

# Ganado Unified School District #20

## Health 7 and 8

### PACING Guide SY 2018-2019

Resources	AZ College and Career Readiness Standard	Essential Question (HESS Matrix)	Learning Goal	Vocabulary (Content/Academic)
<b>First and Third Quarter</b>				
Health and Wellness	<p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts            Concept 2: Understanding Multiple Dimensions of Health            PO1: Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts            Concept 3: Understanding Personal Health            PO1: Analyze how the environment affects personal health.</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts            Concept 3: Understanding Personal Health            PO4: Describe how family history can affect personal health</p> <p>Strand 2: Analysis of Factors Affecting Health Behaviors            Concept 1: External Influences on Personal Health            PO1: Examine how the family influences the health of adolescents</p> <p>Strand 2: Analysis of Factors Affecting Health Behaviors            Concept 1: External Influences on Personal Health            PO5: Analyze how messages from media influence health behaviors</p> <p>Strand 2: Analysis of Factors Affecting Health Behaviors            Concept 2: Internal Influences on Personal Health            PO2. Explain the influence of personal values and beliefs on individual health practices and behaviors</p> <p><b>Strand 6: Use of Goal-Setting Skills to Enhance Health</b>            Concept 1: Assessment of Health            PO1. Assess personal health practices</p> <p>Strand 6: Use of Goal-Setting Skills to Enhance Health            Concept 2: Health-Related Goal Setting</p>	<ul style="list-style-type: none"> <li>• What might contribute to your overall health?</li> <li>• What are three things that you can do to keep your mind and body healthy?</li> <li>• What are some examples of influences on your health?</li> <li>• What are some examples of influences on your health?</li> <li>• What are ways in which your family can positively and negatively affect your health?</li> <li>• What are ways in which your peers can positively and negatively affect your health?</li> <li>• What techniques do advertisers use to try to get people to buy their product?</li> <li>• What images do the advertisers use to entice people to buy their product?</li> <li>• How can your attitude affect the decisions you make and the outcomes of situations?</li> <li>• What influences do you have no control over and which influences do you have total control over?</li> <li>• How has the life skills of _____ probably helped him or her attain personal success?</li> <li>• What barriers do you think this individual experienced?</li> <li>• How do you think individuals overcome his or her barriers?</li> <li>• Why are life skills important to lead a healthy, safe, and happy life?</li> <li>• How does communicating effectively relate to using refusal skills?</li> </ul> <p>How might self-discipline help you achieve your goal?</p>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Describe how the environment influences your health.</li> <li>• Describe the four parts of health</li> <li>• Explain the difference between health and wellness</li> <li>• Explain how heredity affects my health.</li> <li>• Describe how my relationships affect my health.</li> <li>• Explain ways my family positively affects my health</li> <li>• Explain ways my family negatively affects my health</li> <li>• Identify ways that you will positively affect the health of your family.</li> <li>• Explain ways my peers positively affects my health</li> <li>• Explain ways my peers negatively affects my health</li> <li>• Identify ways that you will positively affect the health of your family.</li> <li>• Explain how the media influences my health decisions.</li> </ul> <p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Describe how my lifestyle can affect my health.</li> <li>• Explain how my attitude influences my health.</li> <li>• Identify ways I can take responsibility of my health.</li> <li>• Describe how to assess your progress in learning life skills.</li> <li>• Identify the nine life skills.</li> <li>• Explain how using the life skills improve your health.</li> </ul>	Attitude Environment Health Heredity Life skills Lifestyle Preventive healthcare Wellness

	<p>PO2. Apply strategies and skills needed to attain a personal health goal</p> <p>Strand 2: Analysis of Factors Affecting Health Behaviors          Concept 2: Internal Influences on Personal Health          PO3. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.</p>	<ul style="list-style-type: none"> <li>• What might contribute to your overall health?</li> <li>• What are three things that you can do to keep your mind and body healthy?</li> <li>• What are some examples of influences on your health?</li> <li>• What are ways in which your family can positively and negatively affect your health?</li> <li>• What are ways in which your peers can positively and negatively affect your health?</li> <li>• What images do the advertisers use to entice people to buy their product?</li> <li>• How can your attitude affect the decisions you make and the outcomes of situations?</li> <li>• What influences do you have no control over and which influences do you have total control over?</li> <li>• What barriers do you think you may experience as you attain your goal?</li> <li>• Why are life skills important to lead a healthy, safe, and happy life?</li> </ul> <p>How might self-discipline help you achieve your goal?</p>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Describe the four parts of health</li> <li>• Explain the difference between health and wellness</li> <li>• Describe how the environment influences your health.</li> <li>• Explain how heredity affects my health.</li> </ul> <p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Identify ways that you will positively affect the health of your family.</li> <li>• Identify ways that you will positively affect the health of your family.</li> <li>• Explain how the media influences my health decisions.</li> <li>• Describe how my lifestyle can affect my health.</li> <li>• Explain how my attitude influences my health.</li> <li>• Identify ways I can take responsibility of my health.</li> <li>• Describe how to assess your progress in learning life skills.</li> <li>• Identify the nine life skills.</li> </ul>	
<p>Decisions and Goals</p>	<p>Strand 4: Use of Interpersonal Communication Skills to Enhance Health          Concept 2: Self Protection and Dealing with Conflict          PO1. Identify effective conflict management or resolution strategies</p> <p>Strand 4: Use of Interpersonal Communication Skills to Enhance Health          Concept 3: Asking for Help          PO2. Identify ways to ask for assistance to enhance the health of self and others</p> <p>Strand 6: Use of Goal-Setting Skills to Enhance Health          Concept 2: Health-Related Goal Setting          PO3. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities</p> <p>Strand 6: Use of Goal-Setting Skills to Enhance Health          Concept 2: Health-Related Goal Setting          PO3. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities</p>	<ul style="list-style-type: none"> <li>• What are signs that a conflict might become dangerous?</li> <li>• How can you stop harassment?</li> <li>• What are signs to know that someone does not like being joked with?</li> <li>• What are reasons to report violence?</li> <li>• What may be reasons violent acts are not reported?</li> <li>• What messages and factual information can you provide regarding tobacco?</li> <li>• Why are life skills important to lead a healthy, safe, and happy life?</li> <li>• How might self-discipline help you achieve your goal?</li> <li>• How can the FIT principle be used to improve your fitness plan?</li> <li>• How can the FIT principal help you achieve your goals?</li> <li>• Why are life skills important to lead a healthy, safe, and happy life?</li> <li>• How might self-discipline help you achieve your goal?</li> <li>• How can the FIT principle be used to improve your fitness plan?</li> </ul> <p>How can the FIT principal help you achieve your goals?</p>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Identify signs that a conflict may become dangerous</li> <li>• Describe rules that can help me avoid violence</li> <li>• Contrast joking with harassment</li> <li>• Describe ways to stop harassment.</li> <li>• Explain why victims must report violence.</li> <li>• Identify how the nine life skills help with achieving goals.</li> <li>• Explain how using the life skills improve your health.</li> <li>• Explain how I will use the FIT principle to improve my health.</li> <li>• Identify how the nine life skills help with achieving goals.</li> <li>• Explain how using the life skills improve your health.</li> </ul> <p>Explain how I will use the FIT principle to improve my health.</p>	<p>Action plan          Active listening          Assess          Character          Communication skills          Goal          Good decision          Influence          Interest          Peer pressure          Persistence          Personal responsibility          Refusal skill          Self-esteem          Setback          Success          Support system          Values</p>
		<ul style="list-style-type: none"> <li>• What are signs that a conflict might become dangerous?</li> <li>• How can you stop harassment?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Identify signs that a conflict may become dangerous</li> </ul>	

		<ul style="list-style-type: none"> <li>• What are signs to know that someone does not like being joked with?</li> <li>• Why are life skills important to lead a healthy, safe, and happy life?</li> <li>• How might self-discipline help you achieve your goal?</li> <li>• How can the FIT principle be used to improve your fitness plan?</li> <li>• How can the FIT principal help you achieve your goals?</li> <li>• Why are life skills important to lead a healthy, safe, and happy life?</li> <li>• How might self-discipline help you achieve your goal?</li> <li>• How can the FIT principle be used to improve your fitness plan?</li> <li>• How can the FIT principal help you achieve your goals</li> </ul>	<ul style="list-style-type: none"> <li>• Describe rules that can help me avoid violence</li> <li>• Contrast joking with harassment</li> <li>• Describe ways to stop harassment.</li> <li>• Identify how the nine life skills help with achieving goals.</li> <li>• Explain how using the life skills improve your health.</li> <li>• Explain how I will use the FIT principle to improve my health.</li> <li>• Identify how the nine life skills help with achieving goals.</li> <li>• Explain how using the life skills improve your health.</li> </ul> <p>Explain how I will use the FIT principle to improve my health.</p>	
Body Systems	<p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts          Concept 1: Understand Relationship Between Health Behaviors and Health          PO 1: Analyze the relationship between healthy behaviors and personal health</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts          Concept 4: Understanding Prevention of Injuries and Health Problems          PO 1: Describe ways to reduce or present injuries and other adolescent problems</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts          Concept 5: Understanding Use of Health Care          PO 1: Explain how appropriate health care can promote personal health (L7)</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts          Concept 6: Understanding Healthy vs. Unhealthy Behaviors          PO 1: Describe the benefits of and barriers to practicing health behaviors (L7)</p> <p>Strand 3: Knowledge of Sources of Help          Concept 2: Accessing Help          PO 3: Describe situations that may require professional health services. (L4)</p> <p>Strand 5: Use of Decision-Making Skills to Enhance Health          Concept 2: Application of Decision-Making Skills to Health          PO 5: Choose healthy alternatives over unhealthy alternatives when making a decision (L7)</p>	<ul style="list-style-type: none"> <li>• What is the basic unit of all living systems?</li> <li>• What is a tissue?</li> <li>• What is a nerve?</li> <li>• What is a body system?</li> <li>• How does the nervous system control the other body systems?</li> <li>• What are the three parts of the human brain, and which is the largest?</li> <li>• What are the components of the central nervous system?</li> <li>• What does the peripheral nervous system do?</li> <li>• What does epinephrine do?</li> <li>• How do hormones affect growth and development?</li> <li>• What other functions does the endocrine system have?</li> <li>• Why is bone marrow important?</li> <li>• What do ligaments do?</li> <li>• How should you treat a strained muscle?</li> <li>• What are three types of muscle?</li> <li>• How does chewing food help in digestion?</li> <li>• What part of the digestive system absorbs most of the nutrients?</li> <li>• What organs are responsible for cleaning your blood?</li> <li>• What do arteries, veins, and capillaries do?</li> <li>• What is plasma?</li> <li>• What is the job of the respiratory system?</li> <li>• How does the health of each body system affect the overall health of an individual?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Describe how cells, tissues, and organs work together in the human body</li> <li>• Summarize how body systems work together.</li> <li>• Describe the different parts of the nervous system</li> <li>• Describe seven common problems of the nervous system</li> <li>• Identify the different glands of the endocrine system.</li> <li>• Explain how hormones affect the growth and development.</li> <li>• Describe four common problems of the endocrine system.</li> <li>• Identify the different bones and joints in the skeleton.</li> <li>• Describe eight common problems of the skeletal system.</li> <li>• Identify the three types of muscles.</li> <li>• Explain how muscles move the body</li> <li>• Describe six common problems of the muscular system.</li> <li>• Describe how the human body digests food and absorbs nutrients.</li> <li>• Describe eight common problems of the digestive system</li> <li>• Explain how the human body excretes waste.</li> <li>• Describe four common problems of the excretory system.</li> <li>• Describe how the circulatory system transports and distributes nutrients.</li> <li>• Describe seven common problems of the circulatory system.</li> <li>• Describe the process of breathing.</li> </ul>	<p>Cells          Tissue          Organ          Body System          Nervous System          Brain          Spinal Cord          Nerve          Endocrine System          Hormone          Gland          Bone          Skeletal System          Joint          Muscle          Muscular System          Digestion          Digestive System          Nutrient          Urinary System          Urine          Circulatory System          Blood          Artery          Vein          Respiratory System          Lung</p>

	<p>Strand 5: Use of Decision-Making Skills to Enhance Health Concept 2: Application of Decision-Making Skills to Health PO: Analyze the outcomes of health-related decisions. (L7)</p> <p>Strand 7: Ability to Practice Health-Enhancing Behaviors Concept 2: Healthy Practices and Behaviors PO 1: Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. (L5)</p> <p>Strand 8: Ability to Advocate for Health Concept 1: Personal Advocacy PO1. State a health enhancing position on a topic and support it with accurate information (L5)</p> <p>3.8.4: Describe situations that may require professional health services.</p>		<ul style="list-style-type: none"> <li>• Describe six common problems of the respiratory system.</li> <li>• Explain how the health of body systems affects total physical health.</li> <li>• Describe six ways to protect the body system from harm.</li> </ul>	
<p>Nutrition</p>	<p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts Concept 1: Understand Relationship Between Health Behaviors and Health PO1: Analyze the relationship between healthy behaviors and personal health</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts Concept 3: Understanding Personal Health PO2: Analyze how food provides energy for nutrients for growth and development, that nutrition requirements vary from person to person, and how food intake affects health</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts Concept 6: Understanding Healthy vs. Unhealthy Behaviors PO3: Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors</p> <p>Strand 2: Analysis of Factors Affecting Health Behaviors Concept 1: External Influences on Personal Health PO2: Describe the influence of culture on health beliefs, practices, and behaviors</p> <p>Strand 8: Ability to Advocate for Health Concept 3: Tailoring Advocacy Message to Audience PO1. Identify ways in which health messages and communication techniques can be altered for different audiences</p> <p>Strand 3: Access to Health Information, Products, and Services to Enhance Health Concept 1: Knowledge of Sources of Help PO1. Analyze the validity of health information, products, and services</p>	<ul style="list-style-type: none"> <li>• What factors affect the types of food you consume?</li> <li>• How do you feel about your body image?</li> <li>• What factors do you need to change in your diet in order to become healthier?</li> <li>• What are some characteristics of a healthy eater?</li> <li>• What are the six classes of essential nutrients?</li> <li>• How does the body use the six classes of essential nutrients?</li> <li>• What is the difference between anorexia nervosa and bulimia nervosa?</li> <li>• What are the health risks of eating disorders?</li> <li>• How influential and healthy are different cultural foods?</li> <li>• Have cultural foods been altered from their original cultural preparation to suit Americans?</li> <li>• What are the specific recommendations of the MyPyramid food guidance system when it comes to age, sex, and activity level?</li> <li>• What are important components of the Nutrition Facts Label?</li> <li>• What food options are available by the school?</li> </ul> <p>How can your family recipes be altered to be healthier?</p>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Identify factors that affect my food choices.</li> <li>• Explain why a healthy body image is important.</li> <li>• Describe the relationships between body image and self-esteem.</li> <li>• Explain how the food I eat affects my health.</li> <li>• Describe the process of digestion</li> <li>• Identify the six classes of essential nutrients</li> <li>• Explain how the body uses the six classes of essential nutrients.</li> <li>• Explain the types of eating disorders.</li> <li>• Identify signs and symptoms of eating disorders.</li> <li>• Identify the types of cultural foods available in my community.</li> <li>• Explain how cultural foods play a role in my eating habits.</li> <li>• Describe the Dietary Guidelines for Americans.</li> <li>• Describe the food groups represented in the MyPyramid food guidance system.</li> </ul> <p>Explain how to read the nutrition facts label</p>	<p>Carbohydrate Diet Dietary guidelines for Americans Digestion Fats Food guide pyramid Mineral Nutrient Nutrition facts label Protein Vitamin</p>

	<p>Strand 5: Use of Decision-Making Skills to Enhance Health Concept 2: Application of Decision-Making Skills to Health PO1. Determine when health related situations require the application of a thoughtful decision-making process</p> <p>Strand 8: Ability to Advocate for Health Concept 1: Personal Advocacy PO1. State a health enhancing position on a topic and support it with accurate information</p> <p>Strand 8: Ability to Advocate for Health Concept 1: Personal Advocacy PO2. Demonstrate how to influence and support others to make positive health choices</p>			
--	---	--	--	--

## Second and Fourth Quarter

<p>Chapter 6 Physical Fitness A Healthy Body and Weight</p>	<p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts Concept 6: Understanding Healthy vs. Unhealthy Behaviors PO1: Describe the benefits of and barriers to practicing behaviors</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts Concept 3: Understanding Personal Health PO3: Analyze how physical activity contributes to disease prevention</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts Concept 6: Understanding Healthy vs. Unhealthy Behaviors PO1: Describe the benefits of and barriers to practicing behaviors</p> <p>Strand 2: Analysis of Factors Affecting Health Behaviors Concept 1: External Influences on Personal Health PO6: Analyze the influence of technology on personal and family health</p> <p>Strand 2: Analysis of Factors Affecting Health Behaviors Concept 2: Internal Influences on Personal Health PO1. Explain how the perceptions of norms influence healthy and unhealthy behaviors</p> <p>Strand 5: Use of Decision-Making Skills to Enhance Health Concept 2: Application of Decision-Making Skills to Health PO5. Choose healthy alternatives over unhealthy alternatives when making a decision</p> <p>Strand 6: Use of Goal-Setting Skills to Enhance Health Concept 1: Assessment of Health PO1. Assess personal health practices</p> <p>Strand 2: Analysis of Factors Affecting Health Behaviors</p>	<ul style="list-style-type: none"> <li>• Why is having good muscular strength, muscular endurance, cardiorespiratory endurance, flexibility, and body composition important to our body?</li> <li>• What are the physical, mental, emotional, and social benefits of health?</li> <li>• What are the physical, mental, emotional, and social benefits of health?</li> <li>• Why is it important to consider your social health?</li> <li>• What are the physical, mental, emotional, and social benefits of health?</li> <li>• Why is it important to consider your social health?</li> <li>• How does modern technology sometimes interfere with healthy eating and exercise habits?</li> <li>• How can people maintain a healthy lifestyle while using modern technology?</li> <li>• What is an online fitness log?</li> <li>• What are activities that I like and dislike?</li> <li>• How do the activities I like/dislike impact my health?</li> <li>• What is frequency, intensity, and time?</li> <li>• What are activities that I like and dislike?</li> <li>• How do the activities I like/dislike impact my health?</li> <li>• What is frequency, intensity, and time?</li> <li>• What can you do to protect yourself from injury when exercising?</li> <li>• How does warming up get the body ready for exercise?</li> <li>• Why do you think regular fitness tests are important?</li> <li>• How often do you exercise?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Explain how exercise benefits mental and emotional health.</li> <li>• Describe the social benefits of health.</li> <li>• Describe the five components of physical fitness.</li> <li>• Explain how exercise benefits mental and emotional health.</li> <li>• Describe the social benefits of health.</li> <li>• Explain how exercise benefits mental and emotional health.</li> <li>• Describe the social benefits of health.</li> <li>• Describe the relationship between exercise and technology.</li> <li>• Analyze how technology has an effect on health.</li> <li>• Maintain an online fitness log to help calculate physical fitness activities.</li> <li>• Explain why I should try activities that I like.</li> <li>• Describe how intensity, frequency, and time affect physical fitness.</li> <li>• Explain why I should try activities that I like.</li> <li>• Describe how intensity, frequency, and time affect physical fitness.</li> <li>• Describe ways to protect myself from injury while exercising.</li> <li>• List warm up and cool down techniques.</li> <li>• Explain why I should test my fitness</li> <li>• Explain the importance of monitoring the heart rate</li> <li>• Describe the tests for each of the components of fitness</li> </ul> <p>Explain why I should try activities that I like</p>	<p>Active rest Acute injury Aerobic exercise Anaerobic exercise Chronic injury Competition Endurance Exercise Flexibility Overtraining Physical fitness Recovery time Resting heart rate Sportsmanship Strength Weight training</p>
---	---	---	---	---

	<p>Concept 1: External Influences on Personal Health PO4: Analyze how the school and community can affect personal health practices and behaviors</p> <p>Strand 5: Use of Decision-Making Skills to Enhance Health Concept 2: Application of Decision-Making Skills to Health PO6. Analyze the outcomes of a health-related decision</p> <p>Strand 6: Use of Goal-Setting Skills to Enhance Health Concept 2: Health-Related Goal Setting PO1. Develop a goal to adopt, maintain, or improve a personal health practice</p> <p>Strand 6: Use of Goal-Setting Skills to Enhance Health Concept 2: Health-Related Goal Setting PO2. Apply strategies and skills needed to attain a personal health goal</p> <p><b>Strand 7: Ability to Practice Health-Enhancing Behaviors</b> Concept 1: Personal Responsibility for Health PO1. Explain the importance of assuming responsibility for personal health behaviors</p>	<ul style="list-style-type: none"> <li>• What are ways you can increase the amount of exercise you do?</li> <li>• What programs or resources does your community provide to lower the risk of unhealthy behaviors?</li> <li>• What programs or resources does your community provide for preventive healthcare?</li> <li>• How can the FIT principle be used to improve your fitness plan?</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Why is having good muscular strength, muscular endurance, cardiorespiratory endurance, flexibility, and body composition important to our body?</li> <li>• What are the physical, mental, emotional, and social benefits of health?</li> <li>• Why is it important to consider your social health?</li> <li>• Why do you think it is important to exercise with someone or in a group?</li> <li>• What are the physical, mental, emotional, and social benefits of health?</li> <li>• Why is it important to consider your social health?</li> <li>• How does modern technology sometimes interfere with healthy eating and exercise habits?</li> <li>• How can people maintain a healthy lifestyle while using modern technology?</li> <li>• What are activities that I like and dislike?</li> <li>• How do the activities I like/dislike impact my health?</li> <li>• What is frequency, intensity, and time?</li> <li>• What are activities that I like and dislike?</li> <li>• How do the activities I like/dislike impact my health?</li> <li>• What is frequency, intensity, and time?</li> <li>• What can you do to protect yourself from injury when exercising?</li> <li>• How does warming up get the body ready for exercise?</li> <li>• Why do you think regular fitness tests are important?</li> <li>• What programs or resources does your community provide to lower the risk of unhealthy behaviors?</li> <li>• What programs or resources does your community provide for preventive healthcare?</li> <li>• How often do you exercise?</li> </ul> <p>What are ways you can increase the amount of exercise you do?</p>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Explain how exercise benefits mental and emotional health.</li> <li>• Describe the social benefits of health.</li> <li>• Describe the five components of physical fitness.</li> <li>• Explain how exercise benefits mental and emotional health.</li> <li>• Describe the social benefits of health.</li> <li>• Describe the relationship between exercise and technology.</li> <li>• Analyze how technology has an effect on health.</li> <li>• Explain why I should try activities that I like.</li> <li>• Describe how intensity, frequency, and time affect physical fitness.</li> <li>• Explain why I should try activities that I like.</li> <li>• Describe how intensity, frequency, and time affect physical fitness.</li> <li>• Describe ways to protect myself from injury while exercising.</li> <li>• List warm up and cool down techniques.</li> <li>• Explain why I should test my fitness</li> <li>• Explain the importance of monitoring the heart rate</li> <li>• Describe the tests for each of the components of fitness</li> <li>• Explain why I should try activities that I like</li> </ul> <p>Identify community resources</p>	
--	---	---	---	--

<p>Tobacco</p>	<p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts Concept 3: Understanding Personal Health PO1: Analyze how the environment affects personal health.</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts Concept 4: Understanding Prevention of Injuries and Health Problems PO1: Describe ways to reduce or prevent injuries and other adolescent health problems.</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts Concept 6: Understanding Healthy vs. Unhealthy Behaviors PO2: Examine the likelihood of injury or illness of engaging in unhealthy behaviors</p> <p>Strand 8: Ability to Advocate for Health Concept 2: Collective Advocacy PO1. Demonstrate how to work cooperatively to advocate for healthy individuals, families, and schools</p> <p>Strand 3: Access to Health Information, Products, and Services to Enhance Health Concept 2: Accessing Help PO1. Access valid health information from home, school, and community</p> <p>Strand 4: Use of Interpersonal Communication Skills to Enhance Health Concept 1: Knowledge of Sources of Help PO 1. Apply effective verbal and nonverbal communication skills to enhance health</p> <p>Strand 8: Ability to Advocate for Health Concept 2: Collective Advocacy PO1. Demonstrate how to work cooperatively to advocate for healthy individuals, families, and schools</p>	<ul style="list-style-type: none"> <li>• What is environmental tobacco smoke?</li> <li>• Describe the effects of environmental tobacco smoke</li> <li>• What are the consequences if an adolescent who starts smoking?</li> <li>• How does nicotine from smokeless tobacco enter the bloodstream?</li> <li>• What chemicals are in a tobacco product?</li> <li>• How can smoking affect a person's social health?</li> <li>• What are the early effects of smoking?</li> <li>• What is nicotine addiction? How does nicotine affect people?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Explain consequences for a teen who starts smoking.</li> <li>• Describe how nicotine from smokeless tobacco enters the bloodstream.</li> <li>• Describe the immediate and chronic effects of smoke-able and smokeless tobacco.</li> <li>• Explain how tobacco affects social and emotional health.</li> <li>• Explain why nicotine is addictive</li> <li>• Explain how someone can form a tolerance to nicotine.</li> <li>• Describe the different kinds of dependence.</li> </ul>	<p>Nicotine Carbon Monoxide Tar Chronic Effect Environmental Tobacco Smoke Cancer Chronic Bronchitis Emphysema Tolerance Physical Dependence Drug addiction Psychological dependence Withdrawal Relapse Cessation Nicotine Replacement Therapy Peer Pressure Modeling</p>
<p>Mental and Emotional Health</p>	<p>S4.C1.PO1 Apply effective verbal and nonverbal communication skills to enhance health</p> <p>S1.C2.PO1 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence</p> <p>S6.C2.PO2 Apply strategies and skills needed to attain a personal health goal</p>	<ul style="list-style-type: none"> <li>• What are hormones?</li> <li>• What are physical effects of stressful emotions?</li> <li>• What are four effective ways to communicate?</li> <li>• Why do people express emotions and communicate?</li> <li>• How can defense mechanisms be healthy or unhealthy?</li> <li>• What is the most dangerous part of depression?</li> <li>• What are two factors that might cause the brain changes that lead to mental illness?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Describe how emotions can be pleasant and unpleasant.</li> <li>• Explain how emotions can have physical effects</li> <li>• Explain why people express and communicate emotions</li> <li>• Describe different ways to communicate</li> <li>• Explain how to overcome negative thinking</li> <li>• Describe influences on emotional health</li> <li>• Understand how depression is different from sadness</li> </ul> <p>Describe how to know when you need help for an emotional problem.</p>	<p>Mental Health Emotion Hormone Emotional Health Verbal Communication Active Listening Body Language Creative Expression Negative Thinking Positive Self-talk Defense Mechanism Trigger Mental Illness Depression</p>

		<ul style="list-style-type: none"> <li>• When should you get help for an emotional problem?</li> <li>• What are three sources of help for emotional health problems?</li> </ul>		Phobia Therapist Psychiatrist
Alcohol	<p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts Concept 1: Understand Relationship Between Health Behaviors and Health PO1: Analyze the relationship between healthy behaviors and personal health</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts Concept 6: Understanding Healthy vs. Unhealthy Behaviors PO2: Examine the likelihood of injury or illness of engaging in unhealthy behaviors</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts Concept 6: Understanding Healthy vs. Unhealthy Behaviors PO3: Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors</p> <p>Strand 2: Analysis of Factors Affecting Health Behaviors Concept 1: External Influences on Personal Health PO1: Examine how the family influences the health of adolescents</p> <p>Strand 2: Analysis of Factors Affecting Health Behaviors Concept 1: External Influences on Personal Health PO3: Analyze how peers influence healthy and unhealthy behaviors</p> <p>Strand 4: Use of Interpersonal Communication Skills to Enhance Health Concept 1: Knowledge of Sources of Help PO 2. Demonstrate refusal and negotiation skills that avoid or reduce health risks</p> <p>Strand 8: Ability to Advocate for Health Concept 2: Collective Advocacy PO1. Demonstrate how to work cooperatively to advocate for healthy individuals, families, and schools Standard 5.8.2 - determine when health-related situations require the application of a thoughtful decision-making process</p>	<ul style="list-style-type: none"> <li>• How can a pregnant woman's health habits affect the developing baby?</li> <li>• What happens to your body when you drink alcohol?</li> <li>• What are the harmful affects of substance abuse during pregnancy?</li> <li>• What are some effects of drinking alcohol?</li> <li>• What are long-term effects of drinking alcohol?</li> <li>• What is it dangerous for a pregnant woman to drink alcohol?</li> <li>• How might you feel the pressure to drink from your family?</li> <li>• How might you feel the pressure to drink from your peers?</li> <li>• Why is drunk driving so dangerous?</li> <li>• What can you do to stop drunk driving?</li> <li>• What should you ask yourself when deciding not to drink?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Describe changes in the mother's body during pregnancy.</li> <li>• Describe how the body processes alcohol</li> <li>• Explain blood alcohol concentration</li> <li>• Identify factors that affect an individual's reaction to alcohol.</li> <li>• Describe factors that affect the health of both the mother and the fetus during pregnancy.</li> <li>• Explain how substance abuse during pregnancy effects the growing fetus</li> <li>• Describe how alcohol affects a person's behavior.</li> <li>• Identify risk factors of drinking alcohol.</li> <li>• Identify long-term effects of drinking alcohol.</li> <li>• Explain why it is dangerous for pregnant woman to drink alcohol.</li> <li>• Identify pressures that tempt teens to drink alcohol</li> <li>• Identify pressures that tempt teens to drink alcohol</li> <li>• Identify steps to take when deciding not to drink alcohol.</li> <li>• Identify two ways to resist internal pressures to drink.</li> </ul>	<p>Alcohol abuse Alcoholism Binge drinking Blood alcohol concentration</p> <p>Depressant Driving under the influence</p> <p>Drug Fetal alcohol syndrome Hobby Intoxication Peer pressure Reaction time Recovery</p>
Managing Stress Encouraging Healthy Relationships	<p>Standard 6.8.2 - develop a goal to adopt, maintain, or improve a personal health practice.</p> <p>Standard 4.8.2 - demonstrate refusal and negotiation skills to avoid reducing health risks.</p>	<ul style="list-style-type: none"> <li>• Why is stress response called the "fight-or-flight" response?</li> <li>• What techniques can be used to manage distress?</li> <li>• How can defense mechanisms be helpful?</li> </ul>	<ul style="list-style-type: none"> <li>• Describe the difference between stress and distress</li> <li>• Identify three sources of stress in your life</li> <li>• Describe the body's response to stress</li> <li>• Describe the physical, mental, and emotional effects of stress</li> </ul>	<p>Stress Stressor Distress Positive Stress Stress Response Fatigue</p>

	<p>Standard 4.8.3 - demonstrate effective conflict management or resolution strategies.</p> <p>Standard 2.8.1 - examine how the family influences the health of adolescents.</p> <p>Standard 2.8.4 - analyze how the school and community can impact personal health practices and behaviors.</p> <p>Standard 3.8.2 - access valid health information from home, school, and community.</p> <p>Standard 4.8.1 - demonstrate effective conflict management or resolution strategies</p> <p><b>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</b>          Concept 1: Understand Relationship Between Health Behaviors and Health          PO1: Analyze the relationship between healthy behaviors and personal health</p>	<ul style="list-style-type: none"> <li>• How can you show that you are happy without speaking?</li> <li>• What does nurturing mean?</li> <li>• What are ways that families nurture?</li> <li>• What should you do in an abusive situation?</li> <li>• What is an unhealthy relationship?</li> </ul>	<ul style="list-style-type: none"> <li>• Describe ways to manage stress</li> <li>• Explain how healthy relationships can help you stay healthy</li> <li>• Identify how assertive behavior can help you learn and grow</li> <li>• Describe ways to show respect</li> <li>• Describe ways to work through family problems</li> <li>• Identify problems and ways to deal with them</li> <li>• Explain why healthy friendships are important</li> <li>• Describe how refusal skills can help you</li> </ul>	<p>Defense Mechanism          Stress Management          Redirection          Reframing</p> <p>Nurturing          Neglect          Abuse          Tolerance</p>
<p>Drugs</p>	<p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts          Concept 6: Understanding Healthy vs. Unhealthy Behaviors          PO2: Examine the likelihood of injury or illness of engaging in unhealthy behaviors</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts          Concept 6: Understanding Healthy vs. Unhealthy Behaviors          PO3: Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors</p> <p>Strand 3: Access to Health Information, Products, and Services to Enhance Health          Concept 2: Accessing Help          PO1. Access valid health information from home, school, and community</p> <p>Strand 3: Access to Health Information, Products, and Services to Enhance Health          Concept 2: Accessing Help          PO2. Determine the accessibility of products that enhance health</p> <p>Strand 4: Use of Interpersonal Communication Skills to Enhance Health          Concept 1: Knowledge of Sources of Help          PO 2. Demonstrate refusal and negotiation skills that avoid or reduce health risks</p> <p><b>Strand 5: Use of Decision-Making Skills to Enhance Health</b></p>	<ul style="list-style-type: none"> <li>• What is drug addiction?</li> <li>• How does drug addiction affect people?</li> <li>• What are the dangers of marijuana on the body?</li> <li>• Why do the labels on spray paints and cleaning supplies say to use these products only in well-ventilated area?</li> <li>• Why is it dangerous to sniff glue?</li> <li>• What are designer drugs?</li> <li>• What is the FDA?</li> <li>• Are prescription medications safe?</li> <li>• What happens to a drug after you swallow it?</li> <li>• Why is it important to follow instruction when taking a prescription drug?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Explain what makes a substance a drug</li> <li>• Identify different ways that drugs enter the body.</li> <li>• Identify possible dangers of using medicines.</li> <li>• Explain what drug addiction is and how it happens.</li> <li>• Compare physical dependence and psychological dependence.</li> <li>• Identify types of problems related to drug abuse and drug addiction.</li> <li>• Identify the dangers of continued marijuana use.</li> <li>• Describe the addictive nature of opiates.</li> <li>• Identify uses and dangers of prescription opiates.</li> <li>• Describe heroin and its dangers.</li> <li>• Identify the dangers of using hallucinogens and inhalants.</li> <li>• Describe the dangers of using designer drugs.</li> </ul> <p>Explain how the government approves a drug</p>	<p>Depressant          Drug abuse          Drug addiction          Drug          Drug misuse          Hallucinogen          Inhalant          Marijuana          Medicine          Over-the-counter medicine          Physical dependence          Prescription medicine          Psychological dependence          Stimulant          THC          Withdrawal</p>

	<p>Concept 1: Influences on Health Decision Making PO1. Identify circumstances that can help or hinder healthy decision making</p> <p>Strand 5: Use of Decision-Making Skills to Enhance Health Concept 2: Application of Decision-Making Skills to Health PO2. Distinguish when individual or collaborative decision making is appropriate</p> <p>Strand 8: Ability to Advocate for Health Concept 2: Collective Advocacy PO1. Demonstrate how to work cooperatively to advocate for healthy individuals, families, and schools</p>			
<p>Personal Safety</p>	<p>Strand 2: Analysis of Factors Affecting Health Behaviors Concept 1: External Influences on Personal Health PO5: Analyze how messages from media influence health behaviors</p> <p>Strand 3: Access to Health Information, Products, and Services to Enhance Health Concept 2: Accessing Help PO3. Describe situations that may require professional health services</p> <p>Strand 3: Access to Health Information, Products, and Services to Enhance Health Concept 2: Accessing Help PO 4. Locate valid and reliable health products and services</p> <p>Strand 7: Ability to Practice Health-Enhancing Behaviors Concept 2: Personal Responsibility for Health PO1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others</p> <p>Strand 7: Ability to Practice Health-Enhancing Behaviors Concept 2: Personal Responsibility for Health PO2. Demonstrate behaviors that avoid or reduce health risks to self and others</p>	<ul style="list-style-type: none"> <li>• How do certain types of media or people influence the way you see your body image?</li> <li>• How do you think young children and teenagers view violence in the media?</li> <li>• How do companies shopping help you save?</li> <li>• How does comparison shopping help you save money?</li> <li>• Why is it important to know the latest news regarding healthcare?</li> <li>• What are the roles of those around you when coping with violence?</li> <li>• What characteristics do trusted adults have?</li> <li>• Why shouldn't you move someone with a head injury?</li> <li>• What should you do if someone isn't breathing?</li> <li>• What are vaccines?</li> <li>• Where can you find vaccines?</li> <li>• How can you prevent accidents?</li> <li>• How does recycling help the environment?</li> <li>• What can you do to protect and improve the health of your environment?</li> <li>• How can you avoid serious injuries?</li> <li>• What do you think causes violence?</li> <li>• How can your refusal skills help you stay safe from weapons?</li> <li>• How does wearing a seat belt help you stay safe in a car?</li> <li>• What should you do first during any emergency situation?</li> <li>• What health risks do you consider to be substantially high in your community?</li> <li>• What health risks can be prevented or lowered in your community?</li> <li>• What messages would you like to send to your peers, family, and community about tobacco?</li> <li>• How does recycling help the environment?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Explain why a healthy body image is important.</li> <li>• Describe the relationships between body image and self-esteem.</li> <li>• Explain how the media depicts violence.</li> <li>• List influences on your decision to buy healthcare products.</li> <li>• Explain how a goal can help you spend your money wisely.</li> <li>• List reasons for learning about healthcare products.</li> <li>• Describe how comparison shopping can help you find the best value.</li> <li>• Explain why keeping up with healthcare news is important.</li> <li>• Explain the roles of family, friends, police, and counselors in recovery.</li> <li>• Describe the treatment for the kinds of injury.</li> <li>• Explain what is shock and how to treat it.</li> <li>• Explain how to give abdominal thrusts to adults, infants, and yourself.</li> <li>• Describe CPR for adults, small children, and infants.</li> <li>• Explain what a vaccine is.</li> <li>• List examples of accidents.</li> <li>• Explain why you should have a family evacuation plan.</li> <li>• List recreational safety tips.</li> <li>• List ways to stay safe.</li> <li>• Describe ways to use resources wisely to advocate for healthy environments.</li> <li>• Explain how conversations help other people.</li> <li>• Describe how an individual's actions can affect public health.</li> </ul> <p>Explain how communities can promote public health.</p> <ul style="list-style-type: none"> <li>• Explain how accidents and injuries may cause disease.</li> </ul>	<p>Abdominal thrusts</p> <p>Cardiopulmonary resuscitation</p> <p>Dislocation</p> <p>Earthquake</p> <p>Emergency</p> <p>Fire extinguisher</p> <p>First aid</p> <p>Flood</p> <p>Fracture</p> <p>Frostbite</p> <p>Heat exhaustion</p> <p>Heatstroke</p> <p>Hypothermia</p> <p>Rescue breathing</p> <p>Smoke detector</p> <p>Tornado</p> <p>Violence</p>

		<ul style="list-style-type: none"> <li>• What can you do to protect and improve the health of your environment?</li> </ul>	<ul style="list-style-type: none"> <li>• Identify strategies to prevent accidents and minimize injuries.</li> <li>• Describe ways to avoid violence.</li> <li>• List ways to be safer from gun violence.</li> <li>• Describe how seat belts and air bags protect you during an accident.</li> <li>• List ways to be a safe passenger.</li> <li>• Describe the three Cs of an emergency.</li> <li>• Describe two ways to protect yourself when you give first aid.</li> <li>• List phone numbers that should be on an emergency phone number list.</li> <li>• Explain why you should be first-aid certified before giving first aid.</li> <li>• Promote information to lower the risk of peer, family, and community health issues.</li> <li>• Promote education on the health risks of smoking</li> <li>• Describe ways to use resources wisely to advocate for healthy environments.</li> <li>• Explain how conservations helps other people.</li> <li>• Describe how an individual's actions can affect public health.</li> </ul> <p>Explain how communities can promote public health</p>	
		<ul style="list-style-type: none"> <li>• How do certain types of media or people influence the way you see your body image?</li> <li>• How do you think young children and teenagers view violence in the media?</li> <li>• How do companies shopping help you save?</li> <li>• Why is it important to know the latest news regarding healthcare?</li> <li>• What are the roles of those around you when coping with violence?</li> <li>• What characteristics do trusted adults have?</li> <li>• Why shouldn't you move someone with a head injury?</li> <li>• What should you do if someone isn't breathing?</li> <li>• What are vaccines?</li> <li>• Where can you find vaccines?</li> <li>• How can you prevent accidents?</li> <li>• How does recycling help the environment?</li> <li>• What can you do to protect and improve the health of your environment?</li> <li>• How can you avoid serious injuries?</li> <li>• What do you think causes violence?</li> <li>• How can your refusal skills help you stay safe from weapons?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Explain why a healthy body image is important.</li> <li>• Describe the relationships between body image and self-esteem.</li> <li>• Explain how the media depicts violence.</li> <li>• List influences on your decision to buy healthcare products.</li> <li>• List reasons for learning about healthcare products.</li> <li>• Explain why keeping up with healthcare news is important.</li> <li>• Explain the roles of family, friends, police, and counselors in recovery.</li> <li>• Describe the treatment for the kinds of injury.</li> <li>• Explain what shock is and how to treat it.</li> <li>• Explain how to give abdominal thrusts to adults, infants, and yourself.</li> <li>• Describe CPR for adults, small children, and infants.</li> <li>• Explain what a vaccine is.</li> <li>• List examples of accidents.</li> <li>• Explain why you should have a family evacuation plan.</li> <li>• List ways to stay safe.</li> <li>• Describe ways to use resources wisely to advocate for healthy environments.</li> </ul>	

		<ul style="list-style-type: none"> <li>• How does wearing a seat belt help you stay safe in a car?</li> <li>• What should you do first during any emergency situation?</li> <li>• What messages would you like to send to your peers, family, and community about tobacco?</li> <li>• How does recycling help the environment? What can you do to protect and improve the health of your environment?</li> </ul> 	<ul style="list-style-type: none"> <li>• Describe how an individual's actions can affect public health.</li> <li>• Explain how communities can promote public health.</li> <li>• Identify strategies to prevent accidents and minimize injuries.</li> <li>• Describe ways to avoid violence.</li> <li>• List ways to be safer from gun violence.</li> <li>• Describe how seat belts and air bags protect you during an accident.</li> <li>• List ways to be a safe passenger.</li> <li>• Describe the three Cs of an emergency.</li> <li>• List phone numbers that should be on an emergency phone number list.</li> <li>• Describe ways to use resources wisely to advocate for healthy environments.</li> <li>• Describe how an individual's actions can affect public health.</li> </ul> <p>Explain how communities can promote public health.</p>	
--	--	---	---	--

