MASD H.E. Curriculum Map

C. Eggler

7th Grade Health Education

Week	Unit Name (Topic)	Objectives	Standards & Eligible Content	Resources	Assessments	Adaptations Modifications
Qtr. Class	Social/ Mental Health Tobacco Alcohol Vaping	• Analyze factors that impact growth and development between adolescence and adulthood. • Identify and describe health care products and services that impact adolescent health practices. • Analyze the relationship between health-related information and adolescent consumer choices. • Analyze media health and safety messages and describe their impact on personal health and safety.	**National: Standards 1-8** **PA: 10.1.9.A-E 10.2.9.A-E**	https://www.stateboard.education.pa.gov/Documents/Regulations%20and%20Statements/State%20Academic%20Standards/SandyHealth.pdf https://people.uwplatt.edu/~mccabec/nationalstandards.pdf	Students' progress will be assessed in various ways which may include, but not limited to the following: • Exams • Quizzes • Written work • Notebook • Written and oral projects	**Based on classes' needs**

		• Analyze and apply a decision-making process to adolescent health and safety issues. • Explain the interrelationship between the environment and personal health. • Describe how alcohol acts as a depressant in the body. • Identify three major factors that influence underage drinking. • Communicate *no* in a way that tells others you mean it. • Summarize the effects of intoxication on the body systems. • List four factors that affect blood alcohol. • Identify three ways that intoxication may lead to death. • Identify three factors that influence teens.				

		decisions about tobacco use. • Describe the various forms of tobacco products. • Develop skills to analyze advertisement messages. • Explain how nicotine affects the body. • Identify two other dangerous substances in tobacco smoke. • Examine why using smokeless tobacco is not a safe alternative to smoking. • Describe the long-term health risks of tobacco use. • Identify the long-term risks of exposure to secondhand smoke. • Examine how smoking by a pregnant woman can affect her baby.				

		• Examine how refusal skills • Identify five serious physical effects of long-term alcohol abuse • Describe the three stages of alcoholism • List in order three steps taken during recovery from alcoholism • Evaluate how refusal skills help you stick to your decision not to drink • Identify two benefits of avoiding situations where alcohol is present • Describe the health risks of vaping • Identify five serious physical effects of long-term of vaping				

8th Grade Health Education

Week	Unit Name (Topic)	Objectives	Standards & Eligible Content	Resources	Assessments	Adaptations Modifications
Qtr. Class	Food & Nutrition	• Analyze factors that impact growth and development between adolescence and adulthood • Identify and describe health care products and services that impact adolescent health practices. • Analyze the relationship between health-related information and adolescent consumer choices. • Analyze media health and safety messages and describe their impact on personal health and safety. • Analyze and apply a decision-making process to adolescent health and safety issues.	**National: Standards 1-8** **PA: 10.1.9.A-E 10.2.9.A-E**	https://www.stateboard.education.pa.gov/Documents/Regulations%20and%20Statements/State%20Academic%20Standards/SandyHealth.pdf https://people.uwplatt.edu/~mccabec/nationalstandards.pdf	Students' progress will be assessed in various ways which may include, but not limited to the following: • Exams • Quizzes • Written work • Notebook • Written and oral projects	**Based on classes' needs**

	Chronic Disease & Disabilities • **Cardiovascular diseases** ◦ **Cancer** • **Other chronic disease** ◦ **Disabilities**	• Explain the interrelationship between the environment and personal health. • List six types of cardiovascular disease. • Describe the ways in which cardiovascular diseases. • Identify risks factors for cardiovascular diseases and ways to lower your risk. • Describe how cancer affects the body. • Identify the tests and treatments for cancer. • List seven ways you can prevent cancer. • Distinguish between the two types of diabetes. • Describe how allergies and asthma affect the body.				

	Cardiovascular and Respiratory Health • **Your cardiovascular system** • **Cardiovascular health** • **Improving your cardiovascular fitness** • **Respiratory heath**	• Identify the symptoms of arthritis. • Identify the three most common physical disabilities. • Explain how the rights of people with disabilities are protected. • Describe the main functions of the cardiovascular system. • Trace the pathways of blood through the heart. • Identify three types of blood vessels and the four components of blood. • Identify two factors that contribute to cardiovascular disease. • Describe behaviors that can reduce your risk of cardiovascular disease.					

		• Implement a plan to improve your cardiovascular fitness. • List the functions of the respiratory system. • Describe how air travels through your respiratory system, and how you breathe. • Identify ways to keep the respiratory system healthy.				

9th Grade Health Education

Week	Unit Name (Topic)	Objectives	Standards & Eligible Content	Resources	Assessments	Adaptations Modifications
Sem. Class	Skeletal System Muscular System Nervous System	• Identify the main roles of the skeletal system. • Describe the functions of bones and joints. • Explain how you can keep your skeletal system healthy. • Describe the functions of the three types of muscles. • Explain how you can keep your muscular system healthy. • Identify warm up, stretching and cool down exercises to prevent muscle injuries. • Explain the functions of the nervous system and the roles of neurons. • Describe the roles of the central nervous system and the peripheral nervous system. • Identify the most important thing you can do to keep your nervous system healthy.	**National: Standards 1-8** **PA: 10.1.12.A-E 10.2.12.A-E**	https://www.stateboard.education.pa.gov/Documents/Regulations%20and%20Statements/State%20Academic%20Standards/SandyHealth.pdf https://people.uwplatt.edu/~mccabec/nationalstandards.pdf	Students' progress will be assessed in various ways which may include, but not limited to the following: • Exams • Quizzes • Written work • Notebook • Written and oral projects	**Based on classes' needs**

	Infectious Disease	• Identify the causes of infectious diseases. • Describe four ways in which infectious diseases are spread. • Identify the body's physical and chemical defenses against infectious disease. • Describe the inflammatory response. • Summarize how the immune system works. • Compare passive and active immunity. • Identify some diseases caused by bacteria and by viruses. • Describe behaviors that can help you get healthy and stay healthy. • Demonstrate the ability to use a medicine correctly by reading the directions on the medicine label.				

	Male & Female Reproductive Organs/ Pregnancy Prevention **Sexually Transmitted Infections and AIDS**	• Define the term emerging disease. • Identify five reasons why diseases emerge. • Identify the main roles of the reproductive systems. • Describe the functions of reproductive systems. • Describe the functions of the reproductive systems. • Identify methods of pregnancy prevention. • Identify risky behaviors associated with the current epidemic of sexually transmitted infections. • Describe behaviors that can help prevent the spread of sexually transmitted infections.				

		• Identify three of the most common STI's including their symptoms and treatments. • List four other STI's and describe their symptoms. • Know when a person should seek treatment for an STI. • Explain how the HIV infection leads to AIDS. • Describe how HIV is transmitted from person to person. • Summarize the state of HIV infection and AIDS throughout the world. • Evaluate internet sources to access reliable health information. • Identify three behaviors that can prevent the spread of HIV. • Describe how a person gets tested for HIV. • Describe the goal of the HIV treatment.				

10th-12th Grade Health Education

Week	Unit Name (Topic)	Objectives	Standards & Eligible Content	Resources	Assessments	Adaptations Modifications
Sem. Class	First Aid CPR AED	• List the first aid steps for medical emergencies • List the first aid steps for injury emergencies • List the first aid steps for environmental emergencies • Tell how to give CPR to an adult, child, and infant • Tell how to use a barrier device • List the signs of choking • Tell how to help a choking victim • Tell how to phone your emergency response number • Tell how answer a dispatcher's questions • Tell what an AED does	**National: Standards 1-8** **PA: 10.1.12.A-E 10.2.12.A-E**	https://www.stateboard.education.pa.gov/Documents/Regulations%20and%20Statements/State%20Academic%20Standards/SandyHealth.pdf https://people.uwplatt.edu/~mccabec/nationalstandards.pdf	Students' progress will be assessed in various ways which may include, but not limited to the following: • Exams • Quizzes • Written work • Notebook • Written and oral projects	**Based on classes' needs**

		• Tell when you might use an AED • Lis the steps for using an AED • Tell how to give CPR and use an AED				