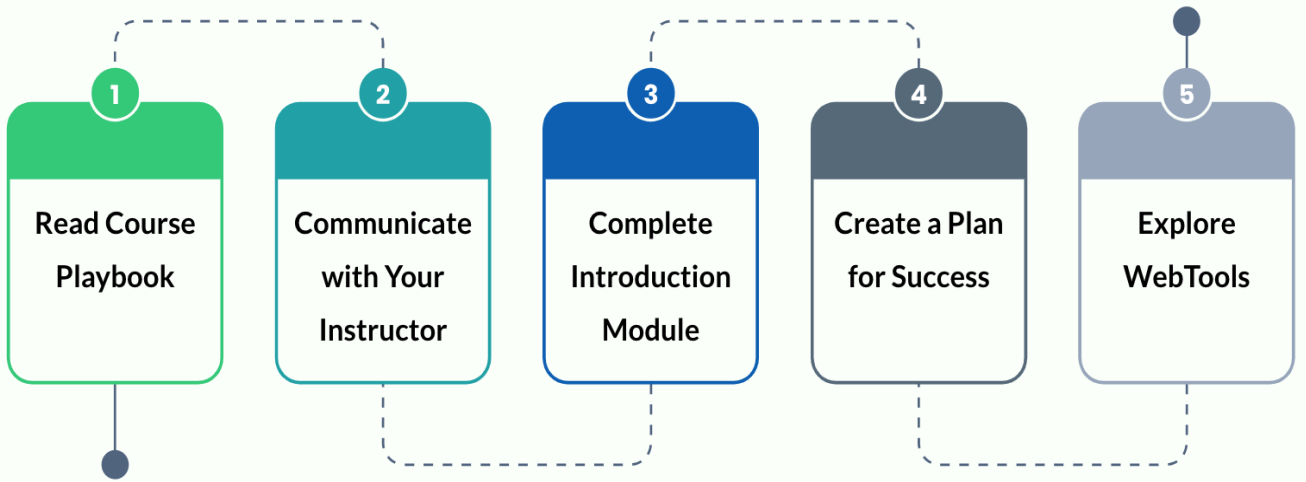
How was the course designed?

1. To deepen student understanding and transfer of learning.
2. To allow students make sense of and apply their learning through authentic experiences.
3. The curriculum is planned backwards from long-term, desired results through a 3-stage design process.
4. Teachers serve as “coaches of understanding”, not mere purveyors of content knowledge, skill, or activity.

The Three Stages of Backward Design:



PREP PROCESS



Choice led Health is set-up to allow students to collaborate, explore, discover, problem-solve, share and learn from each other. Choice Led Health teachers are facilitators of instruction and guide students to seek solutions and answers on their health topics. In other words, **the spotlight is on the students more than the teacher.**

WHAT DO I HAVE TO DO?

➔ **Complete "Table Talk" Discussion**

➔ **Copy Mindmap**

➔ **Complete Health Menu Assignments**

➔ **Take End of Unit Quiz**



Frequently Asked Questions:

1. **“How will I be graded?”**
 - a. Students are graded formally and informally.
 - b. Formal assignments include unit quizzes and end of course/semester final exam.
 - c. Informal assignments include discussion questions and health menu assignments (starters, appetizer, entrees, desserts).

2. **When are assignments due?**
 - a. Your course instructor will set the due dates for all the assignments.
 - b. Weekly and/or daily announcements will be posted as a reminder when class assignments are due.

3. **What is the late policy for turning in assignments?**
 - a. Your course instructor will communicate the policy on turning in assignments late.
 - b. Students are expected to communicate with their instructor when situations should arise preventing assignments to be turned in on time.

4. **“What is on the student quizzes and final exam?”**
 - a. Quiz content is based on the mindmaps for each module.
 - b. End of course/final exam content is based on the content of ALL mindmaps of all modules.
 - c. Therefore, it is extremely important to save your mindmaps digitally or in a personal notebook/folder at home.

5. **“Can I use the mindmaps when taking a quiz or exam?”**
 - a. Since learning should be the pursuit of knowledge & how to access information, Choice Led Health encourages an “open-notebook” method when taking quizzes and exams. This way, learners will understand the importance of “keeping up” and organizing their mindmaps to access them for the quiz or final exam.