

# Ganado Unified School District

## Health 6,7, and 8

### PACING Guide SY 2015-2016

Timeline & Resources	AZ College and Career Readiness Standard	Essential Question (HESS Matrix)	Learning Goal	Vocabulary (Content/Academic)
Week 1 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</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> <li>How might self-discipline help you achieve your goal?</li> </ul>	<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>	<p>Attitude Environment Health Heredity Life skills Lifestyle Preventive healthcare wellness</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</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> </ul>	<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>	

	<p>Concept 2: Health-Related Goal Setting 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 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> <li>• How might self-discipline help you achieve your goal?</li> </ul> <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 images do the advertisers use to entice people to buy their product?</li> <li>• What are ways in which your peers can positively and negatively affect your health?</li> <li>• How can your attitude affect the decisions you make and the outcomes of situations?</li> <li>• What is a barrier?</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> </ul>	<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>I will be able to:</p> <ul style="list-style-type: none"> <li>• Describe the four parts of health</li> <li>• Describe how the environment influences your health.</li> <li>• Explain how heredity affects my health.</li> <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 the nine life skills.</li> <li>• Explain how using the life skills improve your health.</li> </ul>	
<p>Week 2 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</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> </ul>	<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> <li>• Explain how I will use the FIT principle to improve my health.</li> </ul>	<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>

	Concept 2: Health-Related Goal Setting PO3: Describe how personal health goals can vary with changing abilities, priorities, and responsibilities	<ul style="list-style-type: none"> <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>		
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Week 4 & 5 Chapter 6 A Healthy Boy and Weight Physical Fitness	<p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</p> <p>Concept 6: Understanding Healthy vs. Unhealthy Behaviors</p> <p>PO1: Describe the benefits of and barriers to practicing behaviors</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</p> <p>Concept 3: Understanding Personal Health</p> <p>PO3: Analyze how physical activity contributes to disease prevention</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</p> <p>Concept 6: Understanding Healthy vs. Unhealthy Behaviors</p> <p>PO1: Describe the benefits of and barriers to practicing behaviors</p> <p>Strand 2: Analysis of Factors Affecting Health Behaviors</p> <p>Concept 1: External Influences on Personal Health</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> </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> </ul>	<p>Active rest</p> <p>Acute injury</p> <p>Aerobic exercise</p> <p>Anaerobic exercise</p> <p>Chronic injury</p> <p>Competition</p> <p>Endurance</p> <p>Exercise</p> <p>Flexibility</p> <p>Overtraining</p> <p>Physical fitness</p> <p>Recovery time</p> <p>Resting heart rate</p> <p>Sportsmanship</p> <p>Strength</p> <p>Weight training</p>



	<p>PO6: Analyze the influence of technology on personal and family health 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 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 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> <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 of resources does your community provide for preventive healthcare?</li> <li>• How can the FIT principle be used to improve your fitness plan?</li> </ul> <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 of resources does your community provide for preventive healthcare?</li> <li>• How often do you exercise?</li> </ul>	<ul style="list-style-type: none"> <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>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> <li>• Identify community resources</li> </ul>	
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		<ul style="list-style-type: none"> <li>What are ways you can increase the amount of exercise you do?</li> </ul>		
		<ul style="list-style-type: none"> <li>What are the physical, mental, emotional, and social benefits of 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>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 are activities that I like and dislike?</li> <li>How do the activities I like/dislike impact my health?</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> <li>What programs of resources does your community provide for preventive healthcare?</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>Explain how exercise benefits mental and emotional health.</li> <li>Analyze how technology has an effect on health.</li> <li>Explain why I should try activities that I like.</li> <li>Explain why I should try activities that I like.</li> <li>Describe ways to protect myself from injury while exercising.</li> <li>List warm up and cool down techniques.</li> <li>Describe how to assess your progress in learning life skills.</li> <li>Explain why I should test my fitness</li> <li>Explain why I should try activities that I like</li> <li>Identify community resources</li> </ul>	
<p>Week 6,7 &amp; 8</p> <p>Nutrition</p>	<p><b>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</b></p> <p>Concept 1: Understand Relationship Between Health Behaviors and Health</p> <p>PO1: Analyze the relationship between healthy behaviors and personal health</p> <p>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</p> <p>Concept 3: Understanding Personal Health</p> <p>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</p> <p>Concept 6: Understanding Healthy vs. Unhealthy Behaviors</p> <p>PO3: Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors</p> <p>Strand 2: Analysis of Factors Affecting Health Behaviors</p> <p>Concept 1: External Influences on Personal Health</p> <p>PO2: Describe the influence of culture on health beliefs, practices, and behaviors</p> <p>Strand 8: Ability to Advocate for Health</p> <p>Concept 3: Tailoring Advocacy Message to Audience</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>Do you agree or disagree with the phrase, "you are what you eat"?</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>Why is a healthy diet important in preventing noninfectious diseases?</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> <li>What are some negative and positive aspects of the cafeteria's food options?</li> <li>What is a vegetarian?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>Identify factors that affect my food choices.</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>Describe the important of eating food high in nutrients.</li> <li>Identify the six classes of essential nutrients</li> <li>Explain how the body uses the six classes of essential nutrients</li> <li>Describe how metabolism and nutrition are related to disease.</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> <li>Explain how to read the nutrition facts label</li> <li>Investigate the different food options provided by the school cafeteria.</li> <li>Explain how the body uses the six classes of essential nutrients</li> <li>List the classes of nutrients vegetarians must consider in their diet</li> </ul>	<p>Carbohydrate</p> <p>Diet</p> <p>Dietary guidelines for Americans</p> <p>Digestion</p> <p>Fats</p> <p>Food guide pyramid</p> <p>Mineral</p> <p>Nutrient</p> <p>Nutrition facts label</p> <p>Protein</p> <p>Vitamin</p>

	<p>PO1. Identify ways in which health messages and communication techniques can be altered for different audiences</p> <p><b>Strand 3: Access to Health Information, Products, and Services to Enhance Health</b>          Concept 1: Knowledge of Sources of Help          PO1. Analyze the validity of health information, products, and services</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><b>Strand 8: Ability to Advocate for Health</b>          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>	<ul style="list-style-type: none"> <li>What foods must a vegetarian refrain from?</li> <li>What nutrients will a vegetarian need to consider in substituting for a lack of nutrients in their diet?</li> <li>How can your family recipes be altered to be healthier?</li> </ul>		
		<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> <li>How can your family recipes be altered to be healthier?</li> </ul>	<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> <li>Explain how to read the nutrition facts label</li> </ul>	
		<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>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>How can your family recipes be altered to be healthier?</li> </ul>	<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>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 the types 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>	
Week 9 & 10 Tobacco	<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>	<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> </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 smokeable and smokeless tobacco.</li> </ul>	<p>Additives          Carcinogen          Cardiovascular disease          Chronic bronchitis          Drug addiction          Emphysema</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.	<ul style="list-style-type: none"> <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?</li> <li>How does nicotine affect people?</li> </ul>	<ul style="list-style-type: none"> <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>	Environmental tobacco smoke  Nicotine Nicotine replacement therapy Peer pressure Social strain
	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	<ul style="list-style-type: none"> <li>What are the consequences if an adolescent who starts smoking?</li> <li>What is environmental tobacco smoke?</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?</li> <li>How does nicotine affect people?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>Describe the effects of environmental tobacco smoke.</li> <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 smokeable 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> </ul>	
	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	<ul style="list-style-type: none"> <li>What are the consequences if an adolescent who starts smoking?</li> <li>What is environmental tobacco smoke?</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?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>Describe the effects of environmental tobacco smoke.</li> <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 smokeable and smokeless tobacco.</li> <li>Explain how someone can form a tolerance to nicotine.</li> </ul>	
	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	<ul style="list-style-type: none"> <li>What are the consequences if an adolescent who starts smoking?</li> <li>What is environmental tobacco smoke?</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?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>Describe the effects of environmental tobacco smoke.</li> <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 smokeable and smokeless tobacco.</li> <li>Explain how someone can form a tolerance to nicotine.</li> </ul>	
Week 11 & 12 Alcohol	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	<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> </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> </ul>	Alcohol abuse Alcoholism Binge drinking Blood alcohol concentration  Depressant Driving under the influence  Drug Fetal alcohol syndrome Hobby Intoxication Peer pressure Reaction time Recovery
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				
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>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</p>	<ul style="list-style-type: none"> <li>What should you ask yourself when deciding not to drink?</li> </ul>	<ul style="list-style-type: none"> <li>Identify steps to take when deciding not to drink alcohol.</li> <li>Identify two ways to resist internal pressures to drink.</li> </ul>	
		<ul style="list-style-type: none"> <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 peers?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <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>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> </ul>	
		<ul style="list-style-type: none"> <li>What happens to your body when you drink alcohol?</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 peers?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>Describe how the body processes alcohol</li> <li>Explain blood alcohol concentration</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> </ul>	
Week 13 & 14 Drugs	<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> <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>	<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> <li>Explain how the government approves a drug.</li> </ul>	<p>Depressant Drug abuse Drug addiction Drug Drug misuse Hallucinogen Inhalant Marijuana Medicine Over-the-counter medicine</p> <p>Physical dependence Prescription medicine Psychological dependence Stimulant THC Withdrawal</p>
		<ul style="list-style-type: none"> <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> <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> </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>Identify types of problems related to drug abuse and drug addiction.</li> </ul>	



	<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> 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>	<ul style="list-style-type: none"> <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>• How could a support group help a person who used to abuse drugs?</li> <li>• Why do you think some people recovering from a drug addiction, may find support groups helpful?</li> </ul>	<ul style="list-style-type: none"> <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> <li>• Write and perform a skit of an intervention to help a peer.</li> </ul>	
		<ul style="list-style-type: none"> <li>• What could happen if you took too much of a medicine?</li> <li>• What happens to a drug after you swallow it?</li> <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> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <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>• Identify the dangers of continued marijuana use.</li> </ul>	
Week 15 & 16 Personal Safety	<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> </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> </ul>	<p>Abdominal thrusts Cardiopulmonary resuscitation</p> <p>Dislocation Earthquake Emergency Fire extinguisher First aid Flood Fracture Frostbite Heat exhaustion Heatstroke Hypothermia Rescue breathing Smoke detector Tornado Violence</p>

		<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 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> <li>• What can you do to protect and improve the health of your environment?</li> </ul>	<ul style="list-style-type: none"> <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 conservations 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> <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> <li>• Explain how communities can promote public health.</li> </ul>	
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		<ul style="list-style-type: none"> <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 messages would you like to send to your peers, family, and community about tobacco?</li> <li>• How does recycling help the environment?</li> <li>• What can you do to protect and improve the health of your environment?</li> </ul>	<ul style="list-style-type: none"> <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> <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> <li>• Explain how communities can promote public health.</li> </ul>	
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		<ul style="list-style-type: none"> <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> <li>• What can you do to protect and improve the health of your environment?</li> </ul>	<ul style="list-style-type: none"> <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 how an individual's actions can affect public health.</li> <li>• Explain how communities can promote public health.</li> <li>• Explain what steps you can take to protect your health from the environment.</li> </ul>	
Week 17 & 18 Non Infectious Diseases	<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 PO4: Describe how family history can affect 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 5: Understanding Use of Health Care PO1: Explain how appropriate health care can promote personal health</p> <p><b>Strand 2: Analysis of Factors Affecting Health Behaviors</b> Concept 1: External Influences on Personal Health PO1: Examine how the family influences the health of adolescents</p>	<ul style="list-style-type: none"> <li>• How does your body defend itself against disease?</li> <li>• Why do you sometimes get fevers when you get sick?</li> <li>• How might you get a disease that cannot be passed from person to person?</li> <li>• Can cancers be inherited?</li> <li>• How can infectious diseases be prevented from spreading to those around you?</li> <li>• What is the best way to avoid catching a cold or the flu?</li> <li>• What is the purpose of your immune system?</li> <li>• When should you seek help for an allergic reaction?</li> <li>• How do doctors treat cancer?</li> <li>• What do genes do?</li> </ul>	<ul style="list-style-type: none"> <li>• Describe how the body keeps germs out.</li> <li>• Explain how the body fights diseases internally.</li> <li>• Explain the relationship between risk factors and noninfectious diseases.</li> <li>• Explain how the growth of cancer cells is different from the growth of normal cells.</li> <li>• Describe ways to prevent infectious diseases from spreading to others.</li> <li>• I will be able to: <ul style="list-style-type: none"> <li>• Explain what it means to have an allergy.</li> <li>• Describe ways to treat allergies and autoimmune diseases.</li> <li>• Identify ways to treat cancer.</li> <li>• Describe how genes are related to hereditary diseases</li> <li>• Give examples of hereditary diseases.</li> </ul> </li> </ul>	
		<ul style="list-style-type: none"> <li>• How does your body defend itself against disease?</li> <li>• Why do you sometimes get fevers when you get sick?</li> <li>• How might you get a disease that cannot be passed from person to person?</li> <li>• How can infectious diseases be prevented from spreading to those around you?</li> <li>• What is the best way to avoid catching a cold or the flu?</li> <li>• What is the purpose of your immune system?</li> <li>• When should you seek help for an allergic reaction?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Describe how the body keeps germs out.</li> <li>• Explain how the body fights diseases internally.</li> <li>• Explain the relationship between risk factors and noninfectious diseases.</li> <li>• Describe ways to prevent infectious diseases from spreading to others.</li> <li>• I will be able to: <ul style="list-style-type: none"> <li>• Explain what it means to have an allergy.</li> <li>• Describe ways to treat allergies and autoimmune diseases.</li> </ul> </li> </ul>	
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