

# Ch/Gl Junior High Health

**Subject:** Health

# Platte #1 Curriculum Map

**Department:** Chugwater/Glendo Junior High (Year 1 of 3)

Unit of Study and Time	Essential Questions/Content	Objectives/ Learning Targets	Resources	Projects/Activities	Assessment	Standard *Bold=Assessed
Intro to Health and Wellness  2 weeks	What is Wellness? What does it mean to be healthy? What is Fitness? How are fitness, health and wellness related? What are the components of Wellness? What is the health continuum? How do outside influences affect our level of wellness? What can I do personally to be responsible for my wellness level? What are some factors that affect your health? What is Maslow's hierarchy of needs?	Students will define and compare health, fitness and wellness.  Students will identify the wellness components and explain how they are related.  Students will describe why the health continuum is always changing.  Students will identify influences which affect wellness levels.  Students will identify the effect of personal choices on wellness.  Identify lifestyle factors which affect your health.  Identify which needs must be met first.	Internet Glencoe Health/Merki	Lecture Class Discussion Chapter Activities Internet Activities	Chapter Activities/Worksheets/Quizes Self-evaluation	HE6.2.1 HE6.2.4 HE6.2.5 HE6.3.1 HE6.4.1 HE8.2.5
<b>Hereditary</b> 2 weeks	What does heredity mean? How does heredity affect levels of wellness? Why is it important to know your family history? What are genes? What are some things that you inherit from your parents? What is a trait? What is a dominant gene? What is a recessive gene	Students will define heredity, traits, dominant and recessive genes.  Students will identify reasons why knowing about heredity is important.	Internet	Lecture Discussion Worksheets Classroom Speakers	Worksheets Quizes Daily Participation	

<b>Communicable and Non Communicable Disease</b>  3 weeks	What are Communicable diseases? What causes Communicable diseases? How can we prevent Communicable diseases? What are chronic diseases? What is a Noncommunicable disease? What is the effect of heredity on the risk of getting a disease? How does the environment affect the risk of getting a disease?	Students will differentiate between a communicable and noncommunicable disease.  Students will identify steps to take to reduce the chances of contracting a communicable disease.  Students will identify chronic diseases and the consequences of these diseases.	Internet Health Teacher Teen Health-Merki	Lecture Research Presentation Discussion Worksheets	Presentation Quiz Daily Grade	HE8.1.1 HE8.1.2 HE8.4.2 HE8.4.3
Alcohol, Tobacco,OTC, Prescription and Illegal Drugs  6 weeks	What pressures do students face to use? What diseases are associated with tobacco use? How does alcohol affect the body,(short and long term)? What is binge drinking? How does second hand smoke affect those who come into contact with it? What is BAC mean and what amount is legal to drive? What factors may have an effect on how a person reacts to drinking? What is the legal drinking age? How do marketers target people to purchase alcohol and tobacco? What factors contribute to illegal drug use? What are the most common illegal drugs abused? What is the difference between drug use, misuse, and abuse? What are the effects of each of the drugs on the body and society?	Students will identify reasons people use.  Students will identify diseases associated with alcohol and tobacco use.  Students will differentiate between side stream and second hand smoke.  Students will define BAC and DUI.  Identify how advertising works to market tobacco and alcohol.  Students will explain the difference between drug use, misuse and abuse.  Students identify common societal problems associated with drug and tobacco use.	Internet Health Teacher Teen Health-Merki	Lecture Research Discussion Presentations	Daily Grade Quiz Research Presentation Worksheets	HE6.2.1 HE6.2.2 HE6.3.1 HE6.3.2 HE6.3.3 HE6.4.2 HE8.2.3 HE8.2.5 HE8.3.2 HE8.3.3 HE8.4.3

		Students explain the risks of misusing OTC drugs				
Injury Prevention, First Aid and CPR  6 Weeks	What is bullying? What is conflict? What is conflict resolution? How does conflict resolution prevent injuries? How does risk taking lead to injuries? What is an unintentional injury? What steps can one take to prevent injuries? What are the steps in responding to an emergency? What are the three C's in responding to an emergency? What are the ABC's in an emergency situation/ How do I perform CPR and Rescue Breathing? How do I know an emergency exists? What do I do when someone is choking? How do I identify and care for sprains, strains and dislocations? What are soft tissue injuries and how do I care for them? How do I care for injuries to the head, neck and spine? What is a sudden illness?	Students understand how "I" messages can be helpful in avoiding conflict. Students identify steps to take to reduce risk taking. Students identify the steps when responding to an emergency. Describe what the three C's in emergency response. Identify when an emergency exists. Demonstrate the steps in performing CPR. Describe the treatment for strains, sprains and dislocations. Explain treatment for soft tissue injuries. Describe how to care for head, neck and spine injuries.	Internet Teen Health American Red Cross	Lecture Discussion Videos	Daily points Quizzes Hands on technique	HE6.2.1 HE6.2.2 HE6.2.3 HE8.1.3 HE8.1.6 HE8.2.1 HE8.3.3 HE8.3.4 HE8.4.9 HE8.4.10

Disease Prevention 3 weeks					
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