Lehighton Area School District
Curriculum Framework

Course Title:	Wellness 2
Content Area:	Physical Education
Grade Level(s):	9th-12th
Course Overview:	In Wellness 2, students will engage in social-emotional learning and learn strategies to address violence within both the school environment and the wider community. The course will emphasize the importance of acquiring CPR and First Aid skills. Additionally, students will explore topics such as the significance of sleep and how to understand sleeping patterns, the importance of nutrition and macronutrient consumption during physical activity and as individuals age, as well as dental care and hygiene practices. They will also gain an understanding of the functions of the digestive system. Furthermore, the course will cover personal health and health consumerism, including an examination of various healthcare sources. Finally, students will delve into fitness, including different aspects of exercise, classifications of fitness levels, common exercise-induced injuries, and diseases associated with a lack of physical activity.
PA Core Standards:	Academic Standards for Health & Physical Education
Key Course Text and Materials:	Canvas
Key Assessments/Projects:	Unit test, Violience PSA, MyPlate calorie assignment, CPR Test, Sleep Hygine project, Dental and Digestion Test

Big Idea/Unit: Nutrition
Pacing: 2 Weeks

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.9 C 10.1.12 C 10.1.9 E 10.2.9 B	Analyze factors that impact nutritional choices of adolescents. Analyze factors that impact nutritional choices of adults. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.	Nutrition Diet Eating disorder Carbohydrate Protein Fat Water Vitamins Minerals Daily Value Food Guide MyPlate Nutrient Metabolism Cholesterol Serving Size Deficiency Nutrient Density Metabolism Micronutrients Macronutrients Energy balance Calorie Empty calories Fiber Saturated fat Unsaturated fat Trans fat Simple carbohydrates	USDA Food & Nutrition Service – MyPlate.gov U.S. Food & Drug Administration (FDA) – Nutrition Education Resources	1600-1800 calorie assignment Food modification Canvas assignments including- Critical thinking assessment for nutritional needs Nutrition writing assignment on fast food restaurants MyPlate food groups Quiz on nutrition BMI Sports nutrition Evaluate media and making advertisements Macronutrient consumption

	Assess factors that impact adult health consumer choices.	carbohydrates Complex carbohydrates Amino acids Omega-3 fatty acids Antioxidants Electrolytes		

Big Idea/Unit: Weight Management and Body Image

Pacing: 1 week

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project

10.1.9 C 10.2.9 B 10.1.12.C 10.1.9.E	Six classes of nutrients, food labels, food guide pyramid, nutrition for different stages of life, weight management and eating behaviors and disorders	Appetite Heredity Overweight Obese Body Composition Eating disorder Body image Anorexia Bulimia Over eating disorder Purging Food allergy Weight Management Unsaturated fat Trans fat Simple carbohydrates Complex carbohydrates Amino acids Omega-3 fatty acids Antioxidants Electrolytes Eating disorder Body image Health Principles Fitness	Bell Ringers power points Video on diets in America today critical thinking activity on obesity in America mind sets of eating disorders, developing body image media and body image	Critical thinking writing assignment for body image Test on nutrition and body image Canvas assignment on BMI and Body Image Eating Disorders

Big Idea/Unit:	Hands only CPR Adult, Child, Infant, Burns, Basic First , and AID			
Pacing:	7 days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
	Survey the scene Chain of Survival Obstructed Airway maneuver Check for pulse/signs of breathing	Cardiopulmonary resuscitation Automated external defibrillato Chest Compressions Chain for surviva	Adult Mannequins Child Mannequins Infant Mannequins	Critical thinking assessment Canvas worksheets

10.3.12.B 10.3.9.B	Adult CPR Child CPR Infant CPR AED- Adult, Child, Infant RICE Method Hands only CPR RICE Method Hands only CPR Applying bandages	Chain of survival Rescue Breaths Artery Blood Pressure Shock Heart Attack Circulatory System Heimlich Maneuver Stroke Vein First degree burn Second degree	Infant Mannequins American Red Cross Videos Practice AED Medical Supplies (Ex:tourniquet, CPR Mask, bandages) Critical thinking assessment Canvas worksheets Bell Ringers	worksheets Bell Ringers "Skill performance assessment" Assess and survey the scene Cognative assessment (Test)

Big Idea/Unit:	Digestion and Oral health
Pacing:	2 weeks

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
	Various parts of the digestive system Learn the role that each part of the digestive system plays	Homeostasis Salivary glands palate esophagus pharynx epiglottis, esophageal sphincter bolus peristalsis Stomach Pepsin HCL pyloric sphincter pancreas endocrine pancreatic duct amylase glycogen	Canvas Tooth anatomy Digestion Anatomy Blooket	

10.1.12.B 10.1.9.B 10.1.9.E	Discover how the various parts work together to digest food and convert it into energy Demonstrate the ability to practice behaviors that enhance oral health and reduce oral cancer risk. . Labeling the digestive system	glycogen glucose secretin gallbladder Small intestine Large intestine villi amino acids duodenum jujunem ileum colon rectum feces liver anus canines cementum dentin enamel gingivitis incisors Mastication Mucous Membrane Palate Plaque Periodontitis Tarter Uvula Wisdom Molar Premolar Oral Cancer	Blocket MouthHealthy by the American Dental Association (ADA) https://www.mouthhealthy.org Teen-focused oral health topics (braces, wisdom teeth, bad breath, etc.) Delta Dental – Teaching Tools https://www.deltadental.com Lesson plans, videos, and printable activities on oral hygiene CDC – Oral Health Division https://www.cdc.gov/oralhealth Facts, infographics, and data about dental health and preventio	Dental and digestive quiz combined (Labeling the teeth, labeling the digestive system, vocab, true/false, multiple choice,matching , and short response questions Sugar impact to teeth Vaping/Smoking on teeth

Big Idea/Unit: Violience and Abuse
Pacing: 2 weeks

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.3.9.C 10.3.12.C	*The student will demonstrate how to manage personal information in electronic communications when sending or posting pictures or messages (e.g., social media, chat group, e-mail, text messages, etc.) to prevent violence. The Student will practice effective peer resistance, negotiation, and collaboration skills to avoid engaging in violence. The student will explain why it is an individual's responsibility to verify that all sexual contact is consensual. The student will summarize impulsive *Power and Control *Relationships (Dating) *School Violence *Media and Cyberbullying *Laws and regulations regarding abuse *Hazing crimes, school rules and policies. * PA Safe to Say/how to report *How to de-escalate situations *Teen dating violence and manipulation *Report hotline/Website *Powerpoints *Canvas Worksheets *Discussions post *Video creations *Class presentation *Public service announcement *Advocating posters *Think-Pair - Share *Critical thinking assessment *Canvas assignments *Writing assignments *PowerPoint *Video creation on violence *How to seek help for mental health *PSA Video/Flyer Wellness 2 Units behaviors that can lead to violence and strategies for controlling them. The student will utilize peer and societal norms, based on accurate health information, to formulate messages to avoid or reduce violence. The student will summarize why it is important to tell an adult if there are people who are in danger of hurting themselves or others	Hazing Bullying Mental Health Assault Consent Sexual Harassment Rape Stalking Cyber Stalking Self Directed Violence Interpersonal Violence Mental health awareness Financial Abuse Psychological abuse Emotional Abuse Child abuse/child endangerment	Powerpoints Canvas Worksheets Discussions post Video creations Class presentation Public service announcement Advocating posters Think-Pair - Share Critical thinking assessment	Canvas assignments Writing assignments PowerPoint Video creation on violence How to seek help for mental health PSA Video/Flyer/Podcast/Presentation Safety for hazing Dating Violience Stalking/Cyber Stalking

Big Idea/Unit	Fitness- Demonstrate proper form and technique in strength, endurance, and flexibility exercises.			
Pacing:	7 days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.4.12.A 10.4.12.B 10.4.12.C 10.4.12.D 10.4.12.E 10.5.12.A 10.5.12.B 10.5.12.C 10.5.12.D	Identify and define the five components of physical fitness. Demonstrate proper form and technique in strength, endurance, and flexibility exercises. Evaluate their own personal fitness levels using various assessments. Set SMART goals for improving personal fitness. Explain how regular physical activity benefits cardiovascular, muscular, and mental health.	Cardiovascular Endurance Muscular Strength FITT Principle (Frequency, Intensity, Time, Type) Muscular Endurance Anaerobic Flexibility Body image Body Composition Aerobic SMART Goals (Specific, Measurable, Achievable, Relevant, Time-bound) Target Heart Rate Resting Heart Rate Warm-up / Cool-down Circuit Training Resistance Training Recovery Overload Principle Progression Specificity	CDC Physical Activity for Teens - https://www.cdc.gov/physicalactivity/basics/children/ Explains how much activity teens need, types of activities, and tips for staying active. Teen Health – KidsHealth (Nemours)- https://kidshealth.org/en/teens/exercise.html Canvas Articles on exercise, fitness safety, and how to build strength and endurance. MyPlate “Move Your Way” Activity Planner (U.S. Dept. of Health & Human Services) - Heart.org – American Heart Association: Fitness Basics for Teens - https://www.heart.org/en/healthy-living/fitness/fitness-basics/ Covers aerobic vs. anaerobic activity, heart rate zones, and how to stay motivated. FitnessGram Student Zone - Explains fitness testing components (aerobic capacity, body composition, flexibility	Written Reflection or Presentation Exit Tickets Pre-Fitness Assessment: Baseline data (e.g., mile run, push-ups, curl-ups, sit & reach, body composition). Personal Fitness Plan Fitness Reflection Journals: Students log and reflect on daily/weekly activity and progress. Fitness Quiz Class Discussions: On the benefits of fitness, goal setting, and barriers to activity. Life long fitness activites health vs skill related fitness

		Specificity Amino acids Omega-3 fatty acids Antioxidants Electrolytes Eating disorder	body composition, flexibility, muscular fitness) in teen-friendly language. Bell ringers Reaction time	fitness
	Design and implement a personalized fitness plan based on assessment results.			
	Analyze how nutrition, rest, and stress management influence physical performance.			

Big Idea/Unit	Health Insurance			
Pacing:	5 Days			
Standards		**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.1.12.A 10.1.12.B	Compare different types of health insurance coverage (HMO, PPO, POS, high-deductible, Medicaid, Medicare). Analyze the costs and benefits of various insurance options.	Health Insurance Premium Deductible Co-pay / Co-insurance Out-of-Pocket Maximum Network / In-Network / Out-of-Network HMO (Health Maintenance Organization) PPO (Preferred Provider Organization) High-Deductible Health Plan Medicaid Medicare Preventive Care	Canvas KidsHealth – Health Insurance	Health Insurance Comparison Project Reflection / Writing Assignment

	Evaluate the consequences of being uninsured or underinsured.	Preventive Care Claim Explanation of Benefits (EOB) Coverage Limit Pre-existing Condition Health Savings Account (HSA)		

Big Idea/Unit	Sleep			
Pacing:	7 days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.1.9 A–E 10.2.9.A-E	Understand the relationship between technology use, caffeine, and sleep quality. Describe how hormones and body systems are influenced by sleep. Evaluate their own sleep habits and identify areas for improvement. Develop a personal sleep hygiene plan to promote healthy sleep habits. Understand the relationship between technology use, caffeine, and sleep quality. Recognize sleep disorders (e.g., insomnia, sleep apnea, narcolepsy) and when to seek help	Sleep cycle Insomnia Restorative sleep Blue light exposure Chronic fatigue	National Sleep Foundation: https://www.thensf.org TeensHealth – Why You Need Sleep: https://kidshealth.org/en/teens/sleep.html “Sleep Diary” from National Sleep Foundation “Sleep IQ” quiz – CDC Teen Sleep site Articles on blue light and screen	Sleep Hygiene Project Unit Test / Quiz Topics Plan your perfect sleep Sleep log

Big Idea/Unit	Pay it Forward			
Pacing:	5 days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**

10.1.9 D 10.1.12.D	Demonstrate responsible personal and social behavior that shows respect and empathy for others. Explain how acts of kindness and service contribute to emotional and mental wellness. Apply decision-making and goal-setting skills to plan and carry out a community-based project.	Compassion Kindness Gratitude Altruism Community Reflection Responsibility Community	Pay it forward movie Discussion Questions	Pay it forward google slide