

RESOURCE/PROGRAM SUMMARY FOR HEALTHTEACHER.COM

OVERVIEW/DESCRIPTION OF CURRICULUM

HealthTeacher.com is a comprehensive health education curriculum for the elementary, middle, and high school levels. HealthTeacher provides online curriculum resources to teachers with access to over 334 lessons plans, activities, and resources. Lessons have been developed for grade groupings K-1, 2-3, 4-5, MS, and HS. Lessons can be taught as stand-alone lessons or used to support an existing curriculum. HealthTeacher has lessons addressing key health topics including alcohol and other drugs, community and environmental health, family health and sexuality, injury prevention, personal and consumer health, tobacco prevention, nutrition, physical activity, and mental health. Lessons are aligned with Colorado Comprehensive Health Education standards as well as Common Core, National and Gifted and Talented standards. Background information is provided, along with resources for teaching key health skills, literacy connections, online test creation and administration, and interactive presentations. New lessons are added monthly.

PROGRAM COMPONENTS

- Lessons aligned with Common Core English and Language Art (ELA) and Common Core Math standards
- Lessons are aligned with National Standards for Health Education, Language Arts, Math, Physical Education, Science, and Social Studies
- Lesson are aligned with Gifted and Talented standards
- All materials are online in printable format
- Assessments are provided for all lessons, including pre- and post-test creation and administration sites
- General teacher background information is provided for lessons
- Literacy Connections for fiction and non-fiction titles
- Interactive tools (Adult BMI, Child BMI, Nutrition Database, MyPlate)
- Monthly online webinars
- Go Noodle physical activity website to support physical activity and brain breaks in the classroom
- News Center resources and materials related to current events
- Monthly teacher newsletter

PROGRAM BASICS

Grade Level	Number of Lessons/ Session	Booster Lessons	Teaching Strategies	Cost/Contact
K-1	60 lessons/ 1-3, 20 minute sessions	Health concepts and skills are threaded through all grade levels	<ul style="list-style-type: none"> • Lecture • Skills practice • Discussion • Small group activities • Homework • Parent e-mails • Interactive online modules • Links to literacy and mathematics 	Individual licenses are \$149/year www.healthTeacher.com 209 10th Avenue South, Suite 350 Nashville, TN 37203 615.250.8734
2-3	57 lessons/ 1-3, 25 minute sessions			
4-5	68 lessons/ 1-5, 20-45 minute sessions			
MS	75 lessons/ 1-4, 30-50 minute sessions			
HS	74 lessons/ 1-5, 45-55 minute sessions			

RESEARCH BASE/RESULTS/RECOGNITION

HealthTeacher has not been studied through empirical research examining the effectiveness of the curriculum. Experts have built HealthTeacher lessons and measurement is focused on health literacy and behaviors. HealthTeacher is endorsed by Children’s Hospital of Colorado, Miami Children’s Hospital, Mercy Children’s Hospital, Lucile Packard Children’s Hospital, and Arkansas Children’s Hospital.

PROGRAM STANDARDS ALIGNMENT

Prepared Graduate Competencies	K	1	2	3	4	5	6	7	8	HS
Healthy Eating	2	2	2	2	2	2	2	2	-	2
Sexual Health	-	-	-	-	-	2	2	2	2	2
Health Promotion	2	2	2	-	2	-	2	-	2	-
Emotional and Social Wellness	1	2	2	2	1	2	2	1	2	1
Alcohol, Tobacco, and Other Drug Prevention	-	-	1	2	1	2	2	1	1	2
Violence Prevention	1	1	1	2	1	2	1	-	2	2
Safety	2	2	1	2	-	3	2	1	-	3

Program Standards Alignment key:

- Completely addresses Grade Level Expectations to mastery
- GLE is addressed with minor adaptations
- GLE is addressed with significant adaptations
- The GLE is not addressed

See alignment matrix at <http://coloradoedinitiative.org/our-work/health-and-wellness/chpe>

SUMMARY

HealthTeacher.com is a curriculum resource that supports comprehensive health education. The curriculum is an online resource for teachers to access a wide variety of resources including lessons, assessment materials, health background information, and other resources. Lessons are grade grouped if HealthTeacher is used across multiple grade levels it will be important to identify the lessons that will be taught at each specific grade level. Many of the lessons are aligned with the health education standards at multiple grade levels. For example, one lesson may address standards at grade 4 and grade 5. It will be important to identify the scope and sequence of lessons for each grade level if the curriculum is going to be used across grade levels. HealthTeacher does not have empirical research that has shown its effectiveness in changing health behaviors. The curriculum does address the Colorado Comprehensive Health Education Standards with minor adaptations.