

Unit: Mental Emotional Health

Health 5-8

Content Standard	Objectives	Performance Standard/s	Assesment	Learning Activities	Connections To other Subject Areas & Technology
	<p>Explain the difference between healthy behaviors and risk behaviors.</p> <p>Demonstrate the ability to use goal setting and decision-making skills to enhance health.</p> <p>Demonstrate communication skills to build and maintain healthy relationships.</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Demonstrate ways to communicate care, consideration, and respect of self and others.</p> <p>Identify stress management strategies.</p> <p>Identify six suicide prevention skills to use when a person shows signs of suicide.</p>	<p>A1, A3, A4 A7, B3, C3 G2</p> <p>A1, A3, B2 C1,G4</p> <p>A1, A6, E4 G4</p> <p>A1, A3, A4 A6, B3, C3</p> <p>A4, A6, B5 F3,G3</p> <p>A4, B1 C4, G5</p> <p>A3, A4, A7 B6, C3,G4</p>		<p>Responsible Decision Making Model</p> <p>Friend/parent chart “Favorite things”</p> <p>“I” message and “You” messages. Mixed messages</p>	

Unit: Family Living

Health 5-8

Content Standard	Objectives	Perf. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
	<p>Analyze the possible causes of conflict of youth in schools and communities.</p> <p>Generate way to avoid and get assistance in threatening situations.</p> <p>Descibe characteristics needed to be a responsible friend and family member.</p> <p>Describe how the behavior of family and peers contributes to ones physical, mental, emotional, and social health.</p> <p>Discuss ways family members deal with death of a family member, seperation and divorce of parents, dating and remarrage, formation of a step-family, and new siblings.</p> <p>Weigh the balance of giving and taking in a healthful relationship.</p> <p>Distinguish between safe, risky, and harmful behaviors in relationships.</p> <p>Identify topics to include when discussing dating with parents.</p>	<p>A4, B1, C5, E1,F5 G1</p> <p>A7, B6 C2, F6, G5</p> <p>A1, B4 G3</p> <p>A4, B5 F5,</p> <p>A4, B4 F6</p> <p>A1,</p> <p>A7, B6 C5</p> <p>A6, B5, C1,F4</p>		<p>Respect checklist, Say NO</p>	

Unit:Growth and Development

Health 5-8

Content Standard	Objectives	Perf. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
	<p>List the physical changes that occur during puberty.</p> <p>State the function and care for the endocrine system.</p> <p>Explain what happens during a 28-day menstrual cycle.</p> <p>State the function and care of the reproductive system.</p> <p>Explain the process of conception.</p> <p>Describe the the development of the baby of the 1st, 2nd, and 3rd trimester of pregnancy.</p> <p>Discuss the problems that can occur during pregnancy</p> <p>Explain why abstinence is the best choice for teens.</p>	<p>A5, B4</p> <p>A5, B2 C5</p> <p>A5, B4</p> <p>A5, B4</p> <p>A5, B1</p> <p>A5,</p> <p>A5, A7 B6</p> <p>A6, A2 B1, C5</p>	<p>Discussion</p>	<p>Worksheet</p>	

Unit: Nutrition

Health 5-8

Content Standard	Objectives	Perf. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
	<p>Identify the functions of each of the six basic classes of nutrients.</p> <p>Illustrate The Food Guide Pyramid showing the 5 basic food groups, examples of foods in each, and the number of servings each day.</p> <p>Comprehend concepts related to health promotion and disease related to health promotion and disease prevention.</p> <p>Explain why teens need to eat a variety of food combined with physical activity.</p> <p>Evaluate the information that is found on a food label.</p> <p>Analyze the validity of health information, products, and services.</p> <p>Recommend suggestions how to choose healthful foods.</p> <p>Recognize the importance of a safe food handling/cooking and kitchen.</p> <p>Identify steps to use to maintain a desirable weight.</p> <p>Recognize the causes, symptoms, and treatment for anorexia nervosa, bulimia, and obesity.</p> <p>Recognize the warning signs that indicate the negative body image.</p>	<p>A3, B1, C3</p> <p>A1, B2</p> <p>A7, B2 C5</p> <p>A1, B4 C5</p> <p>A3, B2</p> <p>A4, B2 C5</p> <p>A2, B4 C1</p> <p>A7, B1 C5</p> <p>A7, B3 C5</p> <p>A7, B6 C5, C3</p> <p>A7, B6 C3</p>		<p>Analyze food labels, create a meal and calculate info on all the food labels.</p> <p>Design a heart healthy menu.</p> <p>“Calories in/calories out” Body frame (string)</p> <p>Video</p>	

Unit: Personal Health

Health: 5-8

Content Standard	Objectives	Perf. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
	<p>Recognize the importance of assuming responsibility for personal health behaviors.</p> <p>Demonstrate ways to care for the body.</p> <p>Explain why regular physical activity can help with weight managements and body composition.</p> <p>Identify the importance of why a person needs rest and sleep.</p> <p>Sketch out a physical fitness plan.</p> <p>Illustrate types of exercise to develop physical fitness.</p> <p>Identify the 5 areas of Phy. Fitness</p> <p>Identify the components of a complete workout.</p> <p>Demonstrate the steps of RICE for injuries.</p>	<p>A1, A7 B1, B2 C5</p> <p>A3, A7 B1, B4 C1</p> <p>A3, A7 B1, C3</p> <p>A7, B4 C5</p> <p>A1,A3, A4, A7 B4, B1 A5, A1 A3</p> <p>A1, A3 A4</p> <p>A3</p> <p>A3, A7 B4, B5</p>		<p>Design a physical fitness plan using the activity pyramid.</p> <p>Students role-play</p>	

Unit: Alcohol, Tobacco, and Other Drugs

Content Standard	Objectives	Perf. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
	<p>Explain why drugs have different effects on different body actions.</p> <p>Analyze the information on the labels of OTC drugs and prescription drugs.</p> <p>Summarize the effects of alcohol on the mind including decision-making, violence, depression, and suicide.</p> <p>Analyze the effects of alcohol on the body.</p> <p>Explain how smoking affects the cardiovascular and respiratory system.</p> <p>Discuss smoking-related conditions and diseases.</p> <p>Analyze how smoking affects appearance, relationships, and spending habits.</p> <p>Identify ways in which tobacco ads try to encourage teens to use tobacco products.</p>	<p>A5, A7 B1, C5</p> <p>A7, A4 B1, B2</p> <p>A1,A2 A7, A4 B6, B3 C1</p> <p>A5, B3</p> <p>A5, A4 B2, C5</p> <p>A1, A5 A6, B1</p> <p>A1, A4 A7, B5 C5,</p> <p>A5, A6 A7, B2 C3,E1</p>			

	<p>Discuss the effects of controlled drugs and illegal drug use.</p> <p>Explain how drug misuse and abuse progresses to drug dependence.</p> <p>List support programs for drug dependent, family members, and friends.</p> <p>Demonstrate the ability to resist drug use and abuse.</p>				
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Unit: Communicable and Chronic Diseases

Content Standard	Objectives	Perf. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
	<p>Understand the difference between communicable and noncommunicable diseases.</p> <p>List behaviors that reduce the risk of being infected with a communicable disease.</p> <p>Discuss the cause, symptoms, and treatment for sexually transmitted diseases.</p> <p>Distinguish between safe, risky, and harmful behaviors in relationships.</p> <p>Outline how you can and cannot become infected with HIV/AIDS.</p> <p>Explain how HIV destroys the immune system.</p>	<p>A4, A7 B3, E1</p> <p>A4, A6 A7, B3 B6, C5</p> <p>A7,A5 B5,C3 F3</p> <p>A2, A4 A7, B6 C1, E1</p> <p>A2, A3 A4, A7 B6, B3</p> <p>A7, A5</p>			

Unit: Injury Prevention and Safety

Content Standard	Objectives	Perf. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
	<p>List the protective factors that reduce the risk of violence.</p> <p>Discuss the kinds of violent behavior and why it is important recognize them.</p> <p>List anger management skills and conflict resolution skills.</p> <p>Explain the first aid procedures for emergency situations.</p> <p>Demonstrate how to preform life saving techinques. Examples are choking, rescue breathing, and CPR.</p>	<p>A3, A4 A6, B6 C3 A6, A7 C1</p> <p>A1, A2 A4, A6 F6</p> <p>A5, A7 B5,E1</p> <p>A7, A5 B5</p>			

Unit: Consumer and Community Health

Content Standard	Objectives	Perf. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
	<p>Explain how technology/media influences the consumer.</p> <p>Discuss tempting appeals used in advertisements.</p> <p>Explain how to make a budget and why it is important.</p> <p>Explain why it is important to be cautious when charging products and services.</p>	<p>A2, B1 D1, D3 E2, E3</p> <p>A2, B1 D3, E2</p> <p>A2,A4 B4, D5</p> <p>A2, A4 B4, D5</p>			

Unit: Environmental Health

Content Standard	Objectives	Perf. Standard	Assessment	Learning Activities	Connections To Other Subject Areas & Technology
	<p>Analyze how environment and personal health are interrelated.</p> <p>Name products that can be sorted and recycled.</p>	<p>A1, A2 E1</p> <p>A2, A4 C5,E1</p>			