

Current Staff		Mrs. Durbin				
Course	Health					
Unit/ Length	Unit Objectives/ Big Ideas	Basic Outline/ Structure	Materials/ Text	Content Vocabulary	IL Standards	Assessments & Activities
August	<b>Health and Wellness:</b> 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.	-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	<b>Text: Holt Decisions for Health-Level Blue</b> <b>Chapter 1- Health and Wellness</b>	Health, Wellness, Heredity, Environment, Lifestyle, Preventive healthcare, Life skill, Refusal skill	22.A.3.b 22.C.3.a 22.C.3.b 23.C.3	Pre/Post Test Journal writing Summarize Vocabulary Q&A Text reading
September	<b>Making Healthy Decisions:</b> 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.	-Describe why personal responsibility is important in decision making -Summarize the six steps used in decision making	<b>Chapter 2- Making Healthy Decisions</b>	Personal Responsibility, Values, influence, peer pressure, goal, coping	24.A.3c 24.B.3	Vocabulary Journal writing Decision making scenarios Goal Setting WS Interviews Text reading Q&A

		<ul style="list-style-type: none"> <li>-Explain the relationship between decisions and goals</li> <li>-Explain how good communication helps you achieve goals and the importance of being an active listener</li> </ul>				Video- Natural High
<b>Sept. cont.</b>	<b>Stress Management</b> Understand what stress is, identify the effects of stress, explore defense mechanisms used to deal with distress. Demonstrate proper stress management.	<ul style="list-style-type: none"> <li>-Describe the relationship between stress and stressors.</li> <li>-Describe the body's stress response</li> <li>-Identify and explain defense mechanisms</li> <li>-Identify signs of stress and tools to cope</li> <li>-Stress prevention</li> </ul>	<b>Chapter 3- Stress Management</b> <b>Scholastic Choices Magazine</b>	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	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
<b>Sept-Oct</b>	<b>Body Systems</b> 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.	<ul style="list-style-type: none"> <li>-Describe how cells, tissues, and organs work together in the body</li> <li>-Describe the parts of the nervous system and possible problems</li> <li>-Identify the different glands of</li> </ul>	<b>Chapter 5- Body Systems</b>	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	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"> <li>-Describe how all the systems work and how to keep them healthy</li> <li>-Explain how the health of body systems affects total physical health</li> </ul>		Artery, Vein, Respiratory system,		Digestion Experiment Review- Jeopardy Chapter Test
<b>October</b>	<p><b>Eating Responsibly</b></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"> <li>-Explain how food choice affects health</li> <li>-Describe nutrients and the importance of eating nutrient rich foods</li> <li>-Explain how the body uses the 6 classes of nutrients</li> <li>-Read food labels</li> <li>-Use the MyPlate food guide system</li> <li>-Describe body image and self-esteem</li> <li>-List influences on body image</li> <li>-Identify eating disorders and how to get help</li> </ul>	<b>Chapter 8- Eating Responsibly</b>	<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</p> <p>22.A.3b</p> <p>23.B.3</p>	<p>Pre/Post Test</p> <p>Vocabulary</p> <p>Text Reading</p> <p>Q&amp;A</p> <p>Choices Magazine</p> <p>Article- Soda Shock</p> <p>Video</p> <p>Connections</p> <p>Exit Ticket</p> <p>USDA Supertracker site</p> <p>Summarize</p> <p>Jeopardy Review</p> <p>Chapter Test</p>

<b>Oct. cont.</b>	<b>Tobacco Education</b> Learn about tobacco products, the addictive nature of tobacco and the risks associated with tobacco use.	-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	<b>Chapter 14- Tobacco Scholastic Choices Magazine</b>	Nicotine, Emphysema, Carbon Monoxide, Tar, Relapse	22.A.3.a 23.B.3 24.C.3	Breathing Experiment Videos Choices Mag. Article Text Reading Q&A Vocab
<b>November</b>	<b>Alcohol Education</b> Study the risks associated with drinking alcohol. Examine the effects of alcohol on the body, on the family, and on society.	-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	<b>Chapter 15- Alcohol</b>	Depressant, BAC, intoxication, alcohol poisoning, cirrhosis, tolerance, FAS, inhibition, reaction time, alcoholism, dependence, recovery	22.A3.a 23.B.3 24.C.3	Pre/Post Test Text reading Vocab Q&A Create Warning Labels Magazine Article Drunk Buster Goggles Predictions Video Wordle Jeopardy Review Chapter Test

		-Identify ways to resist pressure				
<b>November</b>	<b>Medicine and Illegal Drugs</b> Learn how to use medicine safely, understand the risks of abusing drugs and how to avoid the dangers associated with illegal drug use.	-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	<b>Chapter 16- Medicine and Illegal Drugs</b> <b>Scholastic Choices Magazine</b>	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	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

<b>December</b>	<b>Adolescent Growth and Development</b>  <b>Hygiene and Infectious Disease Prevention</b> Learn what infectious disease is, how it spreads and how to prevent an infection.	-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	<b>Chapter 10- Growth and Development</b> <b>Chapter 17- Infectious Disease</b>	Puberty, Hormone  Infectious Disease, Bacteria, Antibiotic, Virus, Immune System, Vaccine, Sexually Transmitted Disease, Sexual Abstinence, HIV, AIDS	22.A.3b 23.B.3 23.C.4	Text Reading Discussion Q&A DVD- CATCH onto Good Hygiene Kids Health Video- Immune System
<b>Dec. cont.</b>	<b>Safety</b> Discuss the importance of accident prevention at home, school and the outdoors as well as automobile safety and basic first aid.	-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	<b>Chapter 19- Safety</b>	Accident, First Aid, Fracture, CPR, abdominal thrusts	22.A.3c 22.B.3 24.A.3a 24.A.3c	Text reading Q&A Vocab



