

# Wyoming Department of Education Required Virtual Education Course Syllabus

## BIG HORN COUNTY SCHOOL DISTRICT #1

Program Name	WYCA	Content Area	Physical Education
Course ID	CAOT86318	Grade Level	9, 10, 11, 12
Course Name	Health, Safety and Nutrition	# of Credits	0.5
SCED Code	08051G0.5011	Curriculum Type	Connections Academy

### COURSE DESCRIPTION

*In this course, the student will learn about the physical and psychological needs of children, from birth to age eight, and how to meet these needs in group settings. Topics include wellness of young children, standards, guidelines and national initiatives, children's nutritional needs, safe and healthy environments, emergency response, child abuse and neglect, educational experiences, and partnering with families. By the end of the course, the student will be able to:*

- Analyze wellness issues that apply to young children
- Analyze health, safety, and nutrition standards, guidelines, and national initiatives and their role in early childhood settings
- Analyze, design, and create healthy environments for children in early childhood settings
- Evaluate children's health and safety
- Develop effective learning experiences for young children

### WYOMING CONTENT AND PERFORMANCE STANDARDS

PE 12.3.1	Students demonstrate leadership by holding self and others responsible for following safe practices, rules, procedures, and etiquette in physical activity settings.
PE 12.3.2	Students initiate responsible personal social behavior and positively influence the behavior of others in physical activity settings.
PE 12.3.3	Students use physical activity to promote personal growth, goal setting, and enjoyment.
PE 12.3.4	Students pursue physical activities that promote self-expression and provide opportunities for social and group interaction.

### SCOPE AND SEQUENCE

UNIT OUTLINE	STANDARD#	OUTCOMES
<p><b>Health, Safety and Nutrition</b></p> <p>In this course, the student will learn about the physical and psychological needs of children, from birth to age eight, and how to meet these needs in group settings. Topics include wellness of young children, standards, guidelines and national initiatives, children's nutritional needs, safe and healthy environments, emergency response, child abuse and neglect, educational experiences, and partnering with families. By the end of the course, the student will be able to:</p> <ul style="list-style-type: none"> <li>• Analyze wellness issues that apply to young children</li> <li>• Analyze health, safety, and nutrition standards, guidelines, and national initiatives and their role in early childhood settings</li> <li>• Analyze, design, and create healthy environments for children in early childhood settings</li> <li>• Evaluate children's health and safety</li> <li>• Develop effective learning experiences for young children</li> </ul>	<p>PE 12.3.1, PE 12.3.2, PE 12.3.3, PE 12.3.4</p>	<ul style="list-style-type: none"> <li>• Analyze the impact of the early years on children's life-long health and nutritional status</li> <li>• Explain how health, safety, and nutrition are interrelated</li> <li>• Describe current trends affecting health, safety, and nutrition</li> <li>• Describe the influences on children's health, safety, and nutritional status</li> <li>• Explain the effect of nutrition standards, guidelines, and national initiatives on program and teaching practices</li> <li>• Explain the basics of early childhood nutrition</li> <li>• Develop meal plans and snacks that meet children's nutritional needs</li> <li>• Analyze the quality and developmental appropriateness of mealtime environments for infants</li> <li>• Analyze the quality and developmental appropriateness of mealtime environments for toddlers, preschoolers, and school-age children</li> <li>• Design safe early childhood indoor and outdoor educational environments</li> <li>• Describe effective supervision in early childhood education settings</li> <li>• Identify Food Safety Issues</li> <li>• Recognize the most common types of injuries in young children</li> <li>• Establish policies and procedures for preventing and responding to emergencies</li> <li>• Determine the effectiveness of a disaster response plan</li> <li>• Describe the role of health screenings and assessment in early childhood settings</li> <li>• Analyze health conditions that affect children</li> <li>• Establish health policies including safe medication administration</li> <li>• Describe the teacher's role in managing illness and common infectious diseases</li> <li>• Assess healthy practices to prevent the spread of illness in early childhood settings</li> <li>• Describe the relationship between mental health and child development</li> <li>• Determine the teacher's effectiveness in creating a pro-social environment</li> <li>• Illustrate effective responses to aggressive behavior</li> <li>• Analyze ways to address children's varied mental health needs</li> </ul>

- Analyze ways to address children's varied mental health needs

- Describe risk factors for child abuse and neglect
- Recognize signs of child abuse and neglect
- Explain the reporting requirements for child abuse and neglect
- Explain the early childhood educator's role in the prevention of child abuse and neglect
- Develop learning experiences focused on health concepts and activities for young children
- Develop safety awareness activities for young children
- Develop nutrition education activities for young children
- Develop strategies that facilitate collaboration with families to meet children's nutritional needs including the support of breast-feeding
- Describe ways that early childhood educators can partner with families to provide for children's special health care needs
- Determine the effectiveness of educational opportunities for families in the areas of health, safety, and nutrition
- Describe the role of culture in children's health, safety, and nutrition