

台北市私立道明外僑學校 No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C. 10464 臺北市中山區大直街 76 號



# **COURSE SYLLABUS**

School Year	2025-2026
Subject	HEALTH 6
Grade Level	GRADE 6
Teacher	MS. REMEDIOS ROSARIO "BING" A. RACADIO
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#### **Course Description**

This is a comprehensive course designed to provide the students with knowledge, life skills, and thinking skills they need in order to achieve good health. This course with the textbook An Invitation to Health promotes health literacy and skills that students can take and apply in their daily lives. Students will be provided with the knowledge they need to be informed before making decisions about their health, with opportunities to learn and practice life skills for positive health behaviors. In addition, students are encouraged to use their thinking skills in order to solve health problems and think critically before they make any decision for themselves.

#### **Teaching Strategies**

This course is primarily a lecture course supplemented with discussion, clips, pictures, films, and authentic materials. I have purposely broken the material in short segments to facilitate its absorption. A broad-based understanding of content is important, but so are the skills which will be needed to continue learning later in life. Although the lecture format of teaching has the potential to deliver content, there is no assurance that a student will develop the essential learning skills, since listening to lecture is a very passive activity. Furthermore, studies suggest that collaborative learning improves productivity, professional self-esteem, problem-solving skills, and positive social relationships. Therefore, this course will include some lecturing, but will also have an active student-centered component of problem-based learning. The real-world problems that have been developed for this course demand that students connect new knowledge to old; recognize what they know and understand and what they don't and learn concepts well enough to explain and teach them in their own words.

Positive Reinforcement applied in the classroom is an essential aspect of managing middle-aged learners/ classrooms and has related implications for encouraging progress.



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Learning how to work in a team environment is beneficial to students for problem solving, working under the pressure of a time limit, and learning how to work with others.

Classroom interaction is emphasized. Students' curiosity and knowledge about health and other topics that are health related will be challenged and introduced. They will be encouraged to come up with ideas regarding programs and create activities which promote health and wellness in our society. Enhancement of Health Skills and Consistent Practice through application and their own health teachings will be made and be part of their learning, presentation of health programs and understanding process.

#### **Student Activities**

Different kinds of activities allow variances of skillsets among students that can work with their learning styles and develop critical thinking skills. Therefore, differentiated instructions by means of differentiated teaching strategies, assessments, and student work output/ products are very essential in their learning process. If the first exposure material is moved out of class, the class activity can then change to group work, role playing, games, and group or class discussion that can concentrate on particular problems or arising from the first exposure material or further depth of the content.

Students will participate in classroom activities such as discussions, skill building activities, enrichment activities, and presentations. In addition, students through these activities are expected to have the opportunity to build their knowledge and skills which empowers students to promote health and wellness.

#### <u>Assessment</u>

Assessments will be in a form of Diagnostic/ Summative, Formative, and more on the side of Alternative Assessments that is more authentic in evaluation from Project Based Learning activities.

Grades will be derived from: Quizzes, Recitation, Group/Individual Projects, Homework, Chapter Tests, and Quarter Exam.

Students will be assessed with class participation, observation, homework, class work, objective quizzes/tests, oral responses, and quarterly exams. The student's final grade will be computed mainly based on three parts: performance tasks (homework and class work), quizzes and quarterly exams. Each part is weighted at one third of the total course grade.

Quizzes will relate to current and previous topics. A quiz may be given at any time during any class period—immediately after a lecture, at the beginning or end of a class, etc. Students absent from class for a test or a quiz must make arrangements to

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take the guiz or test some other time.

It is very important that you complete the assigned worksheets. Worksheets and test papers will be checked for completeness and returned. The scores will be given. You may keep your worksheets and test papers until the quarterly exam for reviewing.

#### **Materials**

We often use a health notebook/ or any materials which could be used to write notes. A copy of handouts. A file folder for Health Worksheets. Some pens, crayons/markers, scissors, glue, tape and double-sided tape, and some poster papers for Health Activities. Pictures, wall posters, short videos and/ or any other media might be used.

Visual Presentations and Documentary Videos/ Films will also be used during lecture for proper understanding of the subject matter/ topic and for additional student resources. I also strongly encourage my students to make an online visit for added resources and activity to to www.cdc.com, www.discovery.com, Curiositystream.com

#### **PRIMARY TEXTBOOK & OTHER RESOURCES**

#### **TEXTBOOK:**

Tunks, L. (2025). An Invitation to Health-2st Century Edition. Cengage.

#### **REFERENCES:**

Benes, S., Alperin, H., & SHAPE America - Society of Health and Physical Educators. (2021). *The Essentials of Teaching Health Education: Curriculum, Instruction, and Assessment* (Second ed.). Human Kinetics, Inc.

Decisions for Health (Holt, Rhinehart & Winston) 2009. Level Green

Essential Health (The Goodheart-Willcox Company, Inc.) 2018.

#### **ADDITIONAL INFORMATION:**

- 1. Please see Google Classroom for more information.
- 2. There will be NO HOMEWORK to be given during the weekend except during major exams or quizzes. It is to give them a chance to spend quality time with their family.
- 3. The Project D (Detention) significantly affects the Deportment Grade of Students.

<u>Copying</u> (plagiarism) is a serious offense and a form of theft. In certain cases, it is also a criminal offense. It is defined as taking words, phrasing, sentence structure, or any other element of the expression of another person's ideas and using them as if they were your own. Plagiarism is a violation of another person's rights, whether the material stolen is great or small – it is not a matter of degree or intent. Plagiarism has serious consequences.

Any act of plagiarism will result in an automatic zero on the entire assignment



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<u>Academic Dishonesty</u> means employing a method or technique or engaging in conduct in an academic endeavor that contravenes the standards of ethical integrity expected at DIS. Academic dishonesty includes but is not limited to, the following:

- Purposely incorporating the ideas, words of sentences, paragraphs, or parts thereof
  without appropriate acknowledgment and representing the product as one's own
  work; and
- 1. Representing another's intellectual work such as photographs, paintings, drawings, sculpture, or research or the like as one's own, including failure to attribute content to an Al
- 2. Employing a tutor, making use of Artificial Intelligence without acknowledgement, getting a parent to write a paper or do an assignment, paying for an essay to be written by someone else and presented as the student's own work.
- 3. Committing any act that a reasonable person would conclude, when informed of the evidence, to be a dishonest means of obtaining or attempting to obtain credit for academic work.

Any act of academic dishonesty will result in an automatic zero on the entire assignment

#### **FIRST QUARTER OBJECTIVES**

#### **HEALTH & WELLNESS**

- Preview chapter concepts.
- Explain why we should learn about health.
- Demonstrate health skills learned at home and in school.
- Identify all health areas.
- Explain why we should learn about life skills.
- Describe and provide examples of life skills.
- Identify and provide examples of some important life skills.
- Explain why we should learn good character in Health.
- Identify and provide examples of good characters.
- Relate their learned good character and values in their everyday lives in school and at home and everywhere they go.
- Arrange and discriminate the different components of physical fitness.
- Justify and argue the concepts related to health promotion and disease prevention.
- Interpret and explain the use of the Activity Pyramid to improve physical fitness.
- Support the importance of good posture
- Identify and synthesize goal setting steps.
- Evaluate and practice goal setting for fitness.
- Describe and interpret the importance of different types of exercise.
- Create and develop a personal exercise and fitness program.
- Outline and recognize the importance of respect by being a good sport.
- Select and identify safety equipment necessary for injury prevention.
- Appraise, promote, and value safety rules and how to play and exercise safely.
- Assessment and Evaluation of learned knowledge, skills and values for the whole quarter
- Assess Chapter objectives.





FIRST QUARTER TENTATIVE WEEKLY SCHEDULE		
Week/Date	Topic/Projects/Assessments	
Week 1 (August 12 to 15)  4 days of class 12-General Assembly at the Gymnasium 15-Opening Mass & Assumption of Our Lady	Course introduction Orientation, Expectations; Class Requirements Introduction: - Key Terms: Why should we learn about HEALTH?	
Week 2 (August 18 to 22)  18-St. Dominic de Guzman Feast Day Celebration) Integrated during the Monday Assembly 20- House Shirt & Blue Jeans Day Starts 22- Club Orientation and Club Sign-up	Life Skills: Goal Setting/ Optimal Health - Health, Wellness, Optimal Health - Dimensions of Health - Health Triangle Activity Worksheet Homework: Quiz Next Week: Read and Study the following: SUPPLEMENTARY: Everfi: Introduction to Health	
Week 3 (August 25 to 29) 27- High School Talk - "Kickstart Your Success: Winning Mindsets for a Great School Year" 29- First Club Meeting	Life Skills: Goal Setting Activity Worksheet Homework: Quiz Next Week: Read and Study Lesson 1 and Life Skills Everfi: Introduction to Health	
Week 4 (September 1 to 5)  1- Launching of the World Day of Prayer for the Care of Creation (During the Monday Assembly)  1-AP Registration  3- AEO Fall University Fair  5- House Ceremony	QUIZ Your Exercise and Fitness Program Homework/ Activity Worksheet/ Everfi: Introduction to Health and Digital Safety Project Based Groupings and Topic Distribution	
Week 5 (September 8 to 12) 8- Holy Mass: Nativity of the Blessed Virgin Mary & VIP Induction 10- House Mini Games Start	QUIZ Exercising with Safety in Mind/ Project Work Activity Worksheet/ Homework	
Week 6 (September 15 to 19)  15- Catholic Bridge Program for all New Students (After the Monday Assembly at the Gymnasium)  19- Athletics / Sports Orientation  19- PSAT/NMSQT Registration deadline	Activities/ Project Based Assessment CHAPTER REVIEW	



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# Week 7 (September 22 to 26)

22- Celebration of the International Day of Peace-Peace Pole Ceremony (During the Monday Assembly) Teacher's Day Celebration & 26-Teachers' Appreciation 26- Grade 12 Career Educational Trip 24 to 26-Pre-Exam Days Activities/ Project Based Assessment Presentation

1<sup>st</sup> Quarter Exam/ Project Based Assessment Presentation

# Week 8 (September 29 to October 3)

29- Launching of the Month of the Holy Rosary (During the Monday Assembly)
Oct. 1-2- First Quarter Exam (half day)

Review and 1<sup>st</sup> Quarter Exam/ Project Based Assessment Presentation

Oct. 3-DIS Teachers and Staff Recognition Day/ Record Day Recollection for Aunties and Uncles (no classes for students)

# SECOND QUARTER OBJECTIVES

#### **DISEASE and IMMUNITY**

- Compare and contrast infectious and noninfectious diseases.
- Differentiate between chronic and acute diseases and give two examples of each.
- Identify which diseases/ illnesses are communicable and non-communicable diseases.
- Explain the mode of transmission of a disease and how it can be transferred from one person to another.
- Distinguish between diseases caused by viruses and bacteria.
- Explain how diseases can be spread.
- Explain how air, food, and water spread pathogens.
- List some of the body's defenses against diseases.
- Explain the function of antibodies.
- Discuss how vaccines help the body fight certain diseases.
- Create a concept map regarding prevention and causes of diseases.
- Apply and list down healthy lifestyles that would prevent someone from getting sick.
- Extend chapter concepts.
- Assess Chapter objectives.

SECOND QUARTER TENTATIVE WEEKLY SCHEDULE	
Week/Date	Topic/Projects/Assessments
6-Moon Festival (no classes)	



Contest

# Dominican International School



7-9 Teacher's Conference (no classes)	
Week 1 (11) (October 13 to 17) 13- Second Quarter Begins 13- Start of New Applicant Enrollment for 2nd Semester 14- Visit of Mother Mary to Classrooms (During the morning prayer) 15- AP Exam Only Registration Deadline 15- Monthly Career Talk - College Prep 17- PSAT/NMSQT Digital Exam	Lecture # 2 – Infectious Disease What kinds of Pathogens cause disease? How are pathogens spread? Assignment: Prepare for Quiz No. 1
Week 2 (12) (October 20 to 24)  20- Jubilee: Marian Exhibit Opening (After the Monday Assembly)  20- Campus Safety Talk for Students 24- Book Fair (Senior Escape Room)	<ul> <li>Lecture # 3 – Fighting Infectious Diseases</li> <li>How does the body fight disease?</li> <li>How can you avoid disease?</li> <li>How can vaccines protect you against disease?</li> <li>Activity Worksheets</li> </ul>
Week 3 (13) (October 27 to 31) 29- Grade 11 Career Educational Trip Oct. 31 to Nov. 1- Gr.6 SEL Camp	Lecture # 4 – Noninfectious diseases  What are some heart diseases?  What is Cancer?  What are allergies?  What is arthritis?  What is diabetes?  What is asthma?  Homework/ Prepare for Quiz No. 2
Week 4 (14) (November 3 to 7) 3- Feast of St. Martin de Porres Mass (integrated during the Monday Assembly) 5- Monthly Career Talk - College Prep	Quiz No. 2: Lecture # 3 and 4 Lecture # 5 – Staying Well  1. What can you do to stay well"?  2. What do you mean by a healthy lifestyle? How can we maintain a healthy lifestyle? Assignment: Read and make a reflection on "Staying Well"/ A4 Paper not less than 10 sentences and not more than 15 sentences.
Week 5 (15) (November 10 to 14)  14- Health Week  14- VIP-Parent Learning Community	Project Based Assessment Grouping and Topic Distribution What is EXPECTED? What TO DO? Rubric Homework/ QUIZ nO. 3
Week 6 (16) (November 17 to 21)  17- Launching of Mental Health and Anti-Bullying Month  21- Young Shakespeare Play Writing and Performing Contest	Project Based Group Work



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Nov. 29 Invitation for All: The Jubilee Pilgrimage to Taipei (Saturday)			
Week 8 (September 29 to October 3) 29- Launching of the Month of the Holy Rosary (During the Monday Assembly) Oct. 1-2- First Quarter Exam (half day)	Review and 2 <sup>nd</sup> Quarter Exam/ Project Based Assessment Presentation		
Week 8 (September 29 to October 3) 29- Launching of the Month of the Holy Rosary (During the Monday Assembly) Oct. 1-2- First Quarter Exam (half day)	Review and 2 <sup>nd</sup> Quarter Exam/ Project Based Assessment Presentation		

December 13 Invitation for All: Advent Recollection @DIS (Saturday)

December 15 to January 2 Christmas Break

# THIRD QUARTER OBJECTIVES

#### **EMERGENCIES AND FIRST AID**

- Preview chapter concepts.
- Explain how to prepare for emergency situations.
- Describe how to respond to an emergency situation in order to reduce risks.
- Identify steps for effective communication.
- Identify steps in the decision-making process.
- Practice communication skills for handling emergencies.
- Explain how to follow universal precautions when giving first aid
- Explain the proper procedure of donning a glove and how to undo a glove technique.
- Explain the proper procedure of donning a gown and how to undo a gown technique.
- Explain the importance, proper procedure of using a mask and how to undo and dispose of a mask.
- Recognize common injuries.
- Describe first-aid treatment for common injuries
- Identify ways to show responsibility when responding to an emergency situation.
- Identify life-threatening injuries.
- Describe first aid for medical emergencies.
- Discuss the injuries to muscles, bones and joints.
- Know the difference between a tendon and ligaments.
- Discuss what a fracture, dislocation is, sprain and strain and explain the severity of the injury.
- Explain ways and measures to be safe to prevent muscle, bones and joint injuries.





- Discuss first aid for Muscle, Bone and Joint Injuries
- Discuss the importance and different ways of using a triangular bandage.
- Demonstrate and explain the different bandaging techniques.
- Extend Chapter Concepts.
- Assess Chapter Objectives.

THIRD QUARTER TENTATIVE WEEKLY SCHEDULE		
Week/Date	Topic/Projects/Assessments	
January 5- Record Day (No Classes for students)		
Week 1 (20) (January 5 to 9)  5- PSAT 8/9 Registration Starts 6- Third Quarter Begins 7- Monthly Career Talk-College Prep 9- New Year Mass at 8:	Introduce the Chapter: Preview Chapter Concepts Introduction to First Aid Universal Precaution First Aid for Common Injuries Homework/ Activity Worksheet	
Week 2 (21) (January 12 to 16) 16- Club Orientation & Sign Up	Responding to Emergencies/ Making Emergency Call Homework/ Activity Worksheet	
Week 3 (22) (January 19 to 23) 19-23- Individual Yearbook Photoshoot for Students 19-23- Career Awareness Week 22- Grade 9 Career Educational trip 23- First Club Meeting for 2nd	QUIZ  First Aid Materials and their proper usage First Aid Kit	
Week 4 (23) (January 26 to 30) 26- Feast Day of St. Thomas Aquinas/Launching of the Catholic Week 26-28- Aquinas Conference: Science and Faith 26-30- Catholic Week Activities 30- DYM Charity Concert	Common Emergency Situation and First Aid -Wound -Burns -Hyperthermia/ Hypothermia	
Week 5 (24)  (February 2 to 6)  1-4- WASC Mid-Cycle Visit  4- Monthly Career Talk - College Prep 6-7- SUAO Recollection for MS	QUIZ Project Based Assessment Introduction, Groupings, Explanation of Rubric, etc	
Week 6 (25) (February 9 to 13) 9- Start of New Applicant Enrollment for 1st Semester for SY2025-26 13- PSAT 8/9 Registration Deadline 13- House Valentine's Mini Fair	Muscles, Bones and Joints Injuries; Homework/ Activity Worksheet HOMEWORK: Quiz Next Week Project Based Assessment Group Work Preparation	



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13- Chinese New Year Celebration			
February 16-20 Chinese New Year Holiday			
Week 7 (26) (February 23 to 26) 23-26- IOWA Assessments 23- Student Council Application 24-26- Pre-Exam Days	Quiz Project Based Assessment Group Work Preparation and Finalization Group Presentation Practice		
February 27 Memorial Day Holiday (no classes)			
Week 8 (27) (March 2 to 6) 3- Monthly Career Talk - College Prep 6- PSAT 8/9 System Installation and Practice Test	Review and 3 <sup>rd</sup> Quarter Exam/ Project Based Assessment Presentation		
Week 9 (28) (March 9 to 13) 13 and 16- Third Quarter Exam (half day)	Review and 3 <sup>rd</sup> Quarter Exam/ Project Based Assessment Presentation		

# **FOURTH QUARTER OBJECTIVES**

#### **CPR & AED**

- Preview chapter concepts.
- Know and learn the current trends of CPR procedures.
- Know how to activate medical assistance during emergency situations.
- Learn basic steps about CPR and AED procedures.
- Know the importance and rationale of the basic steps and procedures when doing CPR and AED.
- Learn about the abbreviations used to remember in doing CPR.
- Know the reason for a DNR (Do Not Resuscitate Order)
- Assess the person suffering from Cardiac Arrest.
- List down the step by step procedure for Baby, Child and Adult CPR
- Demonstrate and rationalize the importance of the step by step procedure of baby, child and adult CPR
- Learn and apply proper ways in doing chest compression and ventilation.
- Know when not to start CPR and AED.
- Identify the Dos and Don'ts when doing CPR and AED
- Know when to stop doing CPR and AED
- Demonstrate and know the importance of positioning a person into a recovery position.





FOURTH QUARTER TENTATIVE WEEKLY SCHEDULE		
Week/Date	Topic/Projects/Assessments	
Week 1 (29) (March 16 to 20) 16- Third Quarter Exam (half day) 16-20- Faculty & Staff Yearbook Photo 17- Fourth Quarter Begins 18-21- EARCOS Teachers' Conference 19- Lectio Divina and Feast of St. Joseph 20- Parents Learning Community Meeting 20- Kindilympics 20-House Movie Night and Club Fair	Introduce the Chapter: Preview Chapter Concepts CPR Terminologies News Article: Current Trend in CPR & AED Lecture-Demo: # 1 Adult CPR (Compression – Most Important Skill) Homework: Continue to practice at home, Performance Test next meeting	
March 21 (Saturday) Spring Fair		
Week 2 (30) (March 23 to 27) 23-27 Student Leaders Applicant Interviews 26- Annual Visit to World Religion Museum Gr. 11 27- Lower School Readers Theatre	Performance Test/ Practice Test Basic Life Support/ CPR Adult CPR HOMEWORK: Quiz Next Week; Read and Study CPR Reading Resources	
March 30 to April 6 Easter/Spring Break		
Week 3 (31) (April 7 to 10) 7- Spring University Fair 9- Easter Mass 9- Easter Egg Hunt for Lower School Students	QUIZ CPR Skills Practice Homework/ Activity Worksheet	
Week 4 (32) (April 13 to 17)  13 Laudato Si Month Launching (During the Monday Assembly)  13-30 Laudato Si Month Activities  13-17- Class Photo Taking  17- AP Chinese/Japanese Practice Test	Child and Infant CPR Read Handouts Practice Child CPR Activities Homework: Practice CPR Skills at home for	
Week 5 (33) (April 20 to 24) 20-24 Cultural Awareness Week / Art Exhibit / Earth Week 24- Music Recital 20-24 Student Council Campaign 20-24 AP Mock Exams	Performance Task Assessment/ Competency Test (Adult, Child, Infant CPR)/ CPR Return Demo PRACTICE	
Week 6 (34) (April 27 to 30) 27- Student Council Elections 27-30 Senior Project Presentations 28-30 Pre-Exam Days	Performance Task Assessment/ Competency Test (Adult, Child, Infant CPR)/ CPR Return Demo PRACTICE	



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# May 1: Labor Day Public Holiday

# Week 7 (35) (May 4 to 8)

4- May Crowning & Mother's Day Celebration (During the Monday Assembly)
4-14 Final Exams (K, Gr. 5, 8, & 12 Only)
4-15 AP Exams Performance Task Assessment/ Competency Test (Adult, Child, Infant CPR)/ CPR Return Demo

# Week 8 (36) (May 11 to 15)

13 and 14- Fourth Quarter Exam— Undergraduate (half day) 14-16 Student Leaders Retreat Days Performance Task Assessment/ Competency Test (Adult, Child, Infant CPR)/ CPR Return Demo

May 15 Record Day (No Classes for students)
Final Deliberation for Graduating/Promoting Classes

# Week 9 (37) (May 18 to 22)

18- Gr. 5 Recollection & Mass
19- Gr. 8 Recollection & Mass
20- Gr. 12 Recollection
20- Baccalaureate Mass (Whole School)
18-21 WIDA Testing
19- Lower School Sports Day / Gr. 6 & 7 School

19- Lower School Sports Day / Gr. 6 & 7 School Field Trip

19- Gr. 9 - 11 - "Senior Success Forum: Inspiring the Next Generation"
19-22 Student Clearance Days
21- Middle & High School Sports Day
21- High School Field Trip

22- House Culminating Activity
20-22 Final Deliberation for Non-Graduating
Classes

22- Student Leaders One Day Recollection / Turn
Over Ceremony

Student Clearance, Baccalaureate Mass, etc.

# Week 10 (38) (May 25 to 29)

25- Kindergarten Graduation/Gr. 5 Promotion 26- LS Field Trip 26- Gr. 8 Graduation and Gr. 12 Graduation

27- Pre-Kindergarten & Gr. 1 - 4, 6 & 7, 9-11
Recognition
Last Day of School, Report Card 28- Distribution,

& Class Party (half day)

29- Last day for Teachers/Staff Meeting

Graduation, Recognition Day, Teachers/Staff
Meeting etc/

<sup>&</sup>quot;Kindling the Light of Faith, Hope, and Love: The Legacy of St. Dominic de Guzmán"