

Thomaston Public Schools - Curriculum Overview and Pacing Guide

High School Health Education 1

Course Title: High School Health Education I Course		
School: Thomaston High School	Grade: 9 & 10	Curriculum Pacing: 18 weeks
Unit One: Health Skills - Foundations	Unit Two: Mental/Emotional Health	Unit Three: Building Healthy Relationships
Unit Pacing: 2 weeks	Unit Pacing: 4 weeks	Unit Pacing: 4 weeks
<p>Unit Overview: Decision-Making Skills -Being in the best of health throughout your life means making healthy choices and practicing healthful behaviors. -Understanding how heredity, environment, and other factors affect your health can help you make healthy decisions.</p> <p>Refusal Skills -Risk behaviors can harm your health, but there are steps you can take to avoid or reduce these risks.</p> <p>Goal-Setting Skills -Staying healthy takes knowledge, a plan, and practicing healthful behaviors.</p>	<p>Unit Overview: The Importance of Mental and Emotional Health Good mental and emotional health helps you develop a healthy self-esteem. -Healthy identity is based on being a person of good character. -Describe characteristics of good mental and emotional health. -Describe how social environments and relationships affect mental and emotional health. -Identify lifestyle practices that contribute to positive mental and emotional health.</p> <p>Mental and Emotional Problems -Managing your emotions allows you to express them in healthful ways. -Describe signs of common mental health conditions. -Describe strategies for coping with mental health problems. -Explain when it is appropriate to seek help with a mental health disorder. -Identify factors that can influence mental health.</p> <p>Stress and Stress Management -Stress can affect you in both positive and</p>	<p>Unit Overview: Skills for Healthy Relationships -Describe strategies for communicating in healthy ways. -Explain the role of empathy in building and maintaining healthy relationships. -Identify character traits that promote healthy relationships. -Building strong relationships is important to your overall health.</p> <p>Understanding Relationships with Peers -Describe the characteristics of healthy peer relationships. -Describe the positive and negative effects of social networking on peer relationships. -Explain how peer relationships affect well-being. -Identify common causes of conflict between peers. -Knowing why conflicts occur can help you prevent them and support resolving them assertively.</p> <p>Healthy Relationships: Dating and Marriage -Describe how to communicate effectively with a romantic partner. -Describe strategies to prevent and respond to incidents of domestic violence.</p>

	<p>negative ways.</p> <ul style="list-style-type: none"> -Describe the relationship between stress and physical and social health. -Identify signs, symptoms, and sources of stress. -Describe strategies for coping with stress. <p>Grief, Loss, Depression, and Suicide</p> <ul style="list-style-type: none"> -Understanding the grieving process helps cope with loss and manage feelings in healthy ways. <p>Describe strategies for coping with loss, depression, and suicidal thoughts.</p> <ul style="list-style-type: none"> -Explain how grief and loss may affect physical and social health. -Identify the warning signs and risk factors for depression and suicide. <p>Seeking Help in Your Community</p> <ul style="list-style-type: none"> -Identify school and community mental health resources. -Identify the benefits of professional mental health resources. -Identify when it is necessary to seek professional mental health services. 	<ul style="list-style-type: none"> -Describe the effects of being in an unhealthy romantic relationship. -Explain the characteristics of a healthy romantic relationship.
<p>Compelling Questions</p> <ol style="list-style-type: none"> 1. What is health? 2. Why would you want to be healthy? 3. How can health skills help you achieve wellness? 	<p>Compelling Questions</p> <ol style="list-style-type: none"> 1. Why is it important to be mentally and emotionally healthy? 2. What are the best ways to manage mental/emotional health problems? 3. How is your self-esteem related to your identity? 4. How does the way you express emotions reflect your mental health? 5. What is stress and can it be avoidable? 6. What are some coping skills that help people deal with stress? 7. What are some resources in your community that offer mental, emotional, and social services? 	<p>Compelling Questions</p> <ol style="list-style-type: none"> 1. What skills are needed to form healthy relationships? 2. Why are peer relationships important and how can they affect your health? 3. What does it mean to be in a "healthy" romantic relationship?

<p>Priority Learning Targets</p> <p>I can develop skills that will help manage my health throughout my life.</p> <p>I can actively promote my well-being by making healthful choices and setting positive goals.</p> <p>I can identify the decision to be made, recognize options, and anticipate possible consequences.</p> <p>I can write a clear goal statement and adjust and/or change the plan if needed.</p>	<p>Priority Learning Target</p> <p>I can identify strategies to avoid or manage unhealthy or dangerous situations.</p> <p>I can demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</p> <p>I can manage stress by learning skills to reduce the amount and impact of stress in my life.</p>	<p>Priority Learning Targets</p> <p>I can demonstrate the ability to use interpersonal communication skills to enhance health.</p> <p>I can model appropriate and effective verbal and non-verbal strategies and improve dialogues that express needs, ideas, and opinions.</p> <p>I can participate in awareness and take a clear stand for a healthy choice.</p>
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Unit Four: Body Systems	Unit Five: Nutrition
Unit Pacing: 4 weeks	Unit Pacing: 4 weeks
<p>Unit Overview:</p> <ul style="list-style-type: none"> - The Skeletal System provides a living structure for the body. - The Muscular System enables the limbs and other parts of the body to move. -The Nervous System sends messages through the nerves to coordinate all the body's activities. -The Cardiovascular System moves blood through the body, while the lymphatic system circulates lymph throughout the body. -The Respiratory System provides oxygen to the blood and removes carbon dioxide from the body. -The Digestive System provides nutrients and energy for your body through the digestion of food. -The Excretory System removes wastes from the body. -The Endocrine System sends and receives chemical messages that control many body functions. -The Male Reproductive system is a series of organs involved in producing children. 	<p>Unit Overview:</p> <p>Nutrition and Health</p> <ul style="list-style-type: none"> -Learning to make healthful food choices will keep you healthy throughout your life. -Each nutrient in your diet plays a unique and essential role in keeping you healthy. -Describe steps individuals can take to improve one's own diet. -Explain how diet can be used to treat chronic disease. -Explain how nutrition impacts health. -Use evidence from current scientific research to analyze the accuracy of health claims. <p>Guidelines for Healthy Eating</p> <ul style="list-style-type: none"> -MyPlate and the Dietary Guidelines can help you choose healthful foods for all your meals and snacks. -Describe how nutritional needs change over time. -Describe the characteristics of a nutritionally balanced diet. <p>Distinguish between facts and myths about nutrition. Identify health-related</p>

-The Female Reproductive system matures at puberty and enables women to reproduce.

social concerns related to unhealthy eating.

-By reading food labels and handling foods safely, you can avoid many food-related health problems.

Maintaining a Healthy Body Composition and Body Image

-Analyze how the media influences perceptions about body image and attractiveness.

-Describe the causes, symptoms, and harmful effects of eating disorders.

-Describe why maintaining a healthy weight and body composition is important.

-Explain strategies an individual could use to maintain a healthy weight and body composition.

-Maintaining a healthy weight helps you protect your health and prevent disease.

-Poor body image may lead to unhealthful and harmful eating behaviors.

Compelling Questions

1. What exercises strengthen muscles and bones?
2. How does nutrition affect your muscles and bones?
3. How can you prevent injuries to the muscular, skeletal and nervous systems?
4. When do you feel your heart rate change?
5. What can cause your breathing to change?
6. How does your stomach feel after you eat a large meal?
7. What is the purpose of the endocrine system?
8. Do you recognize the role of hormones during puberty?
9. What behaviors are essential for the health of the reproductive systems?

Compelling Questions

1. What influences your food choices?
2. What does it mean to practice good nutrition?
3. What is the relationship between nutrition and health?
4. How do communities, the government, and individuals promote healthy eating and physical fitness?
5. Why is it important to maintain a healthy body composition and body image?

Priority Learning Targets

I can comprehend concepts related to health promotion and disease prevention.

I can investigate and research factual and reliable health information.

I can interpret and discuss relationships among ideas.

Priority Learning Targets

I can analyze the influence of culture, media, technology, and other factors of health.

I can demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

I can access valid health information and health promoting products and services.

I can advocate for personal, family, and community health.