

	<u>UNIT 1</u>	<u>UNIT 2</u>	<u>UNIT 3</u>	<u>UNIT 4</u>
Title	HEALTH & WELLNESS	PERSONAL HEALTH	ALCOHOL EDUCATION	TOBACCO EDUCATION
Unit Length	3.5 weeks	1.5 weeks	1.5 weeks	1.5 weeks
Performance Task	<ul style="list-style-type: none"> *self-analysis-health triangle *create personal exercise plan *mental/emotional health area of need self improvement plan *Nonverbal communication lab *outline personal decision using responsible decision making model *"My Personality Islands" *Unit 1 complete self-analysis 	<ul style="list-style-type: none"> *eyes lights demo *ears balance demo *correct oral care checklist/form *identifying dangers/ how to protect skin *create awareness posters/pamphlets *"3-2-1" charts 	<ul style="list-style-type: none"> *alcohol "water demo" *alcohol info chart *peer pressure resistance skits *alcohol free statements *"3-2-1" charts 	<ul style="list-style-type: none"> *simulated smoker lab *quit tobacco posters *smoke tobacco company class letters *Letter to a loved one *"3-2-1" charts
Enduring Understanding (The big ideas, the "why" we include these ideas)	<ul style="list-style-type: none"> *Changes to one side of your health triangle will also impact the other two areas. *Exercise improves all aspects of health: physical, mental/emotional, and social. *How to plan an effective personal workout routine. *Emotions are neither good nor bad, they are natural. The way we choose to deal with our emotions can be positive or negative. *Strategies to express various 	<ul style="list-style-type: none"> *That the body is one, just like a car, with many separate parts and systems that work and rely on each other to function effectively and efficiently. *How the eyes, ears, skin, and mouth/teeth function. *Understanding the causes of acne and methods of reducing acne, including proper products.* Potential dangers to the eyes, ears, skin, and mouth/teeth. *Various methods to protect the 	<ul style="list-style-type: none"> *Certain types of alcohol are not made or safe to consume. *That a serving size of beer, wine, and hard liquor are all different fluid ounces. *Each serving size of alcohol registers a .02 on one's BAC. *Container sizes may differ from actual serving size. (1 can does not mean 1 serving) *The path of alcohol through the body when consumed. *That 1 serving of alcohol takes the liver 1 ½ to 2 hours to 	<ul style="list-style-type: none"> *Tobacco is a plant; nicotine is the addictive drug in the plant. *Nicotine is one of the most addictive substances in the world. *Every smoker started smoking by having or trying "just one". *Unlike alcohol, there is no responsible method of use for tobacco. *That carbon monoxide is a deadly gas that steals oxygen from your body before it is used, where it is found and how to

	<p>emotions in a healthy, responsible manner.</p> <p>*Becoming aware of the messages our non-verbal communication skills convey.</p> <p>*Understanding the difference between effective and ineffective methods of communication.</p> <p>*The 3 words “where were you” can have completely different meanings depending on the tone, volume, facial expressions and body language that accompany them.</p> <p>*The importance of using I-messages rather than you-messages.</p> <p>*Understanding the impact of technology and social media on our communication skills and potential mixed messages.</p> <p>*Using the responsible decision making process when making decisions in life.</p> <p>*Analyzing the truths of “Inside Out”</p>	<p>eyes, ears, skin, and mouth/teeth from these dangers.</p> <p>*Signs and symptoms of skin cancer.</p> <p>*Health issues with a particular part of the body may affect other parts of the body without proper treatment and care.</p> <p>*How to select appropriate personal health care products to promote overall health.</p>	<p>remove completely from the body.</p> <p>*Alcohol is useless to the body nutrient-wise, “empty” calories from alcohol are stored as fat.</p> <p>*The physical, mental/emotional, social effects of alcohol consumption</p> <p>*Alcohol is addicting and can lead to several diseases.</p> <p>*One can die from consuming too much alcohol.</p> <p>*Identifying signs and symptoms of alcohol poisoning and procedures for such scenarios.</p> <p>*Resistance skills and how to avoid and say no to alcohol.</p>	<p>keep your home safe from a potential carbon monoxide poisoning tragedy.</p> <p>*Tobacco products are sold as smoke or spit tobacco, both can cause death and other diseases.</p> <p>*Tobacco companies manipulate the naturally occurring nicotine to make it more addicting.</p> <p>*Tobacco companies add various ingredients such as glycerol, butterfat, and sugars to make the harsh taste of nicotine tolerable to users and increase absorption of the addictive nicotine.</p> <p>*E-Cigarettes have not been around long enough to accurately state the long term health effects; we are in the “guinea pig” stage.</p> <p>*It is never too late to quit tobacco, the benefits of quitting impact the body immediately.</p> <p>*Establishing new routines and avoiding activities that a past smoker frequently used tobacco in is an effective aide to someone trying to quit smoking.</p>
<p>Essential Questions (What do we want students to think about)</p>	<p>*How would becoming sick affect each of the three sides of the health triangle?</p> <p>*Why do you think having a low resting heart rate is healthier than having a high resting heart rate?</p> <p>*How does exercise improve our social and mental/emotional health levels?</p> <p>*What are some methods we can use to deal with anger in a healthy way?</p> <p>*How do you think the three basic emotional needs can lead to one using harmful substances?</p>	<p>*Why do optical illusions work?</p> <p>*How does radar and sonar relate to the way our ears work?</p> <p>*Why do ear buds sound so loud when you use them for the first time each day, but they were on the same volume you were listening to the day before comfortably?</p> <p>*Why is pain good?</p> <p>*Why do you think the importance of using sunscreen is emphasized more today than when your grandparents were your age?</p> <p>*Who do you think is the most at risk of developing skin cancer?</p>	<p>*Which of the 3 types of alcohol contain the most alcohol per serving?</p> <p>*If someone has 3 cups of beer at a party, what is their BAC level and why?</p> <p>*What factors impact the effects of alcohol on an individual?</p> <p>*In what ways can alcohol negatively affect consumers?</p> <p>*If alcohol has so many dangerous effects, why is it legal?</p> <p>*Why do you think the drinking age was raised from 18 to 21 years old?</p> <p>*Are the effects of alcohol</p>	<p>*Have you ever been around someone who was smoking a cigarette? How did it make you feel?</p> <p>*Which type of tobacco is safer to use, spit or smoke, and why do you think this?</p> <p>*Why do you think so many new strict smoking in public laws have been created recently?</p> <p>*How does carbon monoxide interfere with your body’s ability to use oxygen?</p> <p>*If someone has smoked cigarettes for 30 years, would it even be worth it for them to quit?</p>

	<p>*What effect does technology and social media have on the way we communicate and the relationships we have?</p> <p>*What is the message you are receiving from the stick figure on the board?</p> <p>*Who is affected by the decisions we make?</p> <p>*Why is it important to evaluate our decisions after we make them?</p>	<p>*What are the worst consequences of poor oral hygiene?</p> <p>*Why is it so important to see a dentist every 6 months?</p>	<p>different in children and teens than in adults? How?</p> <p>*What is the most effective method of staying alcohol free?</p> <p>*What should you do if you suspect someone has alcohol poisoning?</p>	<p>*How can smoking cigarettes lead to cancer?</p> <p>*What smoking related disease scares you the most and why?</p> <p>*If a smoker quits smoking, when do you think they start to experience the positive benefits?</p> <p>*How would you tell a loved one who smokes that you want them to quit?</p>
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