

Lam Tai Fai College
'Education for Health' Curriculum Framework 2008-2009

Objectives:

- ✧ Enabling students to acquire an appropriate health knowledge
- ✧ Enabling students to have an understanding of the implications of health actions
- ✧ Empowering students to have a positive attitude to the relevant health-related behaviours
- ✧ Enabling students to develop self-learning skills and personal health skills in order to establish a healthy lifestyle
- ✧ Empowering students to achieve health literacy and media literacy
- ✧ Enhancing students' ability to promote health concept to their family members and the community

Level	Stage of Development	Criteria of Development	Content	Formal Learning	Informal Learning	Learning Outcome
JS 1	Adaptation	<ul style="list-style-type: none"> ☞ Adapt to new identity and expectation ☞ Establish a good healthy lifestyle ☞ Self-management and building good learning habit ☞ To be a responsible person ☞ Respect for other and appreciate other ☞ Develop harmony relationship ☞ Learn together and work together/develop collaboration and cooperation ☞ Good physique 	<ul style="list-style-type: none"> ☞ Different aspect of health ☞ Health Literacy ☞ Personal Hygiene and Healthy Lifestyle ☞ Growth and Development ☞ Understanding puberty ☞ Understanding Oneself ☞ Self-esteem and Positive Self Image ☞ Communication Skills ☞ Exercises and Health ☞ Exercises Plans ☞ Leisure Activities 	<ul style="list-style-type: none"> ☞ Lecture and activities in health education lessons ☞ Health Education Week ☞ Site visit related to health 	<ul style="list-style-type: none"> ☞ One Life One Sport Scheme ☞ 'Mission Accomplishment Passport' Programme ☞ LWL: Seminar on health related issues ☞ Health ambassador training ☞ LEAP, LEAD, PATH Programme ☞ Services Day ☞ MCE activities ☞ Fashion Show ☞ Sports training and competition 	Students should be able to: <ul style="list-style-type: none"> ☞ Adapt to new identity and expectation ☞ Understand the different perspectives of health ☞ Establish a good healthy lifestyle ☞ Develop positive self image ☞ Develop effective communication skills
JS2		<ul style="list-style-type: none"> ☞ assume different identity, including sex, national and social mastery of learning skill development and information processing skill ☞ balance culture and sports life ☞ understand the interpersonal skills ☞ established a beautiful mind 	<ul style="list-style-type: none"> ☞ Maslow's Hierarchy of needs ☞ Understanding, Expressing and Releasing Emotions ☞ Interpersonal Relationships ☞ Understanding gender issues ☞ Prevention of bullying and violence ☞ Stress Management ☞ Food and Nutrition ☞ Healthy Eating Habits ☞ Body Weight Control 	<ul style="list-style-type: none"> ☞ Lecture and activities in health education lessons ☞ Health Education Week ☞ Site visit related to health 	<ul style="list-style-type: none"> ☞ 'Mission Accomplishment Passport' Programme ☞ LWL: Seminar on health related issues ☞ Health ambassador training ☞ LEAP, LEAD, PATH Programme ☞ Services Day ☞ MCE activities ☞ Fashion Show ☞ Sports training and competition 	Students should be able to: <ul style="list-style-type: none"> ☞ Identify the characteristics of an emotionally healthy person ☞ Establish a healthy relationship with others ☞ Know how to respect others ☞ Have a healthy eating habits ☞ Understand what is stress and the strategies for coping with it

JS3	Transition & Enhancement	<ul style="list-style-type: none"> ➤ confident in social/ mature interpersonal skill and leadership skill ➤ problem-solving and enquiry-based learning ➤ learning about the world ➤ able to revenue service in quality ➤ satisfy with health indicators ➤ competent in physical fitness and literacy ➤ recognize opportunities and choices to plan its own career pathway 	<ul style="list-style-type: none"> ➤ Leadership and problem-solving skills ➤ Understanding and implication of health indicators ➤ Consumer Health ➤ Media Literacy ➤ Prevention of substance abuse ➤ Making Wise Choices and Managing Temptations ➤ Injury prevention, safety and emergency management ➤ Decision Making ➤ Career Planning and Life Cycle 	<ul style="list-style-type: none"> ➤ Lecture and activities in health education lessons ➤ Self health assessment ➤ Health Education Week ➤ Site visit related to health 	<ul style="list-style-type: none"> ➤ 'Mission Accomplishment Passport' Programme ➤ LWL: Seminar on health related issues ➤ Health ambassador training ➤ LEAP, LEAD, PATH Programme ➤ Services Day ➤ MCE activities ➤ Fashion Show ➤ Sports training and competition 	<p>Students should be able to:</p> <ul style="list-style-type: none"> ➤ Develop leadership and problem-solving skills ➤ Understand health indicators and its implications ➤ Understand injury prevention, safety and emergency management ➤ Know how to have wise decision making ➤ Understand career Planning and Life Cycle
SS1		<ul style="list-style-type: none"> ➤ Able to assume the leadership role to contribute the well-being of others ➤ Possessed wide experience of social and academic exposure ➤ Enable to learn in a independent and critical manner ➤ Prepare career-related skill and provide information for future plan 	<ul style="list-style-type: none"> ➤ Life Span from Birth to Death ➤ Developmental task ➤ Career-related skill ➤ Love and Marriage ➤ Family Health-Family Roles and Relationship ➤ Understanding and Managing Sexual Harassment ➤ Contraception and Sexual Diseases ➤ Prevention and Management of Disease 	<ul style="list-style-type: none"> ➤ Lecture and activities in health education lessons ➤ Health Education Week ➤ Site visit related to health 	<ul style="list-style-type: none"> ➤ LWL: Self-empowerment programme ➤ LWL: Seminar on health related issues ➤ Health ambassador training ➤ Leadership training: Peer Learning Programme ➤ Services Day ➤ MCE activities ➤ Fashion Show ➤ Sports training and competition 	<p>Students should be able to:</p> <ul style="list-style-type: none"> ➤ Assume the leadership role to contribute the well-being of others ➤ Learn in a independent and critical manner ➤ Understand family health ➤ Understand the prevention and management of disease ➤ Develop career-related skill

SS2	Self-direction & Empowerment	<ul style="list-style-type: none"> ➤ Further enhancement and advancement in study skill ➤ Development plan to achieve career goal ➤ Self-directed learning/ self-regulated learning ➤ Readiness to be adulthood ➤ Problem- solving skill in real life events ➤ To be a mature leader and always ready to support others ➤ Resilient skills ➤ Healthy mental stage to face challenge ➤ Build up career-related experiences and skills / equip necessary career skills for career development ➤ Career-related exposure, career mind, career plan 	<ul style="list-style-type: none"> ➤ Understanding happiness and value of life ➤ Controversial Topics of Life and Death ➤ Reliance in face of adversity ➤ Financial Management ➤ Prevention of Gambling ➤ Environmental Health and Conservation ➤ Community Health ➤ Globalization and health 	<ul style="list-style-type: none"> ➤ Lecture and activities in health education lessons ➤ Health Education Week ➤ Site visit related to health 	<ul style="list-style-type: none"> ➤ LWL: Self-empowerment programme ➤ LWL: Seminar on health related issues ➤ Health ambassador training ➤ Leadership training: Peer Learning Programme ➤ Services Day ➤ MCE activities ➤ Fashion Show ➤ Sports training and competition 	<p>Students should be able to:</p> <ul style="list-style-type: none"> ➤ be a mature leader and always ready to support others ➤ understand what is happiness and value of life ➤ equip necessary career skills for career development ➤ develop financial management skill ➤ understand environmental health ➤ understand community health ➤ understand the relationship between globalization and health
SS3		<ul style="list-style-type: none"> ➤ Striving for accomplishment and actualization of goals and lay the “ life-long learning” ➤ Enable to set up career goal to achieve own aspiration ➤ Mastery of knowledge in cultural and science studies ➤ Understand and appreciate equality and the value of international social justice ➤ To be an empathetic and person in contributing to society ➤ To be a leader to motivate other 	<ul style="list-style-type: none"> ➤ Healthy relationships with others ➤ Commitment in family and community ➤ Caring for Life ➤ Global trend of health promotion ➤ International social justice ➤ Health promotion skill ➤ Occupational Health 	<ul style="list-style-type: none"> ➤ Lecture and activities in health education lessons ➤ Site visit related to health 	<ul style="list-style-type: none"> ➤ LWL:Self-empowerment programme ➤ LWL: Seminar on health related issues ➤ Leadership training: Peer Learning Programme ➤ Services Day ➤ MCE activities ➤ Fashion Show ➤ Sports training and competition 	<p>Students should be able to:</p> <ul style="list-style-type: none"> ➤ strive for accomplishment and actualization of goals and lay the “ life-long learning” ➤ set up career goal to achieve own aspiration ➤ understand the value of international social justice ➤ be an empathetic and person in contributing to society ➤ develop healthy relationships with others ➤ understand global trend of health promotion ➤ understand occupational health