



Michigan Model for Health™ Grades K -12

GUIDANCE FOR IMPLEMENTATION

The Michigan Model for Health™ (MMH) is most effective when it is implemented with fidelity at each grade level. Evaluation research on the MMH curriculum demonstrating its effectiveness to improve health skills, attitudes and behaviors is based on implementation fidelity of at least 80% of the lessons being taught at each grade level. The curriculum design is such that health concepts and skills are introduced at the earliest age appropriate grade level and then developed and reinforced at later grade levels with the goal of mastery of each of the health education standards being achieved at the high school level. Therefore, if an elementary school were to skip one or more grade levels implementing the MMH curriculum, students would miss part of the sequence in which the health concepts and skills are being taught.

The middle school curriculum modules are targeted for grades 7 and 8 and can be taught in totality at one of these two grade levels or divided between the two grades without affecting outcomes. It is important to implement each module with fidelity before moving to the next module. The high school curriculum is designed to be taught in a trimester (12 weeks) or semester (18 weeks) course dedicated to health education solely as a content topic. Other than teaching unit one first, the remaining units do not need to be taught sequentially.

Time Needed for Instruction

Below are the revised, accurate numbers of lessons and estimated time needed to implement the K-6, middle, and high school Michigan Model for Health™ curriculum with 100% implementation at each level.

Elementary (Grades K-6)

- K = 21 lessons (~15 minutes each) 315 minutes = 5.25 hours
- 1st = 24 lessons (~25 minutes each) 615 minutes = 10.25 hours
- 2nd = 20 lessons (~30 minutes each) 540 minutes = 9 hours
- 3rd = 25 lessons (30 minutes each) 750 minutes = 12.5 hours
- 4th = 26 lessons (40 minutes each) 1,080 minutes = 18 hours
- 5th = 31 lessons (40 minutes each) 1,240 minutes = 21 hours
- 6th = 36 lessons (45 minutes each) 1,620 minutes = 27 hours

~ = on average

Middle School Modules (Grades 7-8) (45 minute lessons)

- Safe & Sound for Life = 15 lessons (675 minutes) = 11.25 hours
- Stay Drug Free Today for a Successful Tomorrow = 11 lessons (495 minutes) = 8.25 hours
- A Winning Team: Healthy Eating and Physical Activity = 11 lessons (495 minutes) = 8.25 hours
- The Power is Yours to Be Tobacco Free = 6 lessons (270 minutes) = 4.5 hours
- Growing Up and Staying Healthy = 10 lessons (450 minutes) = 7.5 hours

High School (Grades 9-12) (45-50 minute lessons)

- Skills for Health and Life = 67 lessons (3,350 minutes) = 56 hours
- Healthy & Responsible Relationships = 22 lessons (990 minutes) = 16.5 hours