

Health

The NWT School Health Program (1995) is the approved curriculum for Health. There is one curriculum document for each grade. It includes learning objectives as well as lesson plans, background information and black-line masters. It's culturally relevant and a wonderful resource!

The major goals of the NWT School Health Program are:

- To provide factual information on the human body
- To enable students to develop skills that, along with the factual information will allow them to make informed choices related to health
- To enhance students' self-esteem through self-understanding
- To enable students to develop attitudes which lead to positive lifestyle behaviours and
- To promote positive lifestyle practices which are conducive to lifelong health.

The curriculum has seven units. The central unit is **Mental and Emotional Well-Being**. It is the major skill-building unit.

1. Mental and Emotional Well-Being

K	1	2	3	4
Self Awareness	Self Awareness	Self Awareness	Self Awareness	Self awareness
Relationships	Relationships	Relationships	Relationships	Relationships
		Coping	Decision-making	Decision-making

2. Growth and Development

K	1	2	3	4
Body Systems	Body Systems	Body Systems	Body Systems	Body Systems
Lifestyle	Disease Prevention	Lifestyle	Growth Patterns	Disease Prevention
		Health Care	Disease Prevention	Environmental Health
		Environmental Health	Environmental	Health care System

3. Family Life (Grades 1 – 3 only)

K	1	2	3	4
	Families Human Development & Reproduction Abuse Prevention	Families Human Development & Reproduction Abuse Prevention	Families Human Development & Reproduction	Families Human Development and Reproduction Abuse Prevention

4. Dental

K	1	2	3	4
Structure and Function Oral Hygiene Dental Health	Structure and Function Oral Hygiene Dental Health Dental Disease Dental Services and Products	Structure and Function Oral Hygiene Dental Health Dental Disease Dental Services and Products	Structure and Function Oral Hygiene Dental Disease Dental Services and Products	Structure and Function Oral Hygiene Dental Health Dental Disease Dental Services and Products

5. Safety and First Aid

K	1	2	3	4
Personal Safety Fire Safety Safety	Personal Safety Accident Prevention First Aid Safety	Burn Prevention Bicycle Safety Outdoor Safety Firearm Safety First Aid Safety	Burn Prevention Fire Safety Outdoor Safety Personal Safety Safety	Burn Prevention Bicycle Safety Fire Safety First Aid Motor Vehicle Safety

6. Nutrition

K	1	2	3	4
Food Identification	Food Identification	Food Identification	Food Classification	Food Classification
Food Appreciation	Food Classification	Food Classification	Food Selection	Food Selection
	Food Selection	Food Selection	Food Appreciation	Food Appreciation
	Food Appreciation	Food Appreciation		

7. Alcohol and other drugs

K	1	2	3	4
	Drugs	Drugs	Drugs Tobacco Well-Being	Drugs Caffeine Alcohol Well-Being