

# Map Report

**Grade:** 14 | **Subject:** 6 | **Quarter:** 0 | **Course:** *n/a* | **Parent Map:**

**Map Title:** High School Health & Wellness 2021-2022

**Unit Title:**

## **Applicable Weeks:**

## **Content/Units:**

I. Making Healthy Decisions

II. Introduction to Mental and Emotional Health

III. Mental Disorders and Suicide

IV. Nutrition

V. Physical Fitness

VI. Substance Abuse

VII. Social Health

VIII. Human Development

IX. Community Health and Safety

**Unit Learning Objectives:**

- I. a. Be able to name and describe the three sides of the health triangle
  - b. Be able to identify specific health risks and steps you can take to mitigate those risks
  - c. Be able to describe actions you can take to become more responsible for your individual health
  
- II. a. Be able to explain how personality forms and the benefits to understanding your personality
  - b. Be able to explain the benefits of high self-esteem as well as how to improve your self-esteem
  - c. Be able to describe the effects stress as on overall health as well as strategies to deal effectively with stress.
  - d. Be able to explain the definition of resiliency and the positive effects resiliency has on Mental/Emotional
  
- III. a. Be able to explain some signs and symptoms of common mental illnesses (Depression and Anxiety are the main two to focus on but there are many others in this unit).
  - b. Be able to describe the proper way to get help for yourself or for others if you suspect a possible mental illness.
  - c. Be able to communicate with someone who can help if yourself or someone else is contemplating suicide.

IV. a. Be able to name the 6 main classes of nutrients and briefly describe each class

b. Be able to explain the negative effects of processed foods and why natural foods are an essential part of a healthy diet.

c. Be able to implement healthy eating strategies in everyday eating in order to improve overall health.

V. a. Be able to explain to others the importance and benefits of regular physical activity.

b. Be able to make an exercise plan to help you reach your exercise goals

VI. a. Be able to explain the dangers of drug use and addiction

b. Be able to describe side effects of specific drugs (alcohol, tobacco, marijuana, LSD, cocaine, heroin, methamphetamine, pain pills, and a few others)

VII. a. Be able to name the 3 main types of relationships

b. Be able to describe some of the key concepts in healthy relationships (empathy, communication, compromise, kindness)

c. Be able to implement strategies to get along in different environments (i.e. school, sports, family, etc.)

VIII. a. Be able to describe how humans reproduce

b. Be able to name and explain the main parts of human reproductive systems

c. Be able to explain the risks of intercourse

d. Be able to explain the basics of providing for the needs of an infant

IX. a. Be able to make a plan to improve the chance of a safe outcome in an emergency situation (i.e. house fire, tornado, etc.)

b. Be able to describe the steps to take in the proper order in an emergency situation (i.e. make sure the area is safe before you administer aid to an unconscious person)

**Learning Activities:**

Read the book together as a class

Entire class discussions

In class individual assignments (vocabulary, questions on google docs, etc.)

Various projects

Small group work

Online research

Practical situations (i.e. going to walk on the track when we discuss physical fitness)

**Assessments Used:**

Health Pretest

Ch. 2 & 3 Project

Ch. 4 Test

Nutrition Project 3.0

Ch. 9 Class CookBook

Ch. 13 Exercise Plan

Drug Project Questions & Presentation

Relationship Project Pt's 1 & 2

Ch. 26 Project

Health Final

Ch. 1 Vocabulary Quiz

Ch. 2 & 3 Vocabulary Quiz

Ch. 8 Vocabulary Quiz

Ch. 13 Vocabulary Quiz

Ch. 15 Vocabulary Quiz

Ch. 17 Vocabulary Quiz

Ch. 6 Vocabulary Quiz

Ch. 18 Vocabulary Quiz

Ch. 22 Vocabulary Quiz

Attached Files:

*There are no files attached to this map.*