

Moon Area School District Curriculum Map

Course: Health 10

Grade Level: 10

Content Area: Health Education

Frequency: Full-Year Course

Big Ideas

1. Health concepts are essential for wellness and a health-enhancing lifestyle.
2. Community well-being is dependent upon a balance of personal and social responsibility.
3. Safety impacts individual and community well-being.

Essential Questions

4. How would you generate a plan to be healthy throughout the entire adult lifespan?
5. How could you verify that a link exists between personal and community health
6. What criteria will you use to determine if your health behaviors are responsible now and in the future?
7. What health information resources are available to improve the health and well-being of your family, community, and world?
8. What are the outcomes of various safe and unsafe practices and what impact can those outcomes have on my life and the lives of others around me?
9. How do the different aspects of health and the choices that you make affect overall health and wellness?

Primary Resource(s) & Technology:

Lifetime Health Textbook

Microsoft Teams, Promethean Boards, Student Laptops/iPads

Pennsylvania and/or focus standards referenced at:

www.pdesas.org

www.education.pa.gov

Big Ideas/EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
4,5,7,8,9	Standard - 10.2.9.C Standard - 10.2.9.D	Mental Wellness <ul style="list-style-type: none">• How to support Mental Health• Understanding Empathy• The impact of stress• Areas of the brain and their function• Symptoms of common disorders	4.5 weeks

		<ul style="list-style-type: none"> • How to reduce the severity of mental health disorders • The interconnected cycle of thoughts, behaviors, and emotions • Healthy coping strategies • Signs that a person needs help • Resources for getting help • Stigma and how to overcome it to seek help • Tips on how to approach a friend in need 	
1,2,4,5,9	<p>Standard - 10.1.9.C</p> <p>Standard - 10.1.12.B</p> <p>Standard - 10.1.12.C</p> <p>Standard - 10.2.9.B</p> <p>Standard - 10.2.9.C</p>	<p>Nutrition</p> <ul style="list-style-type: none"> • The functions and sources of the six classes of nutrients • How to use dietary guidelines • Identify dietary needs for infants, children, teens, adults, athletes, pregnant women, people that have medical issues. • Body weight and composition BMI • Caloric intake/Caloric output • Eating Disorders and effects on health 	2 weeks
1,2,3,4,5,6,7,8,9	<p>Standard - 10.1.9.D</p> <p>Standard - 10.1.12.D</p> <p>Standard - 10.2.9.B</p> <p>Standard - 10.2.9.C</p> <p>Standard - 10.2.9.D</p>	<p>Substance Use/Misuse/Abuse</p> <ul style="list-style-type: none"> • The addiction process and its effects on the body. • Refusal skills • Identify the various legal and illegal substances and the effects on the body. • Identify how media can distort the use and effects of substance abuse • Identify treatment information for substance abuse 	4.5 weeks

<p>1,2,4,5,6,7,8,9</p>	<p>Standard - 10.1.9.E</p> <p>Standard - 10.1.12.A</p> <p>Standard - 10.1.12.E</p> <p>Standard - 10.2.9.C</p>	<p>Managing Disease (Lifestyle and Communicable)</p> <ul style="list-style-type: none"> • Cardiovascular Diseases that affect the body as well as contributing factors to each disease • Types of Diabetes and their effects on the body • How cancer develops in the body, contributing factors, and treatments options • Common types of communicable diseases and their causing pathogen. • How the immune system works to fight off disease. 	<p>2 weeks</p>
<p>1,2,3,4,5,6,7,8,9,</p>	<p>Standard - 10.1.12.E</p> <p>Standard - 10.2.9.A</p> <p>Standard - 10.3.9.A</p> <p>Standard - 10.3.9.B</p> <p>Standard - 10.3.12.B</p>	<p>CPR/First Aid</p> <ul style="list-style-type: none"> • How to determine if a person is responsive • Identify steps to call/get help • Demonstrate how to use an AED • Demonstrate compressions for Adults, Children, and Infants • Identify how to provide rescue breaths • Demonstrate how to help a choking victim. • Identify how to respond to medical emergencies: wounds, bleeding, heat and cold related emergencies, bone, joint, and muscle injuries, burns, poisoning, allergic reactions, breathing emergencies, bites, stings 	<p>2.5 weeks</p>
<p>1,2,3,4,5,6,7,8,9</p>	<p>Standard - 10.3.9.C</p> <p>Standard - 10.3.12.C</p>	<p>Preventing Violence and Abuse</p> <ul style="list-style-type: none"> • Identify factors that lead to conflict • Identify the types of abuse and abusive behavior • Identify resources for help that is available for people in abusive situations • Identify sexual harassment, sexual assault and rape. • Identify ways you can help protect yourself/others from sexual abuse/violence 	<p>2.5 weeks</p>