Beyond Health Education? A School-wide Approach to Reinforcing Health Skills

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Our Vision

Healthy Children and Youth
Objective 1
Identify the rationale for and the elements of the health skill models

Objective 2
Describe how skill models can inform teaching, assessment, and student practice.

Objective 3
Identify how health skills can be reinforced in a variety of content areas and through a school-wide approach.
Expectations
What are the Big Ideas of Health Education

At your table brainstorm ideas.
Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Students will demonstrate the ability to access valid information and products and services to enhance health.

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Students will demonstrate the ability to use decision-making skills to enhance health.

Students will demonstrate the ability to use goal-setting skills to enhance health.

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

Students will demonstrate the ability to advocate for personal, family and community health.
Stages of Skills Development

Skills Development Process

Introduction  Reinforcement  Mastery
Grade-level Grouping

PK - 2
3-5
6-8
9-12

Progressive Models

Concepts
Analyzing Influences
Accessing Information
Interpersonal Communication
Decision Making
Goal Setting
Self Management
Advocacy
Decision Making

Step 1: Identify Decision
Step 2: Need Help?
Step 3: Make Decision
Step 4: Describe Outcome

Step 1: Identify Decision
Step 2: Brainstorm Options
Step 3: Identify Possible Outcomes
Step 4: Make Decision
Step 5: Reflect On Decision
Decision Making

Step 1: Identify Decision
Step 2: Brainstorm Options
Step 3: Identify Possible Outcomes
Step 4: Make Decision
Step 5: Reflect On Decision
Model Layout

- Background Information
- Model Depicting Skill Progression
- Steps to Teaching the Skill Progression
- Teaching Tips
  - Integration
- Mastery
- Student Handout(s)
Find a partner and take a walk about.

Look at the skill models around the room.

- Look at the skills steps
- How might you be able to use the models in your teaching?
- How do they support higher level thinking?
Thinking differently about reinforcement.

Step 1: Identify Decision
Step 2: Brainstorm Options
Step 3: Identify Possible Outcomes
Step 4: Make Decision
Step 5: Reflect On Decision
% of grade levels with Skills (AI, GS, DM) identified in standards
At your table brainstorm some other ideas of reinforcement in other content areas.

Take a look at some examples.
What’s your bright idea?
A School-wide Approach to Skill Development
Let’s Take it School-wide!

1. Find the School-wide Integration Map in your packet.

2. Choose one skill and discuss how the skill can be integrated/reinforced in each component area.

3. Chart integration strategies in the box beside each component.

4. Be prepared to share with the larger group.
What’s your bright idea?
Using Skills Models for Assessment

- Clearly build the skill models into the performance assessment.
- Can students complete each step of the model without prompting?
- Do students use a more sophisticated approach to the skills pre-post?
- Do students use appropriate concepts/knowledge to complete the skills models?
- Do you see the skills being transferred into the real world?
Action Planning

In the action plan section of the map

1. What are three ways you can use the health skill models in your work?
2. What are three ways you can integrate health skills in other content areas or in the broader school setting?
Thank you!

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