



# **CYSD CURRICULUM ADOPTIONS**

**2019 – 2020**

**K-12 HEALTH**

**Content (Level -> Learning Area)**

<u>Type</u>	<u>Year</u>	<u>Entity</u>	<u>Key</u>	<u>Description</u>	<u>Subject</u>	<u>Status</u>
1	-	Grade 1				
HE	-	Health (1	-	Grade 1)		
COH	-	(1) Concepts of Health (1	-	Grade 1 -> HE	-	Health)
Concepts of Health						
HE.1.1.1				- Identify and describe the stages of growth and development. 1. Name the differences and similarities between the human infancy stage and adulthood.		
HE.1.1.2				- Identify and know the location and function of the major body organs and systems. 1. Identify and locate the lungs. 2. Know the function of the muscular and skeletal systems. (muscles and bones) 3. Identify and locate the brain and the spinal cord.		
HE.1.1.3				- Explain the role of the food guide pyramid in helping people eat a healthy diet. 1. Explain a variety of healthy and unhealthy foods.		
HE.1.1.4				- Know age appropriate drug information. 1. Name substances that are harmful to the body.		
HL	-	(2) Healthful Living (1	-	Grade 1 -> HE	-	Health)
Healthful Living						
HE.1.2.1				- Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease. 1. Identify personal hygiene practices that promote health and prevent the spread of disease.		
HE.1.2.2				- Identify health-related information. 1. Label health related signs and symbols in our environment (Boys/Girls Bathroom, Nurse, Mr. Yuck, No Smoking, and First Aid).		
HE.1.2.4				- Identify the steps in a decision-making process. 1. Utilize the steps in the decision-making process.		
SIP	-	(3) Safety and Injury Prevention (1	-	Grade 1 -> HE	-	Health)
Safety and Injury Prevention						
HE.1.3.1				- Recognize safe/unsafe practices in the home, school, and community. 1. Use practices that promote safe activity in the classroom. 2. Use practices that promote safety on the bus. 3. Use practices that promote safe activity on the playground. 4. Explain fire safety procedures and guidelines. 5. Name some safety procedures to use when approached by a stranger in person or on the internet. 6. Identify and locate safety signs and symbols in the environment (Buckle Up, Exit, Fire Alarm and Extinguisher, Stop/Go, Traffic Light, Walk, School Cr		
HE.1.3.2				- Recognize emergency situations and explain appropriate responses. 1. Apply the use of 911 in an emergency situation. 2. State name, address and phone number.		
2	-	Grade 2				
HE	-	Health (2	-	Grade 2)		
COH	-	(1) Concepts of Health (2	-	Grade 2 -> HE	-	Health)
Concepts of Health						
HE.2.1.1				- Identify and describe the stages of growth and development. 1. Compare and contrast the various stages of growth and development (infancy - late adulthood).		
HE.2.1.2				- Identify and know the location and function of the major body organs and systems.		

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2	- Grade 2 ->	HE	- Health ->	COH	- (1) Concepts of Health continued...	
				1. Identify and describe the function of the digestive system (mouth, esophagus, stomach).		
				2. Identify and locate the parts of the respiratory system (lungs, nose, mouth, windpipe and diaphragm).		
HE.2.1.3				- Explain the role of the food guide pyramid in helping people eat a healthy diet.		
				1. Explain the food pyramid and how it helps people eat a healthy diet.		
HE.2.1.4				- Know age appropriate drug information.		
				1. Identify substances and their benefits or adverse effects on the human body. (Example: alcohol, tobacco, medication, and caffeine).		
HL	- (2) Healthful Living (2		- Grade 2 ->	HE	- Health)	
				Healthful Living		
HE.2.2.1				- Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.		
				1. Examine and explain the importance of dental health and how it promotes personal hygiene.		
				2. Describe ways to prevent the transmission of germs through personal hygiene.		
HE.2.2.2				- Identify health-related information.		
				1. Cite the products, services, and terminology that promote dental hygiene.		
HE.2.2.4				- Identify the steps in a decision-making process.		
				1. Utilize the steps in the decision-making process.		
SIP	- (3) Safety and Injury Prevention (2		- Grade 2 ->	HE	- Health)	
				Safety and Injury Prevention		
HE.2.3.1				- Recognize safe/unsafe practices in the home, school and community.		
				1. Formulate a fire safety plan.		
				2. Identify safe procedures for bicycle safety.		
				3. Identify safe procedures for sun and water safety.		
HE.2.3.2				- Recognize emergency situations and explain appropriate responses.		
				1. Explain the appropriate response as part of a fire safety plan (stay calm, call for help, stop drop and roll, and stay low).		
3	- Grade 3					
HE	- Health (3		- Grade 3)			
COH	- (1) Concepts of Health (3		- Grade 3 ->	HE	- Health)	
				Concepts of Health		
HE.3.1.2				- Identify and know the location and function of the major body organs and systems.		
				1. Identify, locate, and describe the parts and functions of the nervous system (brain, nerves, spinal cord).		
				2. Illustrate how the organs of the nervous system work together to function as a system.		
				3. Identify, locate, and describe the parts and functions of the respiratory system (lungs, nose, mouth, windpipe, and diaphragm).		
				4. Explain the process involved in breathing.		
				5. Relate the respiratory system to the circulatory system.		
				6. Identify, locate, and describe the parts and functions of the circulatory system (heart, veins, arteries, blood, and lungs).		
				7. Explain how blood flows through the body via the circulatory system.		
HE.3.1.3				- Explain the role of the food guide pyramid in helping people eat a healthy diet.		
				1. Identify healthy choices in each group of the food pyramid/My Plate.		
				2. Construct and analyze daily menus using healthy choices from food groups.		
HE.3.1.4				- Know age appropriate drug information.		

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3	- Grade 3 ->	HE	- Health ->	COH	- (1) Concepts of Health continued...	
				1. Define drugs (tobacco and alcohol).		
				2. Identify tobacco products including smokeless tobacco.		
				3. Describe the effects of tobacco on the respiratory system.		
				4. Describe other effects of tobacco on the body.		
				5. Identify the physical and behavioral effects of alcohol.		
				6. Describe skills to avoid drugs.		
	HE.3.1.5			- Identify types and causes of common health problems of children.		
				1. Identify communicable diseases (colds, flu, chicken pox).		
				2. Identify non-communicable diseases (asthma, allergies, Lyme disease).		
				3. Describe ways to prevent transmission of communicable diseases.		
HL	- (2) Healthful Living (3			- Grade 3 ->	HE	- Health)
				Healthful Living		
	HE.3.2.1			- Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.		
				1. Assess your own personal hygiene practices that promote health and prevent the spread of disease.		
	HE.3.2.2			- Identify health-related information.		
				1. Identify the products and services you use to promote personal hygiene.		
	HE.3.2.3			- Identify media sources that influence health and safety.		
				1. Identify influence of media regarding tobacco and alcohol use.		
	HE.3.2.4			- Reinforce the steps in a decision-making process.		
				1. Utilize the steps in the decision-making process.		
SIP	- (3) Safety and Injury Prevention (3			- Grade 3 ->	HE	- Health)
				Safety and Injury Prevention		
	HE.3.3.1			- Recognize safe/unsafe practices in the home, school and community.		
				1. Identify safety concerns when sharing information through the internet.		
4	- Grade 4					
HE	- Health (4			- Grade 4)		
COH	- (1) Concepts of Health (4			- Grade 4 ->	HE	- Health)
				Concepts of Health		
	HE.4.1.1			- Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.		
				1. Explain puberty related to physical changes, social expectations, and hygiene. (examples include: hair growth, body odor, skin changes, onset of menst		
	HE.4.1.2			- Identify and describe the structure and function of the major body systems.		
				1. Describe the functions of the skeletal system (ex: names, placement, and functions of bones).		
				2. Describe the functions of the muscular system (ex: names, placement, and functions of muscles).		
				3. Describe the functions of the musculoskeletal system (bones, muscles, joints, tendons, ligaments).		
				4. Describe the functions of the integumentary (skin) system. (protector, temperature regulator, receives messages/information).		
				5. Identify the three layers of the skin (epidermis, dermis, subcutaneous).		
				6. Describe the function of each component of skin (hair and follicle, oil gland, nerves, blood vessels).		
	HE.4.1.3			- Analyze nutritional concepts that impact health.		
				1. Read and identify parts of a nutritional label (ex: serving size, calories, fat content, percentage daily value, calcium, carbohydrates, protein, vita		

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4	-	Grade 4	->	HE	-	Health	->	COH	-	(1) Concepts of Health continued...		
										2. Relate caloric intake with energy output (calories burned).		
										HE.4.1.4 - Explain factors that influence childhood and adolescent drug use.		
										HE.4.1.5 - Identify health problems that can occur throughout life and describe ways to prevent them.		
										1. Identify health problems related to the skeletal system and describe ways to prevent them.		
										2. Identify health problems related to the muscular system and describe ways to prevent them.		
										3. Identify health problems related to the musculoskeletal system and describe ways to prevent them.		
										4. Identify health problems related to the integumentary (skin) system and describe ways to prevent them.		
										<b>HL - (2) Healthful Living (4 - Grade 4 -&gt; HE - Health)</b>		
										Healthful Living		
										HE.4.2.1 - Explain the relationship between personal health practices and individual well-being.		
										1. Describe methods of skin care and hygiene. (ex: showering, use of deodorant, changing clothes, brushing teeth and hair, washing face).		
										HE.4.2.2 - Explain the relationship between health-related information and consumer choices.		
										1. Describe the importance of planning a healthful diet according to the food guide pyramid.		
										2. Recognize the difference between healthy and unhealthy food choices based on nutritional content.		
										3. Describe the dangers of sun exposure and methods available for skin protection (ex: sunscreen, SPF levels, clothing, hat).		
										HE.4.2.5 - Analyze environmental factors that impact health.		
										1. Recognize that sun exposure and UV rays can have harmful effects on the body (sunburn, skin cancer, heat stroke, dehydration).		
										<b>SIP - (3) Safety and Injury Prevention (4 - Grade 4 -&gt; HE - Health)</b>		
										Safety and Injury Prevention		
										HE.4.3.1 - Explain and apply safe practices in the home, school and community.		
										1. Explain and apply safe telephone, cell phone, and text messaging practices.		
										2. Explain and apply safe Internet practice in the home and school.		
										3. Develop a personal safety plan for emergency situations (i.e. fire, weather, natural disaster, etc.).		
										4. Identify common safety precautions in the home to avoid injury (electrical, poison, etc.).		
										5. Formulate a personal safety plan for at home situations (i.e. home alone, latch key, harassment).		
										HE.4.3.2 - Know and apply appropriate emergency responses.		
										1. Define first aid.		
										2. Describe and demonstrate first aid procedures for treatment of stings, bruises, scrapes, cuts, burns, bites, fractures, sprains and other minor injuri		
										HE.4.3.3 - Describe strategies to avoid or manage conflict and violence.		
										1. Identify the roles of the bully, the onlooker(s), and victim(s) in bullying situations.		
										2. Define bullying (exists over time, act of intimidation, can be via physical threat, verbal threat or social exclusion).		
										HE.4.3.4 - Analyze the role of individual responsibility for safety during physical activity.		
										1. Identify the need for proper dress and equipment (ex: helmet and pads, clothing and footwear, and safe equipment) to help protect the skeletal system.		
5	-	Grade 5										
										<b>HE - Health (5 - Grade 5)</b>		
										<b>COH - (1) Concepts of Health (5 - Grade 5 -&gt; HE - Health)</b>		
										Concepts of Health		
										HE.5.1.1 - Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.		

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5	- Grade 5 ->	HE	- Health ->	COH	- (1) Concepts of Health continued...	
				1. List the physical changes that occur in boys and girls during puberty (including secondary sex characteristics such as hair growth, voice changes, body odor, growth spurts).		
HE.5.1.2				- Identify and describe the structure and function of the major body systems.		
				2. Describe the function, or job, of each organ in the urinary system.		
				3. Identify the parts of the male reproductive systems (male students).		
				4. Identify the parts of the female reproductive systems (female students).		
				5. Identify the process of menstruation (female students).		
HE.5.1.3				-		
				Analyze nutritional concepts that impact health.		
				1. Explain the harmful effects that eating disorders and extreme dieting can have on the body.		
HE.5.1.5				- Identify health problems that can occur throughout life and describe ways to prevent them.		
				2. Identify health problems related to the urinary system and describe ways to prevent them.		
				3. Identify health problems related to the reproductive system and describe ways to prevent them (ovarian cancer, prostate cancer, STD's).		
HL	- (2) Healthful Living (5		- Grade 5 ->	HE	- Health)	
				Healthful Living		
HE.5.2.1				- Explain the relationship between personal health practices and individual well-being.		
				1. Identify body defenses that help keep humans healthy (antibodies, white blood cells, vaccines).		
				2. Describe the functions of body defenses that keep human healthy.		
HE.5.2.3				- Explain the media's effect on health and safety issues.		
				1. Identify the advantages and disadvantages of media influences on nutrition/eating disorders.		
HE.5.2.4				- Describe and apply the steps of a decision-making process to health and safety issues.		
				1. Describe and apply decision making/refusal skills to drug related scenarios.		
SIP	- (3) Safety and Injury Prevention (5		- Grade 5 ->	HE	- Health)	
				Safety and Injury Prevention		
HE.5.3.1				- Explain and apply safe practices in the home, school, and community.		
				1. Apply strategies for safe Internet practices in the home, school, and community.		
HE.5.3.2				- Know and apply appropriate emergency responses.		
				1. Identify ways to get help in an emergency situation.		
				2. Describe and demonstrate the use of the Heimlich maneuver as a response to choking (see American Red Cross guidelines).		
				3. Identify and apply universal precautions in responding to an emergency situation (rubber gloves, masks, etc.)		
6	- Grade 6					
HE	- Health (6		- Grade 6)			
COH	- (1) Concepts of Health (6		- Grade 6 ->	HE	- Health)	
				Concepts of Health		
HE.6.1.1				- Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.		
				1. Describe the physical, social and emotional developmental changes that occur between childhood and adolescence.		
				2. Recognize the factors that influence the physical, social and emotional changes in adolescence.		
				3. Discuss how hormones affect the emotional, physical, and social well being of the body.		
HE.6.1.2				- Identify and describe the structure and function of the major body systems.		



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<b>8</b>					<b>- Grade 8 continued...</b>		
	<b>HE</b>				<b>- Health (8 - Grade 8)</b>		
	<b>COH</b>				<b>- (1) Concepts of Health (8 - Grade 8 -&gt; HE - Health)</b>		
					Concepts of Health		
					HE.8.1.1 - Analyze factors that impact growth and development between adolescence and adulthood.		
					1. Differentiate between risk behaviors, risk situations and healthful behaviors.		
					10. Describe the details of fetal development.		
					11. Compare the different birthing processes (natural childbirth (outlining the stages of labor), caesarean birth, miscarriages, and multiple births, stil		
					12. Define abstinence.		
					13. Define reasons for choosing abstinence.		
					14. Recognize the benefits of abstinence as pertaining to adolescence.		
					15. Identify various sexually transmitted diseases.		
					16. List and compare signs and symptoms of sexually transmitted diseases/HIV		
					17. List and compare methods of contraception		
					2. Discriminate between responsible and irresponsible choices that affect personal health.		
					3. Identify skills necessary to build healthy social relationships.		
					4. Recognize the responsibilities of parenthood.		
					5. Compare physical changes that occur during puberty.		
					6. Explain the functions of the male and female anatomy as related to reproduction.		
					7. Trace the path of the sperm and egg through the reproductive systems.		
					8. Calculate the menstrual cycle.		
					9. Explain the concept of fertilization.		
					HE.8.1.2 - Analyze the interdependence existing among the body systems.		
					1. Assess how illegal drugs/tobacco affect the body physically, mentally, and socially.		
					2. Assess how alcohol affects the body, physically, mentally, and socially.		
					3. Identify the progressive signs of alcoholism.		
					4. Predict consequences (physical, mental and social) of sexually transmitted diseases		
					HE.8.1.4 - Analyze prevention and intervention strategies in relation to adolescent and adult drug use.		
					1. Explain ways drugs enter the body.		
					2. Identify factors that determine the effects of drugs on the body		
					3. Define types of drug dependence.		
					4. Assess how illegal drugs (opiates, hallucinogens, marijuana, inhalants, cocaine, stimulants and steroids) affect the body physically, mentally and soc		
					5. Compare and contrast the three types of alcohols based on proof.		
					6. List factors that affect the rate of absorption of alcohol.		
					7. Identify the phases of chemical dependency.		
					8. Identify the progressive signs of alcoholism, including the various responses of the family.		
					9. Discuss the impact of underage drinking.		
	<b>HL</b>				<b>- (2) Healthful Living (8 - Grade 8 -&gt; HE - Health)</b>		
					Healthful Living		
					HE.8.2.1 - Identify and describe health care products and services that impact adolescent health practices.		
					1. Discuss male and female reproductive exams and their impact on adolescent health practices.		
<b>9</b>					<b>- Grade 9</b>		
	<b>HE</b>				<b>- Health (9 - Grade 9)</b>		
	<b>COH</b>				<b>- (1) Concepts of Health (9 - Grade 9 -&gt; HE - Health)</b>		



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9	-	Grade 9	->	HE	- Health continued...		
					Concepts of Health		
					HE.9.1.1	- Analyze factors that impact growth and development between adolescence and adulthood.	
					1. Classify various sexually transmitted diseases.		
					2. Compare and contrast signs and symptoms of sexually transmitted diseases.		
					3. Analyze the organs of the male and female reproductive systems.		
					4. Evaluate the signs and symptoms of pregnancy.		
					5. Examine the stages of pregnancy.		
					6. Classify the processes and stages of labor and delivery.		
					7. Analyze the contributing factors that influence personal health and wellness.		
					HE.9.1.2	- Analyze the interdependence existing among the body systems.	
					1. Formulate how stress impacts physical and mental health.		
					2. Examine the consequences (physical, mental and social) of sexually transmitted diseases.		
					HE.9.1.3	- Evaluate factors that impact the body systems and apply protective/preventive strategies.	
					1. Determine signs and symptoms of mental health diseases and disorders.		
					2. Classify methods of contraception.		
					3. Recognize prevention measures as related to sexually transmitted diseases.		
					4. Assess the relationship between healthy food choices and disease.		
					5. Compare various stress management techniques.		
					HE.9.1.4	- Analyze factors that impact nutritional choices of adolescents and adults.	
					1. Classify foods using the USDA Guideline.		
					2. Formulate how food label awareness can influence overall health.		
					3. Deduce health risks associated with body weight.		
					4. Analyze the relationship between body image and nutritional choices.		
					5. Examine eating disorders and their social, physiological and physical impact on adolescent health.		
					HE.9.1.6	- Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.	
					1. Discuss abstinence, premarital sex and secondary virginity as personal choices of handling one's own sexuality.		
					2. Recognize prevention measures as related to sexually transmitted diseases.		
					3. Determine preventative health care methods for the reproductive systems.		
					4. Assess why prenatal care is important.		
HL	-	(2) Healthful Living	(9	-	Grade 9 -> HE	- Health)	
					Healthful Living		
					HE.9.2.1	- Identify and describe health care products and services that impact adolescent health practices.	
					1. Evaluate male and female reproductive exams and their impact on adolescent health practices.		
					HE.9.2.2	- Identify and describe health care products and services that impact adolescent health practices.	
					1. Analyze the relationships between the media and adolescent consumer choices.		
					2. Investigate the relationship between dietary information and adolescent consumer choices.		
					HE.9.2.3	- Analyze media health and safety messages and describe their impact on personal health and safety.	
					1. Assess the effect of internet, media, and technology on adolescent choices.		
					HE.9.2.4	- Analyze and apply a decision-making process to adolescent health and safety issues.	
					1. Compare reliability rates for various forms of contraception.		
					2. Investigate and apply the decision-making process to adolescent health issues as related to human sexuality, nutrition, stress management, and mental		
					3. Analyze the components of a healthy relationship.		
					4. Judge how communication and refusal skills can positively influence one's health.		
					HE.9.2.5	- Explain the interrelationship between the environment and personal health.	

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9	-	Grade 9	->	HE	-	Health	->	HL	-	(2) Healthful Living continued...		
										1. Construct how availability of health care impacts individual health.		
										2. Examine the relationship between the environment and pollutants - air, water, sound.		
PA	-	(4) Physical Activity	(9	-	Grade 9	->	HE	-	Health)			
										Physical Activity		
HE.9.4.1										- Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.		
										1. Determine the relationship between stress management techniques and regular exercise.		
SIP	-	(3) Safety and Injury Prevention	(9	-	Grade 9	->	HE	-	Health)			
										Safety and Injury Prevention		
HE.9.3.1										- Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.		
										1. Compile self-protection strategies as related to sexual harassment and safe dating.		
K	-	Kindergarten										
HE	-	Health (K	-	Kindergarten)								
COH	-	(1) Concepts of Health	(K	-	Kindergarten	->	HE	-	Health)			
										Concepts of Health		
HE.K.1.1										- Identify and describe the stages of growth and development.		
										1. Identify a variety of differences in growth and development from infancy through early childhood.		
HE.K.1.2										- Identify and know the location and function of the major body organs and systems.		
										1. Identify the location of the heart and brain.		
HE.K.1.3										- Explain the role of the food guide pyramid in helping people eat a healthy diet.		
										1. Identify a variety of healthy and unhealthy foods.		
HE.K.1.4										- Know age appropriate drug information.		
										1. Identify substances that are harmful to the body.		
HL	-	(2) Healthful Living	(K	-	Kindergarten	->	HE	-	Health)			
										Healthful Living		
HE.K.2.1										- Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.		
										1. Recognize personal hygiene practices that promote good health.		
HE.K.2.2										- Identify health-related information		
										1. Identify and locate health related signs and symbols in our environment (Boys/Girls bathroom, Nurse, Mr. Yuck, No Smoking, and First Aid).		
HE.K.2.4										- Identify the steps in a decision-making process.		
										1. Utilize the steps in the decision-making process.		
SIP	-	(3) Safety and Injury Prevention	(K	-	Kindergarten	->	HE	-	Health)			
										Safety and Injury Prevention		
HE.K.3.1										- Recognize safe/unsafe practices in the home, school and community.		
										1. Identify and practice behaviors that promote personal safety.		
										2. Identify and practice behaviors that promote school safety		
										3. Identify and practice behaviors that promote traffic safety.		
										4. Identify and locate safety signs and symbols in the environment (Buckle Up, Exit, Fire Alarm and Extinguisher, Stop/Go, Traffic Light, Walk, School Crossing).		
HE.K.3.2										- Recognize emergency situations and explain appropriate responses.		

Content (Level -> Learning Area)

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K	- Kindergarten	-> HE	- Health	-> SIP	- (3) Safety and Injury Prevention continued...	

1. State name, address, and phone number.
2. State 911 emergency number.

\*\*\*\*\* End of report \*\*\*\*\*

**Content (Level -> Learning Area)**

	<u>Type</u>	<u>Year</u>	<u>Entity</u>	<u>Key</u>	<u>Description</u>	<u>Subject</u>	<u>Status</u>
10	-	Grade 10					
HE	-	Health (10	-	Grade 10)			
COH	-	(1) Concepts of Health (10	-	Grade 10 -> HE	-	Health)	
		Concepts of Health					
HE.10.1.1		- Evaluate factors that impact growth and development during adulthood and late adulthood.					
		1. Determine how acute and chronic illness impacts growth and development during adulthood.					
		2. Decide how communicable and noncommunicable diseases impact growth and development during adulthood.					
HE.10.1.2		- Evaluate factors that impact the body systems and apply protective/preventive strategies.					
		1. Assess efforts made by schools and communities to prevent substance abuse.					
		2. Determine how fitness levels impact the body systems.					
		3. Assess effects of chronic disease on the body and protective/preventive strategies pertaining to chronic disease.					
HE.10.1.3		- Evaluate issues relating to the use/non-use of drugs.					
		1. Assess the psychology of addiction.					
		2. Determine the social, mental and physical impact of drug use.					
		3. Formulate the issues related to chemical use and fetal development.					
		4. Arbitrate laws relating to alcohol, tobacco and chemical substances.					
		5. Determine the impact of drug use on the individual and on the community.					
HE.10.1.4		- Identify and analyze factors that influence the prevention and control of health problems.					
		1. Determine symptoms, risk factors, possible causes and treatment for chronic and communicable diseases.					
HL	-	(2) Healthful Living (10	-	Grade 10 -> HE	-	Health)	
		Healthful Living					
HE.10.2.1		- Evaluate health care products and services that impact adult health practices.					
		1. Evaluate the process of intervention and how it helps addicts begin the recovery process.					
HE.10.2.2		- Assess factors that impact adult health consumer choices.					
		1. Assess health information pertaining to ATOD, fitness, and chronic disease.					
		2. Evaluate information pertaining to and the use of over-the-counter drugs.					
HE.10.2.3		- Compare and contrast the positive and negative effects of the media on adult personal health and safety.					
		1. Assess the relationship between the media and adult alcohol, drug and tobacco use.					
		2. Determine the connection between adult fitness levels and the media.					
HE.10.2.4		- Examine and apply a decision-making process to the development of short and long-term health goals.					
		1. Utilize the decision-making process to develop short and long-term fitness goals.					
		2. Utilize the decision-making process to determine how drug, alcohol and tobacco use effects short and long-term health goals.					
HE.10.2.5		- Analyze the interrelationship between environmental factors and community health.					
		1. Evaluate the relationship between the environment and disease, ATOD, and fitness.					
PA	-	(4) Physical Activity (10	-	Grade 10 -> HE	-	Health)	
		Physical Activity					
HE.10.4.1		- Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long					
		1. Create and evaluate a physical activity plan that promotes life-long fitness participation.					
HE.10.4.2		- Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.					
		1. Determine the social, physiological and psychological effects of participation in physical activities.					
HE.10.4.3		- Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.					

**Content (Level -> Learning Area)**

<u>Type</u>	<u>Year</u>	<u>Entity</u>	<u>Key</u>	<u>Description</u>	<u>Subject</u>	<u>Status</u>
10	- Grade 10 ->	HE	- Health ->	PA	- (4) Physical Activity continued...	
				1. Determine how aging, injury and disease may affect the response of the body system during physical activity.		
SIP	- (3) Safety and Injury Prevention (10	- Grade 10 ->	HE	- Health)		
				Safety and Injury Prevention		
	HE.10.3.1			- Assess the personal and legal consequences of unsafe practices in the home, school or community.		
				1. Judge how personal injuries from drug and alcohol use impacts the home, school or community.		
				2. Assess how loss of income from drug and alcohol use impacts the home, school or community.		
	HE.10.3.2			- Analyze the impact of violence on the victim and surrounding community.		
				1. Determine how violence from drug and alcohol use impacts the victim and the surrounding community.		

\*\*\*\*\* End of report \*\*\*\*\*