



Health Education

Matthayom 1-3 (EP)

© Andrew Biggs Academy 2016

Printed by Khroo Chang Publishing
542 Moo 1, Srinakharin Rd, Bangkaew, Bangplee,
Samut Prakan, Thailand. 10540.

This book is in copyright. Subject to statutory exception
and to the provisions of relevant collective licensing agreements,
no reproduction of any part may take place without
the written permission of Khroo Chang Publishing.

Printed in Thailand

Advisory Board: Andrew Biggs
Om Huvanandana, DBA.
Utsapaporn Pipattanavilai
Carl Prince

CONTENTS

I. Introduction	3
The Importance of Health	
Principles Underlying Andrew Biggs Academy English Program – Health Core Curriculum	
Core Curriculum Overview	
II. The Curriculum	
A. M1 (Year 7) Health Strands, Learning Standards, and Syllabus	7
B. M2 (Year 8) Health Strands, Learning Standards, and Syllabus	15
C. M3 (Year 9) Health Strands, Learning Standards, and Syllabus	23
III. Assessment and Evaluation of Students' Achievement	32
Overall Assessment	
Criteria for Grading System	
IV. Reference Book	33

I. Introduction

The Importance of Health

The study of Health and Physical Education helps students to learn about all aspects of the human condition, physical, mental, social and intellectual. The state of our health is connected to all aspects of life. Studying health shows the students habits and routines important for improving their life and their society around them. In learning about health they will also acquire knowledge about accurate understanding, proper mental attitudes, morals and other appropriate values. Students need classroom experiences that will help them develop sound health practices, learn important facts and procedures, develop practical skills in health, and acquire a positive attitude toward learning about health.

The Andrew Biggs Academy English Program Health Curriculum for Matthayom 1 to Matthayom 3 (Grade/Year 7 – 9) provides the framework to meet these objectives. Learning about health equips students with the ability to maintain and strengthen health and sustainably develop the quality of life for society as a whole. Studying health enables learners to gain knowledge and develop behaviors for their daily lives.

Principles Underlying Andrew Biggs Academy Health Program

Andrew Biggs Academy Curriculum is based on the Thai Ministry of Education (The Basic Education Core Curriculum 2008). This curriculum recognizes the diversity that exists among students who study health in English Program. It is based on the belief that all students can learn health and deserve the opportunity to do so.

This curriculum is designed to help students build a solid foundation in health that will enable them to apply their knowledge and advance their learning successfully. Andrew Biggs Academy believes that students are learning most effectively when they are given the chance to investigate ideas and solve problems and then carefully guided to an understanding of the basic principles in health.

It is also part of this philosophy that students must be enjoying themselves, or at the very least interested, in learning the subject. For this reason, many of the activities have an amusing aspect to them in order to maintain interest in this sometimes difficult subject. For more than 10 years, Andrew Biggs Academy has been developing curricula in the field of English. The Health curriculum is a relatively new one based on the textbook and the philosophy of Andrew Biggs Academy towards learning.

The Basic Education Core Curriculum aims to instill the following five key competencies among students: communication skills, thinking skills, problem-solving skills, life skills, and technological application skills.

Curriculum Overview

The Andrew Biggs Academy Curriculum, M1 – M3 (Grades 7 to 9) in health identifies the goals and objectives for each level and illustrates the knowledge and skills that students are expected to acquire, learn, demonstrate and apply in their class work, tests and in various activities to assess their achievements. The overall expectations describe the general knowledge and skills that students are expected to achieve at the end of each level. The specific expectations describe the detailed knowledge and skills that students are expected to demonstrate at the end of each chapter.

Overall and specific expectations in Health are organized into five (5) strands, which are the five major areas of knowledge and skills in the health curriculum of Basic Core Curriculum (B.E. 2551) from the Thai Ministry of Education.

The program in Matthayom 1 to Matthayom 3 is specifically designed to ensure that students build a solid foundation in health. To support this learning process, teachers will, whenever possible integrate concepts from the five strands and apply them to real life situations.

The learning strands in the study of health are designed to facilitate students in gaining an understanding and acquiring practical health skills and knowledge based on their highest level and enables students to acquire health skills and knowledge according to their utmost potential. The learning strands are:

Strand 1: Human Growth and Development

Nature of human growth and development, factors affecting growth, relationships and linkages in function of various bodily systems, self-conduct for attaining growth and development in accordance with learners' age.

Strand 2: Life and Family

Personal and family values, self-adjustment in physical, mental, emotional and sexual changes, creating and maintain relationships with others, sexual hygiene practices and life skills.

Strand 3: Movement, Doing Physical Exercises, Playing Games, Thai and International Sports

Various forms of Movement, physical activities, individual and team sports, Thai and international Sports, rules and regulations, agreements for participation in sporting activities and sportsmanship

Strand 4: Strengthening of Health, Capacity and Disease Prevention

Principles of selecting food, health products and services, capacity-strengthening for health and the prevention of all types of diseases

Strand 5: Safety in Life

Self-protection, avoiding risky behaviors, health risks, accidents, harm from abusing medicines and addictive substances, guidelines for promoting safety in life.

For common understanding and to establish clarity with regards to Andrew Biggs Curriculum, various codes have been used for Learning Standards and Grade Level Indicators. Below are the codes used for this curriculum:

HP1.1, GLI M1/1 M1	
HP	Subject Area of Health
1.1	Standard 1, Learning Area 1
GLI	Grade Level Indicators
M1	Year
1	Indicator Number

HEALTH M1

II. A. The Core Curriculum for Health and Physical Education, M1

Strands, Learning Standards and Grade Level Indicators

Strand	Learning Standards		Grade Level Indicators (GLI)
1. Human Growth and Development	HP1.1	Understanding of nature of human growth and development	<ol style="list-style-type: none"> 1. Explain the importance of nervous and ductless gland systems affecting health, growth and development of teenagers. 2. Explain methods of taking care of nervous and ductless gland systems for normal functioning. 3. Analyse conditions of their own physical growth with standard criteria. 4. Search for guidelines for self-development to self-development to attain growth in accord with their ages.
2. Life and Family	HP2.1	Understanding and self-appreciation; family; sex education; and life skills	<ol style="list-style-type: none"> 1. Explain appropriate methods for self-adjustment to physical, mental and emotional changes and sexual development. 2. Show skills in refusing for self-protection from sexual harassment.
3. Movement, Physical Exercise, Games, Thai and International Sports	HP3.1	Understanding and skills in movement; physical activities; playing games and sports	<ol style="list-style-type: none"> 1. Increase their own capacities in line with the kinesthetic principles that use mechanical and basic principles conducive to development of skills for playing sports. 2. Can play Thai and international sport as individuals and in teams by using basic skills of the sports, one of each kind. 3. Participate in at least one recreational activity and apply the knowledge gained for linkage and relationship with other subjects.
	HP3.2	Favor for physical exercise, playing games and sports regularly; observance of rights, rules and regulations; having sporting spirit; having true competitive spirit and appreciation of the aesthetics of sports	<ol style="list-style-type: none"> 1. Increase their own capacities in line with the kinesthetic principles that use mechanical and basic principles conducive to development of skills for playing sports. 2. Can play Thai and international sport as individuals and in teams by using basic skills of the sports, one of each kind. 3. Participate in at least one recreational activity and apply the knowledge gained for linkage and relationship with other subjects.
4. Health Strengthening, Capacities and Disease Prevention	HP4.1	Appreciation and skills in health strengthening; maintaining one's health; disease prevention and strengthening capacity for health	<ol style="list-style-type: none"> 1. Choose to consume food suitable to their ages. 2. Analyse problems arising from nutritional status affecting health. 3. Weight control. 4. Strengthen and improve physical capacity from test results.

Strand	Learning Standards	Grade Level Indicators (GLI)
5. Safety in Life	HP5.1 Prevention and avoidance of risk factors; behaviors detrimental to health; accidents; use of medicines; addictive substances and violence	<ol style="list-style-type: none">1. Perform the methods of first aid treatment and safe transfer of patients.2. Tell the characteristics and symptoms of drug addiction and protection from drug addiction.3. Explain the relationship of using drugs with contracting disease and accidents.4. Show methods of persuading others to abandon and stop using drugs by applying various skills.

Course Description: Health and Physical Education M1, Semester 1

Subject: : Health and Physical Education	Course Number:	Level: M1
Period: 40 hours/semester	Academic Credit: 1	Semester: 1st

This course provides students a better understanding on the importance of practicing health and wellness. It is designed to introduce students to a variety of information relating to the different aspects of having good personal health, which includes the physical, social, emotional, intellectual, and spiritual. Topics of this course include: Nervous System and Endocrine System; Age-Appropriate Self-Development and Physical Growth; Change of Physical, Mental, Emotional and Sexual Development; Age-Appropriate Diet; Enhancing Body Movement; That Sport and International Sport.

Grade Level Indicators (GLI):

HP 1.1, GLI M1/1	HP 1.1, GLI M1/2	HP 1.1, GLI M1/3	HP 1.1, GLI M1/4
HP 2.1, GLI M1/2			
HP 3.1, GLI M1/1	HP 3.1, GLI M1/2		
HP 3.2, GLI M1/1	HP 3.2, GLI M1/2	HP 3.2, GLI M1/3	HP 3.2, GLI M1/4
HP 3.2, GLI M1/5	HP 3.2, GLI M1/6		
HP 4.1, GLI M1/2			

Total up to 15 Indicators

Course Syllabus: Health and Physical Education M1, Semester 1

Level: Matthayom 1 Credit: 1 Period: 40 hours Instruction Time: 2 periods/week

Reference Book: Health and Physical Education M1 (Book 1)

No. of Hours	Topic	Objectives	Areas of Study	Strand/Grade Level Indicators/
5	Unit 1: Nervous System and Endocrine System	Students will be able to understand the functions and interrelationship of the nervous and endocrine systems	<ul style="list-style-type: none"> ■ Nervous System ■ Endocrine System ■ Co-ordination between Nervous and Endocrine System 	HP 1.1, GLI M1/1 HP 1.1, GLI M1/2
1	UNIT TEST			
5	Unit 2: Age-Appropriate Self-Development and Physical Growth	Students will be able to understand how age height and weight affect physical growth.	<ul style="list-style-type: none"> ■ Analyzing Conditions of Their Own Physical Growth with Standard Criteria ■ Factors related to Self-Development ■ Guidelines for Self-Development to Growth with Age 	HP 1.1, GLI M1/3 HP 1.1, GLI M1/4
1	UNIT TEST			
7	Unit 3: Change of Physical, Mental, Emotional and Sexual Development	Students will be able to understand the physical, emotional, mental and sexual changes taking place within them.	<ul style="list-style-type: none"> ■ Self-adjustment to Physical, Mental and Emotional Changes ■ Protection from Sexual Harassment 	HP 2.1, GLI M1/2 HP 2.1, GLI M1/2
1	UNIT TEST			
6	Unit 4: Age-Appropriate Diet	Students will be able to understand how food and good nutrition lead to good health.	<ul style="list-style-type: none"> ■ Choosing Food that is Suitable to Age ■ Specific Food for Special Groups 	HP 4.1, GLI M1/2
1	UNIT TEST			
6	Unit 5: Enhancing Body Movement	Students will be able to understand their physical capabilities and limitations and how to improve physical health.	<ul style="list-style-type: none"> ■ The Movement that Uses Mechanical Skill ■ Basic Skills to Develop Sport Tasks 	HP 3.1, GLI M1/2

No. of Hours	Topic	Objectives	Areas of Study	Strand/Grade Level Indicators/
1	UNIT TEST			
6	Unit 6: Thai Sports and International Sport	Students will be able to understand and appreciate how sports and sportsmanship contribute to good mental health as well as learn the rules for some Thai and international sports.	<ul style="list-style-type: none"> ■ Benefits of Sports to Health ■ Thai Sports: Thai-Style Boxing (Muay Thai) ■ International Sport: Table Tennis ■ Team Universal Sport: Futsal 	HP 3.1, GLI M1/1 HP 3.2, GLI M1/1 HP 3.2, GLI M1/2 HP 3.2, GLI M1/3 HP 3.2, GLI M1/4 HP 3.2, GLI M1/5 HP 3.2, GLI M1/6

Course Description: Health and Physical Education M1, Semester 2

Subject: : Health and Physical Education	Course Number:	Level: M1
Period: 40 hours/semester	Academic Credit: 1	Semester: 2nd

This course provides students a better understanding on the importance of practicing health and wellness. It is designed to introduce students to a variety of information relating to the different aspects of having a good personal health, which includes the physical, social, emotional, intellectual, and spiritual. Topics of this course include: Nutrition that affects Health; First Aid and Moving Patient; Addictive Substance; Exercise for Health; Recreational Activities; Physical Fitness.

Grade Level Indicators (GLI):

HP 3.1, GLI M1/3			
HP 3.2, GLI M1/1	HP 3.2, GLI M1/2	HP 3.2, GLI M1/3	
HP 4.1, GLI M1/2	HP 4.1, GLI M1/3	HP 4.1, GLI M1/4	
HP 5.1, GLI M1/1	HP 5.1, GLI M1/2	HP 5.1, GLI M1/3	HP 5.1, GLI M1/4

Total up to 11 Indicators

Course Syllabus: Health and Physical Education M1, Semester 2

Level: Matthayom 1 Credit: 1 Period: 40 hours Instruction Time: 2 periods/week

Reference Book: *Health and Physical Education M.1 (Book 2)*

No. of Hours	Topic	Objectives	Areas of Study	Strand/Grade Level Indicators/
5	Unit 1: Nutrition that Affects Health	Students will understand how healthy eating contributes to overall health and well-being.	<ul style="list-style-type: none"> ■ Nutritional Condition ■ Nutritional Condition of Teenagers ■ Controlling Weight 	HP 4.1, GLI M1/2 HP 4.1, GLI M1/3
1	UNIT TEST			
5	Unit 2: First Aid and Moving a Patient	Students will understand how to administer first aid in urgent situations.	<ul style="list-style-type: none"> ■ Performing First Aid ■ Moving a Patient 	HP 5.1, GLI M1/1
1	UNIT TEST			
7	Unit 3: Addictive Substance	Students will understand how drugs can lead to addiction and how to avoid using them.	<ul style="list-style-type: none"> ■ Drug Addiction and Protection from Drugs ■ Addictive Substances and Accidents ■ Skills for Quitting Drugs 	HP 5.1, GLI M1/2 HP 5.1, GLI M1/3 HP 5.1, GLI M1/4
	UNIT TEST			
6	Unit 4: Exercise for Health	Students will understand how regular exercise can lead to a healthy mind and body.	<ul style="list-style-type: none"> ■ Physical Exercise to Stay Healthy ■ Aerobic Dance 	HP 3.2, GLI M1/1 HP 3.2, GLI M1/2
1	UNIT TEST			
5	Unit 5: Recreational Activities	Students will understand how recreational activities increase the quality of life.	<ul style="list-style-type: none"> ■ The Definition of Recreation ■ Examples of Recreational Activities Related to Other Learning Areas ■ Benefits of Recreational Activities 	HP 3.1, GLI M1/3
1	UNIT TEST			
5	Unit 6: Physical Fitness	Students will understand how good physical fitness increases the quality of life.	<ul style="list-style-type: none"> ■ The Meaning and Importance of Physical Fitness ■ Types of Physical Fitness ■ Elements of Physical Fitness 	HP 4.1, GLI M1/4

No. of Hours	Topic	Objectives	Areas of Study	Strand/Grade Level Indicators/
			<ul style="list-style-type: none"> ■ Physical Fitness Test ■ Benefits of Physical Fitness Test ■ Guidelines for Enhancing Physical Fitness 	
1	UNIT TEST			

HEALTH M2

II. B. The Core Curriculum for Health and Physical Education, M2

Strands, Learning Standards and Grade Level Indicators

Strand	Learning Standards		Grade Level Indicators (GLI)
1. Human Growth and Development	HP1.1	Understanding of nature of human growth and development	<ol style="list-style-type: none"> 1. Explain changes in physical, mental, emotional, social and intellectual respects among teenagers. 2. Specify factors affecting growth and development in physical, mental, emotional, social and intellectual respects among teenagers.
2. Life and Family	HP2.1	Understanding and self-appreciation; family; sex education; and life skills	<ol style="list-style-type: none"> 1. Analyse factors influencing attitudes about sexual matters. 2. Analyse problems and effects of having sexual intercourse at school age. 3. Explain methods of self-protection and avoid sexually transmitted diseases, AIDS and unwanted pregnancy. 4. Explain the importance of gender equality.
3. Movement, Physical Exercise, Games, Thai and International Sports	HP3.1	Understanding and skills in movement; physical activities; playing games and sports	<ol style="list-style-type: none"> 1. Apply results of self-conduct regarding mechanical and kinesthetic skills in playing sports from a variety of data sources for conclusion of suitable methods in their own contexts. 2. Can play Thai and international sports as individuals and in teams, one of each kind. 3. Compare efficiency of patterns of movements affecting playing sports and activities in daily life. 4. Participate in at least one recreational activity and apply the knowledge and principles gained, duly adjusted, to their daily lives on a systematic basis.
	HP3.2	Favor for physical exercise, playing games and sports regularly; observance of rights, rules and regulations; having sporting spirit; having true competitive spirit and appreciation of the aesthetics of sports	<ol style="list-style-type: none"> 1. Explain causes of changes in physical, mental, emotional, social and intellectual respects resulting from regularly doing physical exercise and playing sports until they become a way of life. 2. Choose to participate in doing physical exercises and playing sports in accord with their aptitudes and interests as well as analyse individual differences for providing guidelines for self-development. 3. Have discipline, observe rules, regulations and agreements in playing the sports chosen. 4. Plan offensive and defensive strategies for playing the sports chosen, and apply them for appropriate team play. 5. Apply results of performance in playing sports for concluding with determination the methods suitable to them.

Strand	Learning Standards	Grade Level Indicators (GLI)
4. Health Strengthening, Capacities and Disease Prevention	Appreciation and skills in health strengthening; maintaining one's health; disease prevention and strengthening capacity for health	<ol style="list-style-type: none"> 1. Choose to use health services with proper reasons. 2. Analyse effects of technological applications on health. 3. Analyse medical advancement affecting health. 4. Analyse relationship of the balance between physical and mental health. 5. Explain basic characteristics and symptoms of those who have mental health problems. 6. Recommend methods of self-conduct for managing emotions and stress. 7. Develop their own physical capacities so as to meet the criteria prescribed.
5. Safety in Life	HP5.1 Prevention and avoidance of risk factors; behaviors detrimental to health; accidents; use of medicines; addictive substances and violence	<ol style="list-style-type: none"> 1. Specify methods, factors and sources of assistance and rehabilitation for drug addicts. 2. Explain methods of avoiding risk behaviors and risk situations. 3. Apply life skills for self-protection and avoid emergent situations conducive to dangers.

Course Description: Health and Physical Education M2, Semester 1

Subject: : Health and Physical Education	Course Number:	Level: M2
Period: 40 hours/semester	Academic Credit: 1	Semester: 1st

This course provides students a better understanding on the importance of practicing health and wellness. It is designed to introduce students to a variety of information relating to the different aspects of having a good personal health, which includes the physical, social, emotional, intellectual, and spiritual. Topics of this course include: Teenager Development; Teenagers and Sexual Matters; Concepts in Using Products and Health Services; Effects of Technological Applications on Health; The Balance Between Physical and Mental Health; Exercising and Playing Sports for Good Health.

Grade Level Indicators (GLI):

HP 1.1, GLI M2/1	HP 1.1, GLI M2/2		
HP 2.1, GLI M2/1	HP 2.1, GLI M2/2	HP 2.1, GLI M2/3	HP 2.1, GLI M2/4
HP 3.1, GLI M2/1	HP 3.1, GLI M2/3		
HP 3.2, GLI M2/1	HP 3.2, GLI M2/2	HP 3.2, GLI M2/3	HP 3.2, GLI M2/5
HP 3.2, GLI M2/7			
HP 4.1, GLI M2/1	HP 4.1, GLI M2/2	HP 4.1, GLI M2/3	

Total up to 16 Indicators

Course Syllabus: Health and Physical Education, M2, Semester 1

Level: Matthayom 2 Credit: 1 Period: 40 hours Instruction Time: 2 periods/week

Reference Book: *Health and Physical Education M2 (Book 1)*

No. of Hours	Topic	Objectives	Areas of Study	Strand/Grade Level Indicators/
4	Unit 1: Teenager Development	Students will learn how rapid changes in the body will affect growth and development.	<ul style="list-style-type: none"> ■ Changes in Physical, Mental, Emotional, Social and Intellectual Respects among Teenagers ■ Factors Affecting Growth and Development in Physical, Mental, Emotional, Social and Intellectual Respects among Teachers. 	HP 1.1, GLI M2/1 HP 1.1, GLI M2/2
1	UNIT TEST			
5	Unit 2: Teenagers and Sexual Matters	Students will learn how to have healthy attitudes toward sex and sexual relations.	<ul style="list-style-type: none"> ■ Factors Influencing Attitudes about Sexual Matters ■ Problems and Effects of Having Sexual Intercourse at School Age ■ The Gender Equality and behaving Appropriately 	HP 2.1, GLI M2/1 HP 2.1, GLI M2/2 HP 2.1, GLI M2/3 HP 2.1, GLI M2/4
1	UNIT TEST			
4	Unit 3: Concepts in Using Products and Health Services	Students will learn how to seek and purchase health-related products.	<ul style="list-style-type: none"> ■ Meaning and Kinds of Health Products ■ Showing Labels of Health Products ■ Concepts in Buying Health Products ■ Health Services ■ Regulation Before and After using Health Products or Health Services 	HP 4.1, GLI M2/1
1	UNIT TEST			
4	Unit 4: Effects of Technological Applications on Health	Students will know how technological progress can positively affect personal health.	<ul style="list-style-type: none"> ■ Effects of Technological Applications on Health and Behaviors ■ Medical Advancement Affecting Health 	HP 4.1, GLI M2/2 HP 4.1, GLI M2/3
1	UNIT TEST			

No. of Hours	Topic	Objectives	Areas of Study	Strand/Grade Level Indicators/
4	Unit 5: The Balance Between Physical Health and Mental Health	Students will learn the delicate balance between mental and physical health.	<ul style="list-style-type: none"> ■ Meaning and the Importance of Physical Health and Mental Health ■ The Relationship of the Balance Between Physical and Mental Health 	HP 4.1, GLI M2/4
1	UNIT TEST			
6	Unit 6: Exercising and Playing Sports for Good Health	Students will learn how exercising correctly will lead to good physical and mental health.	<ul style="list-style-type: none"> ■ Mechanical and Kinesthetic Skills in Playing Sports ■ Patterns of Movements Affecting Playing Sports and Activities in Daily Life ■ Creating Healthy Ways of Life by Doing Physical exercise and Playing Sports. ■ Changes in Physical, Mental, Emotional, Social and Intellectual Aspects Resulting from Regularly Doing Physical Exercises and Playing Sports 	HP 3.1, GLI M2/1 HP 3.1, GLI M2/3 HP 3.2, GLI M2/1 HP 3.2, GLI M2/7
1	UNIT TEST			

Course Description: Health and Physical Education M2, Semester 2

Subject: : Health and Physical Education	Course Number:	Level: M2
Period: 40 hours/semester	Academic Credit: 1	Semester: 2nd

This course provides students a better understanding on the importance of practicing health and wellness. It is designed to introduce students to a variety of information relating to the different aspects of having a good personal health, which includes the physical, social, emotional, intellectual, and spiritual. Topics of this course include: Mental and Health Problems; The Management of Emotions an Stress; Assistance and Rehabilitation for Drug Addicts; Avoiding risky Behaviors and Risk Situations; Self-Protection and Avoiding Emergency Situations; Thai Sports and International Sports; Recreational Activity and Daily Life and Physical Capacity Development.

Grade Level Indicators (GLI):

HP 3.1, GLI M2/2	HP 3.1, GLI M2/4	
HP 3.2, GLI M2/2	HP 3.2, GLI M2/3	HP 3.2, GLI M2/4
HP 4.1, GLI M2/5	HP 4.1, GLI M2/6	HP 4.1, GLI M2/7
HP 5.1, GLI M2/1	HP 5.1, GLI M2/2	HP 5.1, GLI M2/3

Total up to 11 Indicators

Course Syllabus: Health and Physical Education M2, Semester 2

Level: Matthayom 2 Credit: 1 Period: 40 hours Instruction Time: 2 periods/week

Reference Book: *Health and Physical Education M2 (Book 2)*

No. of Hours	Topic	Objectives	Areas of Study	Strand/Grade Level Indicators/
3	Unit 1: Mental and Health Problems	Students will be able to recognize and understand characteristics and symptoms of mental illness.	<ul style="list-style-type: none"> ■ Causes of Mental and Health Problems ■ Basic Characteristics and Symptoms of Those who Have Mental and Health Problems 	HP 4.1, GLI M2/5
1	UNIT TEST			
4	Unit 2: The Management of Emotions and Stress	Students will learn how to reduce and manage stress.	<ul style="list-style-type: none"> ■ Meaning of Emotion and Stress ■ Causes of Stress ■ Symptoms and Behaviors of Those Who have Stress ■ Level of Stress ■ The Management of Emotions and Stress 	HP 4.1, GLI M2/6
1	UNIT TEST			
3	Unit 3: Assistance and Rehabilitation for Drug Addicts	Students will be able to support the treatment and rehabilitation of drug addicts.	<ul style="list-style-type: none"> ■ Methods of Assistance and Rehabilitation for Drug Addicts ■ Factors of Assistance and Rehabilitation for Drug Addicts ■ Sources of Assistance and Rehabilitation for Drug Addicts 	HP 5.1, GLI M2/1
1	UNIT TEST			
5	Unit 4: Avoiding Risky behaviors and Risk Situations	Students will learn and understand how risky behavior can endanger life and property	<ul style="list-style-type: none"> ■ The Necessary to Avoid Risky Behaviors and Risk Situations ■ Risky Behaviors and Risk Situations ■ The Process of Prevention and Avoiding Risky Behaviors and Risk Situation 	HP 5.1, GLI M2/2
1	UNIT TEST			

No. of Hours	Topic	Objectives	Areas of Study	Strand/Grade Level Indicators/
5	Unit 5: Self-Protection and Avoiding Emergency Situations	Students will learn how to protect themselves in emergency situations.	<ul style="list-style-type: none"> ■ Meaning and Danger of Emergency Situations ■ What to Do When Being in Emergency Situations ■ Self-Protection and Avoiding Emergency Situations ■ Asking Help When Being in Emergency Situations ■ Sources of Help When in Emergency Situations 	HP 5.1, GLI M2/3
1	UNIT TEST			
3	Unit 6: Thai Sports and International Sports	Students will learn and understand how playing sports promotes physical and emotional health.	<ul style="list-style-type: none"> ■ Thai Sports ■ International Sports 	HP 3.1, GLI M2/2 HP 3.2, GLI M2/2 HP 3.2, GLI M2/3 HP 3.2, GLI M2/4
1	UNIT TEST			
6	Unit 7: Recreational Activity and Daily Life	Students will learn and understand different types of recreational activities and how they can lead to good mental and physical health.	<ul style="list-style-type: none"> ■ Handicraft ■ Game and Sport ■ Dancing ■ Field Trip ■ Drama Play ■ Music and Singing ■ Outdoor Recreational Activity ■ Reading, Speaking and Writing 	HP 3.1, GLI M2/4
1	UNIT TEST			
3	Unit 8: Physical Capacity Development	Students will understand the importance of physical activity.	<ul style="list-style-type: none"> ■ Meaning of Physical Capacity Development ■ Kinds of Physical Capacity Development ■ The Physical Capacity Criteria and Physical Capacity development 	HP 4.1, GLI M2/7
1	UNIT TEST			

HEALTH M3

II. C. The Core Curriculum for Health and Physical Education, M3

Strands, Learning Standards, and Grade Level Indicators

Strand	Learning Standards		Grade Level Indicators (GLI)
1. Human Growth and Development	HP1.1	Understanding of nature of human growth and development	<ol style="list-style-type: none"> 1. Compare changes in physical, mental emotional, social and intellectual respects at each stage in life. 2. Analyse social influences and expectations on changes among teenagers. 3. Analyse advertising media influencing growth and development of teenagers.
2. Life and Family	HP2.1	Understanding and self-appreciation; family; sex education; and life skills	<ol style="list-style-type: none"> 1. Explain mother-and -child health, family planning and methods for appropriate self-conduct. 2. Analyse factors affecting pregnancy. 3. Analyse causes and propose guidelines for prevention and resolution of family conflicts.
3. Movement, Physical Exercise, Games, Thai and International Sports	HP3.1	Understanding and skills in movement; physical activities; playing games and sports	<ol style="list-style-type: none"> 1. Can play Thai and international sports, one of each kind, by using techniques suitable to themselves and to the teams. 2. Apply principles, knowledge and kinesthetic skills to physical activities, playing games and sports for health strengthening on a continuous and systematic basis. 3. Participate in at least one recreational activity and apply the principles of knowledge and methodology for multiplying results of learning for the benefit of others.
	HP3.2	Favor for physical exercise, playing games and sports regularly; observance of rights, rules and regulations; having sporting spirit; having true competitive spirit and appreciation of the aesthetics of sports	<ol style="list-style-type: none"> 1. Have good manners in playing and watching sports with sporting spirit. 2. Do physical exercise and play sports regularly and proudly apply the concepts and principles gained from the playing for developing their quality of life. 3. Observe rules, regulations and agreements for playing the sports chosen, and apply the concepts gained for developing their quality of life in society. 4. Distinguish offensive and defensive strategies and apply them in playing the sports chosen, and decide to choose methods suitable to the team for application in accord with the situations of play. 5. Present results of their own health development from doing physical exercise and playing sports regularly.

Strand	Learning Standards		Grade Level Indicators (GLI)
4. Health Strengthening, Capacities and Disease Prevention	HP4.1	Appreciation and skills in health strengthening; maintaining one's health; disease prevention and strengthening capacity for health	<ol style="list-style-type: none"> 1. Set menus suitable to various ages, bearing in mind cost effectiveness and nutritional value. 2. Propose guidelines for preventing diseases that are the main causes of illness and death among the Thai people. 3. Collect data and propose guidelines for solving health problems in the community. 4. Plan and allocate time for doing physical exercise, rest and strengthening physical capacity. 5. Test physical capacity and able to develop in accord with individual differences.
5. Safety in Life	HP5.1	Prevention and avoidance of risk factors; behaviors detrimental to health; accidents; use of medicines; addictive substances and violence	<ol style="list-style-type: none"> 1. Analyse risk factors and risk behaviors affecting health and methods of protection. 2. Avoid resorting to use of violence and persuade friends to avoid resorting to use of violence for problem solving. 3. Analyse influence of the media on behaviors related to health or violence. 4. Analyse the effect of consuming alcoholic drinks on health and causing of accidents. 5. Show proper resuscitation methods.

Course Description: Health and Physical Education M3, Semester 1

Subject: : Health and Physical Education	Course Number:	Level: M3
Period: 40 hours/semester	Academic Credit: 1	Semester: 1st

This course provides students a better understanding on the importance of practicing health and wellness. It is designed to introduce students to a variety of information relating to the different aspects of having a good personal health, which includes the physical, social, emotional, intellectual, and spiritual. Topics of this course include: Human Growth and Development at Each Stage in Life; Life and Family; Setting Suitable Menus for Various Ages; Preventing Diseases and Solving Health Problems in the Community; Physical Development; Risk factors and Risk Behaviors Affecting Health and Methods of Protection; Kinesthetic Skills for Health Strengthening; Recreational Activities and Sports.

Grade Level Indicators (GLI):

HP 1.1, GLI M3/1	HP 1.1, GLI M3/2	HP 1.1, GLI M3/3	
HP 2.1, GLI M3/1	HP 2.1, GLI M3/2	HP 2.1, GLI M3/3	
HP 3.1, GLI M3/1	HP 3.1, GLI M3/2	HP 3.1, GLI M3/3	
HP 3.2, GLI M2/1	HP 3.2, GLI M2/2	HP 3.2, GLI M2/3	HP 3.2, GLI M2/4
HP 3.2, GLI M2/5			
HP 4.1, GLI M3/1	HP 4.1, GLI M3/2	HP 4.1, GLI M3/3	HP 4.1, GLI M3/4
HP 5.1, GLI M3/1			

Total up to 19 Indicators

Course Syllabus: Health and Physical Education M3, Semester 1

Level: Matthayom 3 Credit: 1 Period: 40 hours Instruction Time: 2 periods/week

Reference Book: *Health and Physical Education M.3 (Book 1)*

No. of Hours	Topic	Objectives	Areas of Study	Strand/Grade Level Indicators/
3	Unit 1: Human Growth and Development at Each Stage in Life	Students will understand how humans grow and develop over the course of their life.	<ul style="list-style-type: none"> ■ Changes in Physical, Mental, Emotional, Social and Intellectual Aspects at Each Stage of Life ■ Social Influences and Expectation on Changes among Teenagers ■ Advertising Media Influencing Growth and Development of Teenagers 	HP 1.1, GLI M3/1 HP 1.1, GLI M3/2 HP 1.1, GLI M3/3
1	UNIT TEST			
3	Unit 2: Life and Family	Students will understand the importance of looking after family and how it contribute	<ul style="list-style-type: none"> ■ Mother and Child Health and Family Planning ■ Pregnancy and Factors Affecting Pregnancy ■ Conflicts in the Family 	HP 2.1, GLI M3/1 HP 2.1, GLI M3/2 HP 2.1, GLI M3/3
1	UNIT TEST			
3	Unit 3: Setting Suitable Menus for Various Ages	Students will learn how to design a suitable menu to optimize good health.	<ul style="list-style-type: none"> ■ The 5 Food Groups ■ Eating Suitable Amounts of Food ■ Setting Suitable Menus for Various Ages 	HP 4.1, GLI M3/1
1	UNIT TEST			
3	Unit 4: Preventing Diseases and Solving Health Problems in the Community	Students will learn the importance and means to prevent disease.	<ul style="list-style-type: none"> ■ Diseases which are the Main Causes of Illness and Death among Thai People ■ Solving Health Problems in the Community 	HP 4.1, GLI M3/2 HP 4.1, GLI M3/3
1	UNIT TEST			
4	Unit 5: Physical Development	Students will learn that physical fitness leads to healthiness.	<ul style="list-style-type: none"> ■ Meaning and Importance of Physical Fitness ■ Kinds of Physical Fitness 	HP 4.1, GLI M3/4

No. of Hours	Topic	Objectives	Areas of Study	Strand/Grade Level Indicators/
			<ul style="list-style-type: none"> ■ Health related Fitness by exercising and Relaxation 	
5	Unit 6: Risk Factors and Risk Behaviors Affecting Health and Methods of Protection.	Students will learn about environmental factors that influence our health and the means to protection.	<ul style="list-style-type: none"> ■ Pollution ■ Road and Traffic Condition ■ Drugs ■ Natural Disaster ■ Crimes ■ Contaminated Food 	HP 5.1, GLI M3/1
1	UNIT TEST			
5	Unit 7: Kinesthetic Skills for Health Strengthening.	Students will learn how kinesthetic skills can lead to good physical health.	<ul style="list-style-type: none"> ■ Aerobics of the Beach ■ Water Aerobic Exercise 	HP 3.1, GLI M3/2 HP 3.2, GLI M3/2
1	UNIT TEST			
5	Unit 7: Kinesthetic Skills for Health Strengthening.	Students will learn how kinesthetic skills can lead to good physical health.	<ul style="list-style-type: none"> ■ Aerobics of the Beach ■ Water Aerobic Exercise 	HP 3.1, GLI M3/2 HP 3.2, GLI M3/2
1	UNIT TEST			
5	Unit 8: Recreational Activities	Students will learn the importance that recreational activities play in living a balanced life	<ul style="list-style-type: none"> ■ Meaning of Recreation ■ The Usefulness of recreational Activities ■ Kinds of Recreational Activities ■ The Examples of recreational Activities for the Public Benefit 	HP 3.1, GLI M3/3
1	UNIT TEST			
5	Unit 9: Sports	Students will learn that sports and sportsmanship contribute to a healthy lifestyle.	<ul style="list-style-type: none"> ■ Athletics: Field Events ■ Manners in Playing and Watching Sports ■ Applying Experiences and Ideas in Playing Sports to Develop Quality of Life and Health 	HP 3.1, GLI M3/1 HP 3.1, GLI M3/2 HP 3.2, GLI M3/1 HP 3.2, GLI M3/2 HP 3.2, GLI M3/3 HP 3.2, GLI M3/4 HP 3.2, GLI M3/5
1	UNIT TEST			

Course Description: Health and Physical Education M3, Semester 2

Subject: : Health and Physical Education	Course Number:	Level: M3
Period: 40 hours/semester	Academic Credit: 1	Semester: 2nd

This course provides students a better understanding on the importance of practicing health and wellness. It is designed to introduce students to a variety of information relating to the different aspects of having a good personal health, which includes the physical, social, emotional, intellectual, and spiritual. Topics of this course include: Sports; Violence; Influence of the Media on Behavior related to Health and Violence; Alcoholic Drinks on Health and Causing Accidents; Resuscitation and Physical Capacity Test.

Grade Level Indicators (GLI):

HP 3.1, GLI M3/1	HP 3.1, GLI M3/2		
HP 3.2, GLI M3/1	HP 3.2, GLI M3/2	HP 3.2, GLI M3/3	HP 3.2, GLI M3/4
HP 3.2, GLI M3/5			
HP 4.1, GLI M3/5			
HP 5.1, GLI M3/2	HP 5.1, GLI M3/3	HP 5.1, GLI M3/4	HP 5.1, GLI M3/5

Total up to 11 Indicators

Course Syllabus: Health and Physical Education M3, Semester 2

Level: Matthayom 3 Credit: 1 Period: 40 hours Instruction Time: 2 periods/week

Reference Book: *Health and Physical Education M3 (Book 1)*

No. of Hours	Topic	Objectives	Areas of Study	Strand/Grade Level Indicators/
6	Unit 1: Sports	Students will learn that playing sports can improve our way of life.	<ul style="list-style-type: none"> ■ Athletics: Track and Road ■ Sepak Takraw (Rattan Ball) 	HP 3.1, GLI M3/1 HP 3.1, GLI M3/2 HP 3.2, GLI M3/1 HP 3.2, GLI M3/2 HP 3.2, GLI M3/3 HP 3.2, GLI M3/4 HP 3.2, GLI M3/5
1	UNIT TEST			
6	Unit 2: Violence	Students learn how violence can be destructive both mentally and physically and ways to avoid these situations.	<ul style="list-style-type: none"> ■ Meaning and Risk Behavior towards Violence ■ Problems and Effects of Using Violence ■ Ways to Avoid Using Violence ■ Persuade Friends to Avoid resorting to Violence for Problem-Solving 	HP 5.1, GLI M3/2
1	UNIT TEST			
5	Unit 3: Influence of the Media in Behaviors Related to Health and Violence	Students will learn how to design a suitable menu to optimize good health.	<ul style="list-style-type: none"> ■ Media that Affects Behaviors Related to Health and Violence ■ Influence of the Media on Behaviors Related to Health and Violence 	HP 5.1, GLI M3/3
1	UNIT TEST			
7	Unit 4: Alcoholic Drinks on Health and Causing Accidents	Students learn about how alcohol can negatively impact our health and well-being.	<ul style="list-style-type: none"> ■ Physical Changes When Drinking Alcohol ■ The Relationship of Alcoholic Drinks on Health ■ The Relationship of Alcoholic Drinks on Causing Accidents ■ Avoiding Alcoholic Drinks 	HP 5.1, GLI M3/4
1	UNIT TEST			

No. of Hours	Topic	Objectives	Areas of Study	Strand/Grade Level Indicators/
3	Unit 5: Resuscitation	Students will receive training for emergency situations.	<ul style="list-style-type: none"> ■ Introduction to Resuscitation ■ Cardiac Stimulation 	HP 5.1, GLI M3/5
1	UNIT TEST			
8	Unit 6: Physical Capacity Test	Students will learn the benefits of testing for physical fitness.	<ul style="list-style-type: none"> ■ Usefulness of Physical Capacity Test for Health ■ The Test Samples of Physical Capacity for Health ■ Physical Capacity Test by Oneself and with Others ■ Methods of Physical Capacity 	HP 4.1, GLI M3/5
1	UNIT TEST			

III. Assessment and Evaluation of Students' Achievement

Overall Assessment

The primary goal of assessment and evaluation is determine whether or not the prescribed learning standards have been achieved. Information is gathered to help teachers determine students' strengths and weaknesses in learning health. The overall assessment also helps teachers to create instructional approaches to motivate students and in assessing the overall effectiveness of classroom practices.

Assessment or evaluation is the method of gathering information from learning sources including assignments, projects, classroom participation and tests that correctly depict the student performance. Overall assessment refers to the quality of judging student performance based on the criteria set for each level. Students will receive feedback from teachers at the end of each semester in the form of a letter. Areas of assessment include:

Classroom work:

- Asking questions; monitoring; assessing projects, tasks and assignments, and other in-class projects

Assignments/Homework:

- Examining homework

Test/Worksheet/Unit test:

- Worksheets, pop quizzes, chapter reviews, unit tests

Mid-term and Final Examinations

Criteria for Grading System

Semester 1:

Test/Quizzes/Unit Test	Seatwork/ Homework	Participation	Midterm Exam	Total (Summative 1)
5	15	5	20	45

Semester 2:

Test/Quizzes/ Unit Test	Seatwork/ Homework	Participation	Final Exam	Total (Summative 2)
5	15	5	30	55

Final Grade is computed by adding Summative 1 (Semester 1) and Summative II (Semester 2)

Summative I	Summative 2	Final Grade
45	55	100

IV. Reference Book

Health and Physical Education M1 (Books 1 and 2)

Health and Physical Education M2 (Books 1 and 2)

Health and Physical Education M3 (Books 1 and 2)