

Course:	Health
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Timeline	Unit of Study	Essential Questions	Standards	Activities
1 st Quarter	Unit 1- Health and Your Wellness			
	Week One Chapter One	What is healthy living? How does self-esteem effect my personal health? What are the consequences of poor health decisions?	HGD.1.HW.5 CHP.3.HW.5	Group Treasure Hunt Silent Line Up
	Week Two: Chapter Two	What are the 10 life skills? Why is making proper decisions about my health important to my life? What are the steps of the GREAT decision model? Write how one of your goals satisfies each of the 6 suggestions for setting goals. Apply 5 refusal skills you can use if a friend suggest you skip school.	HGD.1.HW.5 CHP.3.HW.5 HLSR.4.HW.9 HLSR.4.HW.10 HLSR.4.HW.3	Wawa Island Collaboration Who's Fault is it?-"It's Party Time" Circle Juggle with a Goal
	Week Three: Chapter Three	What is Mental Health What are 3 factors that influence mental health? How does self-esteem effect mental health? What are the 3 communication styles? What are the characteristics of being a good listener? List and describe the 10 defense mechanisms. What are the 10 major mental disorders? List and describe.	CHP.3.HW.1 HLSR.4.HW.9 HLSR.4.HW.10 HLSR.4.HW.3	Graffiti Posters PB&J Wright Brothers Story Building what you hear Making Comic Strips Blindfolded Walk Research a Mental Disorder
Week Four Chapter 4	List 5 different causes of stress. What are the 10 tips for managing stress?	HGD.1.HW.1 HGD.1.HW.2 DP.2.HW.4		

	<p>Week Five Chapter 5</p> <p>Week Six Ch. 5 cont...</p> <p>Unit 2- Week Seven Chapter Six</p> <p>Week Eight Chapter Seven</p>	<p>What are the 5 stages of the grieving process? Describe 3 ways that you can help someone cope with a loss? What are the 7 warning signs of suicide?</p> <p>Describe how violence affects us. State 5 factors that can lead to conflict. List the 4 types of abuse What are the 3 ways you can protect yourself from abuse What is the difference between sexual abuse, sexual harassment, and sexual assault? What are the 5 things you can do to help yourself after a sexual assault?</p> <p>List the 5 Components of Health Related Fitness List the 6 benefits of being fit. List and describe the FITT formula. How do you calculate your target heart rate zone? What are the 9 warning signs of over training? What are the risks of using performance enhancement drugs? Describe the RICE steps that you use after injury. What are the 6 steps for getting a good nights sleep?</p> <p>What are the six classes of nutrients?</p>	<p>HLSR>4.HW.4 PHS.6.HW.13 HLSR.4.HW.10</p> <p>CHP.3.HW.1 HLSR.4.HW.7 HLSR.4.HW.9 PHS.6.HW.8 PHS.6.HW.11</p> <p>HGD.1.HW.2 ATOD.5.HW.8 N.7.HW.7 N.7.HW.5 PHS.6.HW.8 PHS.6.HW.12 ATOD.5.HW.1 CHP.3.HW.4</p> <p>N.7.HW.5</p>	<p>Life Change Score Relaxation Bingo Sources of Stress Word game Marble Falls Mine Field</p> <p>Guest Speaker</p> <p>Women's Crisis Center Program- Guest Speaker</p> <p>Calculating Target Heart Rate Developing a Fitness Program Fitness Testing</p>
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	<p>Week Nine Chapter Eight</p>	<p>Describe the benefits of a diet high in fiber. What are the difference between water soluble and fat soluble vitamins? What are the 3 reasons water is important? List the 6 food groups and their serving on the Food Pyramid. Describe how the dietary guidelines for Americans can fit into your daily life? Compare the energy needs of adults with those of teens.</p> <p>Why is eating breakfast important to your body? How does the balance between food intake and exercise affect your body? Explain the difference between hunger and appetite. Compare the roles of heredity and lifestyle determining your body shape and body weight. What are the 3 dangerous weight loss practices? What are the 4 common eating disorders? Describe Food born illness. What are the 6 steps for selecting and storing food properly.</p>	<p>N.7.HW.4 N.7.HW.1 N.7.HW.6 N.7.HW.7 N.7.HW.3</p> <p>CHP.3.HW.3 CHP.3.HW.4 N.7.HW.6 N.7.HW.7 N.7.HW.2 N.7.HW.4 PHS.6.HW.10</p>	<p>Diet Analysis Food Labels</p> <p>SupersizeME video</p>
<p>2nd Quarter</p>	<p>Unit 3- Drugs Week Ten CH. 10-Drugs</p>	<p>What are the 11 main types of medicines? What is the difference between over the counter and prescription medication? What are the 6 ways drugs enter the body? What are the 7 questions you should ask when a doctor prescribes medicine? How do you choose and OTC medicine? What are the 6 steps of using</p>	<p>ATOD.5.HW.1 ATOD.5.HW.6 ATOD.5.HW.7</p>	<p>SRO Briefcase Demo All Tied Up Speed</p>

	<p>Week Eleven Ch. 11</p>	<p>medicines wisely? What are the 6 warning signs of addiction?</p> <p>What are the 10 short term affects of alcohol? What are the long term affects of alcohol? List and describe the 4 stages in Alocholism. What are the warning signs of alcoholism? How does alcoholism affect the family? Where can you find resources to get help with alcoholism? How does drinking put your future at risk?</p>	<p>ATOD.5.HW.7 ATOD.5.HW.4 ATOD.5.HW.5 ATOD.5.HW.8</p>	<p>Drunken Dangerous Goggles with obstacle courses and Key Catch Thread the Needle Liver Overload Spin and Perform</p>
	<p>Week Twelve Chapter 12</p>	<p>What are the poisonous chemicals found in tobacco? List the forms of tobacco. What are the long term effects of tobacco use? What are the effects of smoke on non-smokers? How does tobacco use effect the family and society? What are the tips for quitting smoking?</p>	<p>ATOD.5.HW.2 ATOD.5.HW.3 ATOD.5.HW.8</p>	<p>Lung Bottles Healthy Lung/ Smoker Lung demo Mechanical Smoker Jar of Tar Nicotene Voice Stimulator Jogging in place with a straw</p>
	<p>Week Thirteen Ch. 13</p>	<p>What are the 7 reasons illegal drug use is dangerous? Why do people begin using drugs? What are the 6 common illegal drugs and their effects? What are the other main types of abused drugs? Compare the effects of stimulants, depressants, opiates, hallucinogens on the body and behavior. How does drug abuse affect society?</p>	<p>ATOD.5.HW.1 ATOD.5.HW.6 ATOD.5.HW.8</p>	<p>SRO Demo on street drugs</p>
	<p>Week Fourteen & Fifteen</p>			

