

YEAR AT A GLANCE: *HS Health, year 1*

Subject unit, order and time frame of each unit is subject to change. This Curriculum is in accordance and in addition to the NYS Health Education Guidance Document.

	<u>UNIT 1</u>	<u>UNIT 2</u>	<u>UNIT 3</u>	<u>UNIT 4</u>	<u>UNIT 5</u>
Title	Stress/Coping	Teen Violence/Social Justice/Partner Violence	Nutrition	Eating Disorders	Suicide and self harm/Mental health
Unit Length <i>(approximately weeks taught)</i>	3	3	2	2	4
Performance Task <i>(e.g., Persuasive Essay, DBQ, Nutritional Analysis, etc.)</i>	<p>Health Education Online Digital Portfolio</p> <p>evaluate a case study to determine strategies for health enhancement and risk reduction</p> <p>identify the consequences associated with engaging in high risk behaviors which compromise health, such as smoking, violent behavior, or driving under the influence of alcohol/drugs</p>	<p>Health Education Online Digital Portfolio</p> <p>describe and demonstrate appropriate strategies to avoid or cope with potentially dangerous situations, such as dating violence or assault</p> <p>analyze how health laws, policies and regulations protect personal and environmental safety</p> <p>demonstrate ways to care for and show respect for self and others.</p>	<p>Health Education Online Digital Portfolio</p> <p>With the use of designated online government programs plan and prepare meals that meet the nutritional needs and dietary restrictions of each family member (e.g., reduce sugar for a diabetic, reduce fat and sodium for those at risk for heart disease)</p> <p>create family menus taking into consideration budget, individual tastes, and family schedules over a period of time</p>	<p>Health Education Online Digital Portfolio</p> <p>analyze personal dietary patterns and develop dietary plans to meet changing nutritional requirements</p> <p>evaluate a case study to determine strategies for health enhancement and risk reduction</p> <p>identify the consequences associated with engaging in high risk behaviors which compromise health</p> <p>identify the</p>	<p>Health Education Online Digital Portfolio</p> <p>Identify resources that are aimed at helping young people with mental illnesses.</p> <p>describe and demonstrate appropriate strategies to avoid or cope with potentially dangerous situations</p> <p>demonstrate ways to care for and show respect for self and others.</p> <p>Identify the onset of mental illness</p>

	<p>identify the characteristics of social and emotional health which are critical to adulthood.</p> <p>Display at least 3 coping techniques for handling stress in our everyday lives.</p>	<p>Relationship/Partner violence:</p> <p>Recognizing the warning signs of the multiple types of partner violence.</p> <p>Prevention and safety planning for partner violence.</p>	<p>use current technology for diet analysis, meal planning, and food preparation are aware of and can access community resources available for helping with dietary needs</p> <p>practice communication skills that foster positive interpersonal relationships and optimum health for all family members</p> <p>apply decision making process to health-related situations.</p>	<p>characteristics of social and emotional health which are critical to adulthood.</p> <p>demonstrate how to evaluate health information, products and services for validity and reliability</p> <p>analyze how cultural beliefs influence health behaviors and the use of health products and services</p> <p>demonstrate the ability to access community health services for self and others</p> <p>use technology and the media to promote positive health messages</p> <p>demonstrate advocacy skills in promoting individual, family and community health.</p>	<p>Locate community services and health facilities to attain outside help regarding mental health issues</p> <p>demonstrate how to evaluate health information, products and services for validity and reliability</p> <p>analyze how cultural beliefs influence health behaviors and the use of health products and services</p> <p>demonstrate the ability to access community health services for self and others</p> <p>use technology and the media to promote positive health messages</p> <p>demonstrate advocacy skills in promoting individual, family and community health.</p>
<p>Enduring Understanding (The big ideas, the “why” we include these ideas</p>	<p>Students will understand that...</p> <p>They will develop ways to</p>	<p>Students will understand the need to...</p> <p>recognize hazardous</p>	<p>Students will understand...</p> <p>The need to apply knowledge of food</p>	<p>Students will understand that...</p> <p>There is a need to demonstrate the</p>	<p>Students will understand that...</p> <p>There is a great need to Apply knowledge of</p>

	<p>demonstrate the necessary knowledge and skills to promote healthy development into adulthood</p> <p>apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood</p> <p>evaluate how the multiple influences which affect health decisions and behaviors can be altered.</p>	<p>conditions in the home, school, workplace, and community and propose solutions to eliminate or reduce them</p> <p>evaluate personal and social skills which contribute to health and safety of self and others</p> <p>recognize how individual behavior affects the quality of the environment.</p> <p>Understanding the different types of partner violence and outlining abusive/controlling tactics used in relationships.</p>	<p>choices and menus to plan a balanced diet, use new technologies to plan and prepare nutritious meals for a variety of dietary needs</p> <ul style="list-style-type: none"> • adjust their own diet to accommodate changing levels of activity or to meet their nutritional needs throughout the life cycle • identify ways to meet basic needs of all family members • take reasoned action toward reaching personal health goals 	<p>necessary knowledge and skills to promote healthy development into adulthood</p> <p>apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood</p> <p>evaluate how the multiple influences which affect health decisions and behaviors can be altered.</p>	<p>mental health issues increase general awareness and empathy of mental health diseases amongst teenagers</p> <p>evaluate personal and social skill which contribute to health and safety of self and others</p> <p>recognize how individual behavior affects the quality of the environment</p>
<p>Essential Questions (What do we want students to think about)</p>	<p>How does stress impact our life span?</p> <p>Is there a place in our lives where stress can be helpful?</p> <p>How do we know when stress is at dangerous levels in our lives?</p> <p>WHy is coping with stress so</p>	<p>How do our behaviors contribute to a hostile environment or a safe one?</p> <p>How can we create a school environment that is safe and accepting for everyone?</p> <p>What steps can we take as individuals to be more connected to the needs of ourselves and others?</p>	<p>Why has nutrition been so difficult to teach about?</p> <p>What does proper nutrition look like to you?</p> <p>How do we incorporate proper nutrition into our lives every day?</p> <p>WHat are the pros and cons of learning nutrition?</p>	<p>What are the main contributing factors to an unhealthy sense of self?</p> <p>How is a person's sense of self impacted by peers, society, social media, developmental stages(puberty)?</p> <p>How does our view of ourselves impact life goals and behaviors regarding nutrition</p>	<p>Why has mental illness become such an epidemic in the last few years?</p> <p>What steps can be taken to help young people deal with their mental health</p>

	<p>important?</p> <p>What are the consequences of not coping properly with stress in our lives?</p>	<p>What happens if we only operate or behave in a way that only serves ourselves?</p> <p>How can we help ourselves in abusive/controlling relationships?</p> <p>What are local and state resources to assist with partner violence?</p> <p>How can we help others in domestic/partner violence situations?</p>	<p>How would you teach others about nutrition?</p> <p>What policies in school would you change to reflect proper nutrition</p>		
--	-----------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------	--	--