

Subject: Health 8 (20 Week Course)

Curriculum Map

WEEK	NYS STANDARDS	CONCEPT (UNIT/THEME)	STUDENT OBJECTIVE THE STUDENT WILL....	ESSENTIAL INFORMATION	ASSESSMENTS	VOCABULARY	RESOURCES
3 Weeks	1. Personal Health and Fitness 2. A Safe and Healthy Environment 3. Resource Management	-Health and Wellness -What is Health? -What is Wellness? -The Body Systems	-Identify and differentiate between the 3 aspects of health. -Explain the purpose of the Health Triangle. -Identify the various body systems. -Identify the important function of each system.	-How do my attitudes and behaviors affect my health? -What are factors that can affect my overall Health and Wellness? -What decisions can affect my various body systems?	-Word Search/Cross-Word Puzzles -What is Health? collage --Self-Assessments -Decision-Making Scenarios -Teacher generated quiz	-Attitude -Health -Health Advocate -Health Status -Life Skills -Lifestyle Factors -Mental Health -Physical Health -Prevention -Risk Behaviors -Role Model -Social Health -Values -Wellness -Cardiovascular System -Circulatory System -Digestive System -Muscular System -Nervous System -Respiratory System	www.cdc.gov www.peccentral.org www.teenhealth.org Glencoe Health Textbook: Glencoe McGraw-Hill

4 Weeks	<p>1. Personal Health and Fitness</p> <p>2. A Safe and Healthy Environment</p> <p>3. Resource Management</p>	Mental Health (Communication and Conflict Resolution)	<p>-Identify what Mental Health is.</p> <p>-Identify various health issues caused by Mental Health disorders.</p> <p>-Identify how your body responds to stress.</p> <p>-Identify types of communication.</p>	<p>-What is Mental Health?</p> <p>-How can we get help if we are struggling?</p> <p>-What coping techniques can I use to maintain good health?</p> <p>-What factors shape our values and beliefs?</p> <p>-What are examples of healthy communication?</p> <p>-How do we become tolerant and develop strategies for dealing with bullying and peer pressure?</p>	<p>-Self-Assessments</p> <p>-Case study analysis</p> <p>-Small group activities.</p> <p>-Teacher generated quiz</p>	<p>-Anti-depressant</p> <p>-Bipolar Disorder</p> <p>-Bullying</p> <p>-Cutting</p> <p>-Clinical Depression</p> <p>-Conflict Resolution</p> <p>-Cope</p> <p>-Distress</p> <p>-Eustress</p> <p>Communication</p> <p>-Cyberbullying</p> <p>-Depression</p> <p>-Eating Disorders</p> <p>-Mental Health</p> <p>-Peer Pressure</p> <p>-Self-injury</p> <p>-Stress</p> <p>-Suicide</p>	<p>The Bully Free Classroom-Beane</p> <p>www.cdc.gov</p> <p>www.discover.yeducation.com</p> <p>www.pbs.org</p> <p>www.mentalhealth.org</p> <p>www.mayoclinic.org</p> <p>www.who.gov</p>
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3 Weeks	1. Personal Health and Fitness 2. A Safe and Healthy Environment 3. Resource Management	Nutrition and Physical Fitness	<ul style="list-style-type: none"> -Identify the benefits of good nutrition. -Identify the "MyPlate" sections. -Identify the nutrients the body requires. -Identify the importance of a food label and properly read one. -Identify the benefits of physical fitness. -Identify the 3 phases of a work-out. -Identify the components of fitness. -Explain the BMI. 	<ul style="list-style-type: none"> -What is good nutrition? -Why is eating right foods beneficial for you? -What nutrients do I need to be healthy? -How to read the information on a food label. -How do I make an appropriate work-out plan? -How to establish a healthy weight? 	<ul style="list-style-type: none"> -MyPlate project -Personal food and exercise journal -Healthy snack day creation -Teacher generate quiz 	<ul style="list-style-type: none"> -Diet -Food Label -MyPlate -Nutrition -Nutrients -Physical Fitness -BMI -Weight -Work-out 	<ul style="list-style-type: none"> www.cdc.gov www.choosemyplate.gov www.pecentral.com Glencoe Health Textbook: Glencoe McGraw-Hill
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4 Weeks	1. Personal Health and Fitness 2. A Safe and Healthy Environment 3. Resource Management	Alcohol, Tobacco & Other Drugs	<p>-Identify what a drug is.</p> <p>-Identify the most common used drugs among teenagers.</p> <p>-Explain the effect of drugs on the body.</p> <p>-Differentiate between the various drug classifications and effects on the body.</p>	<p>-How does a drug effect one's body?</p> <p>-Why do individuals start using drugs?</p> <p>-What are some consequences from using drugs?</p> <p>-How are family members affected by the addict in their lives?</p> <p>-How does advertising influence our behaviors?</p> <p>-What treatment opportunities are available to help individuals with an addiction?</p>	<p>-Anatomy of a cigarette</p> <p>-Decision-Making Scenarios</p> <p>-Poster Project</p> <p>-Teacher Generated quiz</p>	<p>-Alcoholics Anonymous</p> <p>-Addiction</p> <p>-Alcohol</p> <p>-Cirrhosis</p> <p>-Dependence</p> <p>-Depressant</p> <p>-Detoxification</p> <p>-Drug</p> <p>-Drug Use</p> <p>-Drug Misuse</p> <p>-Drug Abuse</p> <p>-Inhalant</p> <p>-Narcotic</p> <p>-Second-Hand Smoke</p> <p>-Steroid</p> <p>-Stimulant</p> <p>-Withdrawal</p>	<p>www.cdc.gov</p> <p>www.drugfree.world.org</p> <p>www.health.org</p> <p>www.methproject.org</p> <p>www.thetruth.org</p>
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1 Week	<p>1. Personal Health and Fitness</p> <p>2. A Safe and Healthy Environment</p> <p>3. Resource Management</p>	Personal Safety	<p>-Students will understand human growth and development and recognize the relationship between behaviors and healthy development.</p> <p>-Identify choices they will have to make in regards to their health.</p> <p>-Identify ways to maintain Healthy relationships.</p> <p>- Identify what Hands Only CPR is and its importance.</p> <p>-Identify the functions of an AED.</p>	<p>-What are the decisions that can and will impact a person's life?</p> <p>-What are risks associated with the choices they make?</p> <p>-Understand Personal Safety.</p> <p>-Why do students choose to participate in certain situations?</p> <p>-Why are Healthy relationships important?</p> <p>-What is Hands Only CPR and demonstrate the correct technique.</p>	<p>-Current Health Events and Statistics</p> <p>-Role Playing Scenarios</p> <p>-Student Questionnaire</p> <p>-Teacher Generated Quiz</p>	<p>-AED</p> <p>-CPR</p> <p>-Decisions</p> <p>-Decision Making</p> <p>-Unintentional Risks</p> <p>-Safety</p>	<p>www.americanredcross.org</p> <p>www.cdc.gov</p>
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4 Weeks	<p>1. Personal Health and Fitness</p> <p>2. A Safe and Healthy Environment</p> <p>3. Resource Management</p> <p>NHES # 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>	Hygiene-Puberty & Reproduction & HIV/AIDS	<p>-Students will be able to recognize the importance of maintaining proper hygiene.</p> <p>-Identify factors that affect ones hygiene.</p> <p>-Explain what happens during the menstrual cycle.</p> <p>-Demonstrate how to perform a BSE & TSE.</p> <p>-Identify ways to maintain good reproductive health.</p> <p>-Identify what HIV/AIDS is.</p>	<p>-What is Puberty?</p> <p>-What can I do to maintain a healthy reproductive system?</p> <p>-What are risks associated with teenage sexual activity?</p> <p>-What actions can one take to prevent the transmissions of diseases?</p> <p>-What are some resources that provide testing and help?</p>	<p>-Anatomy Challenge</p> <p>-BSE/TSE model exams</p> <p>-Current Health Statistics</p> <p>-Teacher generated quiz</p>	<p>-Ovaries</p> <p>-Egg</p> <p>-Fallopian Tubes</p> <p>-Uterus</p> <p>-Cervix</p> <p>-Ovulation</p> <p>-Placenta</p> <p>-Umbilical cord</p> <p>-Embryo</p> <p>-Fetus</p> <p>-Endometrium</p> <p>-Penis</p> <p>-Scrotum</p> <p>-Sperm</p> <p>-Testicles</p> <p>-Prostrate</p> <p>-Seminal Vesicles</p> <p>-Epididymis</p> <p>-Cowper's Gland</p> <p>-Sexually Transmitted Infection</p>	<p>www.cdc.gov</p> <p>www.teenhea.lth.org</p> <p>www.decentr.al.com</p> <p>-Planned Parenthood-Guest Speakers</p>
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1 Week	<p>1. Personal Health and Fitness</p> <p>2. A Safe and Healthy Environment</p> <p>3. Resource Management</p>	Final Exam	<p>-Students will be able to answer various questions from the Health 8 course.</p>		-Final Exam		
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