

**COURSE: 12-1-1 Health**  
**GRADE LEVEL: 9 – 12**

MAIN/GENERAL TOPIC:	SUB-TOPIC:	ESSENTIAL QUESTIONS:	WHAT THE STUDENTS WILL KNOW OR BE ABLE TO DO:	SKILLS:	WHEN STUDENT DOES IT:	ASSESSMENTS:
PHYSICAL HEALTH	Nutrition	<ul style="list-style-type: none"> <li>What is a balanced diet?</li> </ul>	<ul style="list-style-type: none"> <li>Understand the levels of the food pyramid</li> <li>Identify the positives and negatives of vitamins or minerals</li> <li>Will be able to read food labels</li> <li>Will be able to plan a healthy meal</li> </ul>	<ul style="list-style-type: none"> <li>Keep a food log</li> <li>Compare and understand nutrition labels</li> <li>Plan a nutritious meal</li> </ul>	November	<ul style="list-style-type: none"> <li>Food log</li> <li>Meal plan</li> <li>Tests</li> </ul>
	Fitness	<ul style="list-style-type: none"> <li>How does a person stay physically fit?</li> </ul>	<ul style="list-style-type: none"> <li>Will be able to determine physical fitness</li> <li>Identify different activities that will promote lifetime physical health.</li> </ul>	<ul style="list-style-type: none"> <li>Determine BMI and a healthy weight</li> <li>Use a scale</li> <li>Design a safe exercise program</li> </ul>	December	<ul style="list-style-type: none"> <li>Exercise plan</li> <li>Fitness log</li> <li>Group discussion</li> </ul>
	Hygiene	<ul style="list-style-type: none"> <li>What is the importance of proper hygiene?</li> </ul>	<ul style="list-style-type: none"> <li>Identify the basic components of good hygiene</li> <li>Identify complications/risks associated with poor hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Name the products/components needed for good hygiene</li> <li>Explain the proper procedure for bathing and dental health</li> <li>List the results of poor hygiene</li> </ul>	December to January	<ul style="list-style-type: none"> <li>Charts</li> <li>Hygiene logs</li> </ul>
MENTAL HEALTH	Self-Concept	<ul style="list-style-type: none"> <li>What is self-esteem?</li> <li>How does self-esteem affect a person's mental health?</li> <li>How does stress affect a person's self-</li> </ul>	<ul style="list-style-type: none"> <li>Understand the difference between low esteem and healthy self-esteem</li> <li>Understand how stress impacts a person's well being</li> </ul>	<ul style="list-style-type: none"> <li>Identify activities that will increase an individual's self-esteem</li> <li>Discuss indicators/causes of stress</li> </ul>	January	<ul style="list-style-type: none"> <li>Self-esteem inventory</li> <li>Stress inventory</li> </ul>

		esteem				
	Mental Illness	<ul style="list-style-type: none"> <li>• What is mental illness?</li> <li>• How does mental illness affect the individual and those around them?</li> <li>• Where would a person find treatment for a mental illness?</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the characteristics of mental illnesses</li> <li>• Describe the impact of a mental illness</li> <li>• List agencies and support networks that help individuals with mental illnesses</li> </ul>	<ul style="list-style-type: none"> <li>• Research a mental illness</li> <li>• Develop a poster presentation on a specific mental illness</li> </ul>	January - February	<ul style="list-style-type: none"> <li>• Power point presentation rubric</li> <li>• Test</li> </ul>
SOCIAL HEALTH	Reproductive System	<ul style="list-style-type: none"> <li>• What are the components of the male and female reproductive system?</li> <li>• How does a female become pregnant?</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the name and function of the male and female anatomy.</li> <li>• Identify the stages of pregnancy.</li> </ul>	<ul style="list-style-type: none"> <li>• Label a diagram of the male and female anatomy</li> <li>• View <a href="#">Miracle of Life</a></li> </ul>	February	<ul style="list-style-type: none"> <li>• Test</li> <li>• Group discussion</li> </ul>
	Sexual Health	<ul style="list-style-type: none"> <li>• What is safe sex?</li> <li>• What are sexually transmitted diseases?</li> </ul>	<ul style="list-style-type: none"> <li>• Identify safe sex practices and methods of contraception</li> <li>• Communicate personal needs regarding safe sex</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate proper placement of a condom</li> <li>• Research the different methods of contraception</li> </ul>	March	<ul style="list-style-type: none"> <li>• Group discussion</li> <li>• Power point</li> </ul>
	Drugs and Alcohol	<ul style="list-style-type: none"> <li>• What are drugs?</li> <li>• Why do people use drugs?</li> <li>• What is addiction?</li> <li>• What are the harmful effects of drugs and alcohol?</li> </ul>	<ul style="list-style-type: none"> <li>• Know the differences between legal and illegal drugs</li> <li>• Understand the harmful effects of addiction</li> <li>• Understand the abuse, misuse and use of prescription, OTC and illegal substances</li> </ul>	<ul style="list-style-type: none"> <li>• Read a label to determine dosage and side effects</li> <li>• How to find help for addictions</li> </ul>	April	<ul style="list-style-type: none"> <li>• Tests</li> <li>• Group discussions</li> </ul>