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| **Core Competency** | **Targeted Competencies** | **Assessment/Evidence** |
| **Foundations of Health** |  Living a healthy life Understanding The Triangle of Health Reducing Health Risks with Proactive Behaviors Understanding Heredity and Genetics Making Responsible Decisions and Setting Goals Understanding Consumer Health Literacy Choosing and Accessing Community Health Services Managing Consumer Problems Understanding Public Health Services | Chapter readingsVocabularyStudy GuidesSmall Group WorkAdvertising Media ProjectWorksheetsChapter Tests |
| **Physical Activity and Nutrition** |  Engaging in Physical for Health Benefits Awareness of Training Factors for Physical Health and Safety Preventing Physical Activity Injuries Practicing Good Nutrition During the Teen Years Understanding Nutrients Navigating Guidelines for Healthful Eating Maintaining a Healthy Weight | Chapter readingsVocabularyStudy GuidesSmall Group WorkYouth Oriented Physical Activity ProjectYouth Nutrition ProjectWorksheetsChapter Tests |
| **Mental and Emotional Health** |  Developing a Positive Identity Understanding Emotions Managing Emotions Understanding Effects of Stress and Anxiety | Chapter readingsVocabularySmall Group WorkStudy GuidesIndividualized Paper of Self DiscoveryWorksheetsChapter Tests |
| **Promoting Safe and Healthy Relationships** |  Learning Foundations of Healthy Relationships Communicating Effectively Resolving Conflict Dealing with Change, Crisis and the Family Locating Community and Support Systems Setting Limits and Dating  Bullying Identifying Relationship Red Flags | Chapter readingsVocabularySmall Group WorkStudy GuidesWorksheetsChapter Tests |
| **Growth and Development** |  Understanding Reproductive Systems of Males and Females Connecting Personal Values and Choices for Abstinence Preventing Sexually Transmitted Disease Evaluating Birth Control Methods Identifying Attitudes, Peer Influences & Social Norms | Chapter readingsVocabularyStudy GuidesSmall Group WorkWorksheetsDiagrammingChapter Tests |
| **Tobacco, Alcohol and Other Drugs** |  Understanding The Effects of Tobacco Use Choosing to Live Tobacco Free Promoting a Smoke Free Environment Choosing to Be Alcohol Free Understanding Harmful Effects of Alcohol Use Understanding Alcohol, the Individual and Society Connecting Drug Use and High Risk Behaviors Marijuana, Inhalants, Psychoactive Drugs Living Drug Free | Chapter readingsVocabularySmall Group WorkStudy GuidesWorksheetsChapter Tests |
| **Environmental Health** |  Understanding Sun Safety and Risk Factors Avoiding Lime Disease Understanding Environmental Factors Affecting Health | Chapter readingsVocabularySmall Group WorkStudy GuidesChapter Tests |

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| **Core Performance Assessments**Assigned readingsVocabularyStudy GuidesSmall and Large Group WorkHands On ProjectsWorksheetsState Standards Assessments |

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