

Current Staff		Mrs. Durbin				
Course	Health					
Unit/Length	Unit Objectives/ Big Ideas	Basic Outline/ Structure	Materials/ Text	Content Vocabulary	IL Standards	Assessments & Activities
August	<p>Health and Wellness: Discuss the 4 parts of health: physical, mental, emotional, and social; how these parts relate to overall wellness. Students will learn about the different influences on their health and how to take responsibility for their own health. Explore the 9 life skills and how they can be used to improve health.</p>	<ul style="list-style-type: none"> -Describe 4 parts of health -Explore the difference between health and wellness -Explain how heredity and environment influence health -Explain how media and relationships influence health -Describe how your lifestyle and attitude can affect your health -Identify ways to take responsibility for your health 	<p>Text: Holt Decisions for Health-Level Blue Chapter 1- Health and Wellness</p>	<p>Health, Wellness, Heredity, Environment, Lifestyle, Preventive healthcare, Life skill, Refusal skill</p>	<p>22.A.3.b 22.C.3.a 22.C.3.b 23.C.3</p>	<p>Pre/Post Test Journal writing Summarize Vocabulary Q&A Text reading</p>
September	<p>Making Healthy Decisions: Understand why personal responsibility is important in decision making and how personal values, peers, and media influence decisions. Use the six step decision making process. Focus on setting goals.</p>	<ul style="list-style-type: none"> -Describe why personal responsibility is important in decision making -Summarize the six steps used in decision making 	<p>Chapter 2- Making Healthy Decisions</p>	<p>Personal Responsibility, Values, influence, peer pressure, goal, coping</p>	<p>24.A.3c 24.B.3</p>	<p>Vocabulary Journal writing Decision making scenarios Goal Setting WS Interviews Text reading Q&A</p>

		<ul style="list-style-type: none"> -Explain the relationship between decisions and goals -Explain how good communication helps you achieve goals and the importance of being an active listener 				Video- Natural High
Sept. cont.	<p>Stress Management Understand what stress is, identify the effects of stress, explore defense mechanisms used to deal with distress. Demonstrate proper stress management.</p>	<ul style="list-style-type: none"> -Describe the relationship between stress and stressors. -Describe the body's stress response -Identify and explain defense mechanisms -Identify signs of stress and tools to cope -Stress prevention 	Chapter 3- Stress Management Scholastic Choices Magazine	Stress Stressor, Distress, Positive Stress, Stress response, Epinephrine, Fatigue, Defense mechanism, Stress Management, Reframing, Time Management, Prioritize	23.C.3 22.A.3a 22.A.3b	<ul style="list-style-type: none"> Vocabulary Text reading Q&A Preview/Predicting Exit slips Video Series- How to Deal Choices Magazine Article: Science of Optimism Crate Poster Journal Review Game- Egg Scramble Chapter Test
Sept-Oct	<p>Body Systems Learn how the body is organized and explore the body systems and how they work together to keep a body alive and healthy. Describe tips for taking care of the body systems and protecting overall health.</p>	<ul style="list-style-type: none"> -Describe how cells, tissues, and organs work together in the body -Describe the parts of the nervous system and possible problems -Identify the different glands of 	Chapter 5- Body Systems	Cell, Tissue, Organ, Body System, Nervous system, brain, spinal cord, nerve, Endocrine system, Hormone, Gland, Bone, Skeletal system, Joint, Muscle, Muscular system, Digestion, Nutrient, Urinary system, Circulatory system, Blood,	23.A.3 23.B.3	<ul style="list-style-type: none"> Pre/Post Test Text reading Q&A Vocabulary Video clips Preview/Predicting Summarizing Labeling WS Saltine Experiment

		<p>the endocrine system and explain how hormones work</p> <ul style="list-style-type: none"> -Describe how all the systems work and how to keep them healthy -Explain how the health of body systems affects total physical health 		Artery, Vein, Respiratory system,		Digestion Experiment Review- Jeopardy Chapter Test
October	<p>Eating Responsibly</p> <p>Discuss the importance of having a healthy, balanced diet. Cover topics such as body image, eating disorders, and weight management.</p>	<ul style="list-style-type: none"> -Explain how food choice affects health -Describe nutrients and the importance of eating nutrient rich foods -Explain how the body uses the 6 classes of nutrients -Read food labels -Use the MyPlate food guide system -Describe body image and self-esteem -List influences on body image -Identify eating disorders and how to get help 	Chapter 8- Eating Responsibly	<p>Nutrient, Digestion, Diet, Calorie, Metabolism, Carbohydrate, Fat, Protein, Vitamin, Mineral, Nutrition facts label, Dietary Guidelines, Body Image, Eating disorder, Anorexia, Bulimia, Binge Eating Disorder, Fad diet, Body Mass Index, Health weight range</p>	<p>22.A.3a 22.A.3b 23.B.3</p>	<p>Pre/Post Test Vocabulary Text Reading Q&A Choices Magazine Article- Soda Shock Video Connections Exit Ticket USDA Supertracker site Summarize Jeopardy Review Chapter Test</p>

<p>Oct. cont.</p>	<p>Tobacco Education Learn about tobacco products, the addictive nature of tobacco and the risks associated with tobacco use.</p>	<ul style="list-style-type: none"> -Identify 3 major chemicals found in tobacco -Describe immediate and chronic effects of tobacco -Explore the environmental, social and emotional effects -List diseases and illnesses associated with tobacco use -Describe four ways to refuse tobacco products 	<p>Chapter 14- Tobacco Scholastic Choices Magazine</p>	<p>Nicotine, Emphysema, Carbon Monoxide, Tar, Relapse</p>	<p>22.A.3.a 23.B.3 24.C.3</p>	<p>Breathing Experiment Videos Choices Mag. Article Text Reading Q&A Vocab</p>
<p>November</p>	<p>Alcohol Education Study the risks associated with drinking alcohol. Examine the effects of alcohol on the body, on the family, and on society.</p>	<ul style="list-style-type: none"> -Describe how the body processes alcohol -Identify factors that affect one's reaction -Describe how alcohol affects behavior, judgement, and decision making -Identify long term risks of drinking -Explain how alcohol impairs a person's ability to drive -Discuss pressures to drink 	<p>Chapter 15- Alcohol</p>	<p>Depressant, BAC, intoxication, alcohol poisoning, cirrhosis, tolerance, FAS, inhibition, reaction time, alcoholism, dependence, recovery</p>	<p>22.A3.a 23.B.3 24.C.3</p>	<p>Pre/Post Test Text reading Vocab Q&A Create Warning Labels Magazine Article Drunk Buster Goggles Predictions Video Wordle Jeopardy Review Chapter Test</p>

		-Identify ways to resist pressure				
November	Medicine and Illegal Drugs Learn how to use medicine safely, understand the risks of abusing drugs and how to avoid the dangers associated with illegal drug use.	<ul style="list-style-type: none"> -Identify ways drugs can enter the body -Compare RX and OTC drugs -Identify dangers of misusing medication -Explain drug addiction and dependence -Identify problems related to drug abuse -Explain the difference between a stimulant and depressant and risks -Describe the addictive nature of opiates -Identify the dangers of inhalants -Describe the dangers of designer drugs -Describe reasons and ways to stay drug free -Discuss options for treating addiction 	Chapter 16- Medicine and Illegal Drugs Scholastic Choices Magazine	Drug, Medicine, Prescription Medicine, OTC medicine, side effect, FDA, addiction, stimulant, depressant, marijuana, THC, opiate, hallucinogen, flashback, inhalant, designer drug, intervention, treatment center, detoxification	22.A.3a 23.B.3 24.C.3	<ul style="list-style-type: none"> Pre-test Vocab Text reading Medicine Schedule OTC activity Truth About Drugs Documentary Q&A Venn Diagram “Just Like My Brother” Article Exit Slip Choices Mag. K2 Article Review Game Test

<p>December</p>	<p>Adolescent Growth and Development</p> <p>Hygiene and Infectious Disease Prevention Learn what infectious disease is, how it spreads and how to prevent an infection.</p>	<ul style="list-style-type: none"> -Examine the importance of good hygiene during adolescence -Discuss the changes that happen during puberty -Summarize human development before birth -Identify common STD's and prevention 	<p>Chapter 10- Growth and Development</p> <p>Chapter 17- Infectious Disease</p>	<p>Puberty, Hormone</p> <p>Infectious Disease, Bacteria, Antibiotic, Virus, Immune System, Vaccine, Sexually Transmitted Disease, Sexual Abstinence, HIV, AIDS</p>	<p>22.A.3b 23.B.3 23.C.4</p>	<p>Text Reading Discussion Q&A DVD- CATCH onto Good Hygiene Kids Health Video- Immune System</p>
<p>Dec. cont.</p>	<p>Safety Discuss the importance of accident prevention at home, school and the outdoors as well as automobile safety and basic first aid.</p>	<ul style="list-style-type: none"> -Describe ways to stay safe and avoid injury -Describe how seat belts and airbags protect you during an accident -Describe the 3 C's of emergencies -Explain how to give abdominal thrusts 	<p>Chapter 19- Safety</p>	<p>Accident, First Aid, Fracture, CPR, abdominal thrusts</p>	<p>22.A.3c 22.B.3 24.A.3a 24.A.3c</p>	<p>Text reading Q&A Vocab</p>

