10 Content Areas for Health that will be covered
1. Mental and Emotional Health
2. Family and Social Health
3. Growth and Development
4. Nutrition
5. Personal Health and Physical Activity
6. Alcohol, Tobacco, and Other Drugs
7. Communicable and Chronic Diseases
8. Consumer and Community Health
9. Environmental Health
10. Injury Prevention and Safety

10 Week Plan for Health Education (This will be taught for 1/3 of the year. The remaining 2/3 is for Physical Education)
Week 1: Mental and Emotional Health
Week 2: Family and Social Health
Week 3: Growth and Development
Week 4: Nutrition
Week 5: Personal Health and Physical Activity
Week 6: Alcohol, Tobacco, and Other Drugs
Week 7: Communicable and Chronic Diseases
Week 8: Consumer and Community Health
Week 9: Environmental Health
Week 10: Injury Prevention and Safety

Generative Topics for the Year
1. How Can I Become Health Literate?
2. How Can I Maintain and Improve my Health?
3. How Can I Prevent Diseases?
4. How Can I Reduce Health Related Risk Behaviors?
**Health Standards for 10th Grade**

Standard 1: Comprehend Health Facts
Standard 2: Access Valid Health Information, Products, and Services
Standard 3: Make Health Behavior Contracts
Standard 4: Analyze Influences on Health
Standard 5: Use Communication Skills, Use Resistance Skills, and Use Conflict Resolution Skills
Standard 6: Set Health Goals and Use the Responsible Decision-Making Model
Standard 7: Be a Health Advocate

**Mental and Emotional Health**

Upon Completing this unit students will **Know** how to:

- Take Responsibility for health
- Practice Life skills for health
- Gain Health Knowledge
- Make Responsible Decisions
- Use Resistance Skills when Appropriate
- Develop Good Character
- Choose Behaviors that Promote a Healthy Mind
- Express Emotions and Communicate with Others in Healthful Ways
- Follow a Plan to Manage Stress
- Be Resilient During Difficult Times

Upon completing this unit students will be able to **Do**:  

- Analyze how behavior can impact health maintenance and disease prevention  
- Analyze how cultural diversity enriches and challenges health behaviors  
- Formulate a plan for life long health  
- Evaluate Progress toward achieving personal health goals  
- Analyze the role of individual responsibility for enhancing health  
- Demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults  
- Demonstrate refusal, negotiation, and collaboration skills to avoid potentially harmful situations  
- Demonstrate the ability to influence and support others in making positive health choices  
- Analyze the role of individual responsibility for enhancing health  
- Demonstrate skills for communicating effectively with family, peers, and others  
- Evaluate strategies to manage stress

**Family and Social Health**

Upon Completing this unit students will **Know** how to:
• Develop Healthful Family Relationships
• Work to Improve Difficult Family Relationships
• Use Conflict Resolution Skills
• Develop Healthful Friendships
• Develop Dating Skills
• Practice Abstinence
• Recognize Harmful Relationships
• Develop Skills to Prepare for Marriage
• Develop Skills to Prepare for Parenthood
• Make Healthful Adjustments to Family Changes

Upon Completing this unit students will be able to Do:
• Analyze how the family, peers, and community influence the health of individuals
• Analyze how the interpersonal communication affects relationships
• Demonstrate ways to avoid and reduce threatening situations
• Demonstrate Skills for communication effectively with family, peers, and others
• Demonstrate how behavior can impact health maintenance and disease prevention
• Demonstrate strategies for solving interpersonal conflicts without harming self or others
• Identify common health problems of children
• Demonstrate health ways to express needs, wants, and feelings

Growth and Development

Upon Completing this unit students will Know and Be Able To (Do):
• Keep my body systems healthy
• Recognize habits that protect female reproductive health
• Recognize habits that protect male reproductive health
• Learn about Pregnancy and Childbirth
• I will practice abstinence to avoid the risks of teen pregnancy and parenthood
• Provide Responsible care for infants and children
• Achieve Developmental tasks for my age group
• Develop my Learning Style
• Develop habits that promote healthful aging
• Share with my family my feelings about death and dying

Nutrition

Upon Completing this unit students will Know and Be Able To (Do):
• Select foods that contain nutrients.
• Eat the Recommended number of servings from the Food Guide Pyramid
• Follow the Dietary Guidelines
• Plan a Healthful diet that Reduces my risk of disease
• Evaluate food labels
- Develop Healthful Eating Habits
- Follow the Dietary Guidelines when I go out to eat
- Protect myself from foodborne illnesses
- Maintain a desirable weight and body composition
- Develop skills to prevent eating disorders

**Personal Health and Physical Activity**

Upon Completing this unit students will **Know** and **Be Able To** (Do):
- Have regular physical examinations
- Follow a dental health plan
- Be well-groomed
- Get adequate rest and sleep
- Participate in regular physical activity
- Develop and maintain health-related fitness
- Develop and maintain skill-related fitness
- Prevent physical activity-related injuries and illnesses
- Follow a physical fitness plan
- Be a responsible spectator and participant in sports

**Alcohol, Tobacco, and Other Drugs**

Upon Completing this unit students will **Know** and **Be Able To** (Do):
- Follow guidelines for the safe use of prescription and OTC drugs
- Not misuse or abuse drugs
- Avoid risk factors and practice protective factors for drug misuse and abuse
- Use resistance skills if I am pressured to misuse or abuse drugs
- Not drink alcohol
- Avoid tobacco use and secondhand smoke
- Not to be involved in illegal drug use
- Choose a drug-free lifestyle to reduce the risk of HIV infection and unwanted pregnancy
- Choose a drug-free lifestyle to reduce the risk of violence and accidents
- Be aware of resources for the treatment of drug misuse and abuse

**Communicable and Chronic Diseases**

Upon Completing this unit students will **Know** and **Be Able To** (Do):
- Choose behaviors to reduce my risk of infection with communicable diseases
- Choose behaviors to reduce my risk of respiratory diseases
- Choose behaviors to reduce my risk of infection with STDs
- Choose behaviors to reduce my risk of HIV infection
- Choose behaviors to reduce my risk of cardiovascular disease
- Choose behaviors to reduce my risk of diabetes
• Choose behaviors to reduce my risk of cancer
• Recognize ways to manage asthma and allergies
• Recognize ways to manage chronic health conditions
• Keep a personal health record

**Consumer and Community Health**

Upon Completing this unit students will **Know** and **Be Able To** (Do):

• Choose sources of health information wisely
• Recognize my rights as a consumer
• Take action if my consumer rights are violated
• Evaluate Advertisements
• Make a plan to manage time and money
• Choose healthy entertainment
• Make Responsible decisions about health care providers and facilities
• Evaluate ways to pay for health care
• Be a health advocate by being a volunteer
• Investigate health careers

**Environmental Health**

Upon Completing this unit students will **Know** and **Be Able To** (Do):

• Stay informed about environmental issues
• Help keep the air clean
• Help keep the water safe
• Help keep noise at a safe level
• Precycle, recycle, and dispose of waste properly,
• Help Conserve energy and natural resources
• Protect the natural environment
• Help improve my visual environment
• Take actions to improve my social-emotional environment
• Be a health advocate for the environment

**Injury Prevention and Safety**

Upon Completing this unit students will **Know** and **Be Able To** (Do):

• Follow safety rules to reduce the risk of unintentional injuries
• Follow safety guidelines for severe weather and natural disasters
• Follow guidelines for motor vehicle safety
• Practice protective factors to reduce the risk of violence
• Respect authority and obey laws
• Practice self-protection strategies
• Stay away from gangs
• Not carry a weapon
- Participate in victim recovery if I have been harmed by violence
- Be skilled in basic first aid procedures

**Reading Strategies for the Units:**

Newspapers and Current Magazines

Internet


AAPHERD: http://www.aahperd.org/


NASPE: http://www.aahperd.org/naspe/template.cfm

Awesome Library: http://www.awesomelibrary.org/

Ed-U-Tech: http://education.umn.edu/edutech/!physical/resources/physical_organizations.htm

Classroom Connect: http://www.classroom.com/community/community.jhtml?jsessionid=OYBYMJ4F1FYMNQFICQFCFEQ?_requestid=87631

WebQuests
Assessment

- Projects
- Tests/Quizzes
- Presentations
- Group Work
- Community Service Work
- Participation
- Role Plays