

## Health Education

### Appendix C: Assisting English Language Learners

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Health Education is a curriculum area well-suited to enhancing English language competencies among English Language Learners. The curriculum promotes the physical, mental, social and emotional well-being of students and emphasizes individual differences in developing life-long, healthy lifestyles. Vocabulary associated with health promotion and challenges provides practical information with immediate application both to academic learning and to everyday life experiences.

The health education core curriculum teaches students to value diversity, both in culture and skill level, and health educators should:

- Understand that students come from different cultures and have different needs.
- Emphasize that students have broad and varied backgrounds, and that each student in class is different and valuable to the class as a whole.
- Provide clearly worded disclosure statements.
- Explain that much of grading in health education is based on participation and improvement.
- Ask students to share something unique about themselves early in the class experience to reduce stress and to create a community atmosphere.
- Personally evaluate classroom directions to be sure the communication is precise and focused on the activity/assignment.
- Avoid grouping by cultural backgrounds and do not allow students to isolate themselves.
- Require the same effort from all students.
- Provide active, hands-on, cooperative learning experiences both in the classroom and gymnasium.
- Provide partnering activities.
- Have students create and display posters graphically illustrating words related to health and sports activities.
- Use resource materials showing people from multiple cultures successfully engaging in sports and healthy behaviors.
- Include journaling activities to assist students in using English.
- Show outward appreciation for minority group participation.
- Intervene immediately to stop bullying or hurtful remarks.