SOMERSET COUNTY VOCATIONAL & TECHNICAL SCHOOLS
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Subject: Health Grade 11: Developing a Healthy Lifestyle, Substance Abuse (Medications/Drugs and Alcohol)

Topic	Sleep, Body Systems, Hygiene) (1.5 Weeks)	Nutrition/Food Choices (3 weeks)	Body Image (1 weeks)	Improving Personal Fitness (2 weeks)
NJCCCS	2.1.12.PGD.1 2.1.12.PGD.2 2.1.12.EH.1 2.1.12.EH.3	2.2.12.N.1 2.2.12.N.2 2.2.12.N.3 2.2.12.N.4 2.2.12.N.5	2.2.12.N.1 2.2.12.N.2 2.2.12.N.3 2.2.12.N.4 2.2.12.N.5	2.2.12.PF.1 2.1.12.PGD.1 2.2.12.PF.2 2.1.12.PGD.2 2.2.12.PF.3 2.2.12.LF.2 2.2.12.PF.4 2.2.12.LF.3 2.2.12.PF.5 2.2.12.LF.5
Technology Ed.	8.1.12.NI.2 8.2.12.ITH.2 8.1.12.NI.3 8.2.12.ITH.3 8.1.12.DA.1 8.2.12.ETW.2 8.2.12.ETW.3	8.1.12.NI.2 8.2.12.ITH.2 8.1.12.NI.3 8.2.12.ITH.3 8.1.12.DA.1 8.2.12.ETW.2 8.2.12.ETW.3	8.1.12.NI.2 8.2.12.ITH.2 8.1.12.NI.3 8.2.12.ITH.3 8.1.12.DA.1 8.2.12.ETW.2 8.2.12.ETW.3	8.1.12.NI.2 8.2.12.ITH.2 8.1.12.NI.3 8.2.12.ITH.3 8.1.12.DA.1 8.2.12.ETW.2 8.2.12.ETW.3
21st Century Knowledge & Skills	9.4.2.DC.3 9.4.2.DC.4 9.4.2.DC.5 9.4.5.GCA.1 9.4.5.IML.1 9.4.12.TL.1 9.4.12.TL.2 9.4.12.TL.3 9.4.12.TL.4	9.4.2.DC.3 9.4.2.DC.4 9.4.2.DC.5 9.4.5.GCA.1 9.4.5.IML.1 9.4.12.TL.1 9.4.12.TL.2 9.4.12.TL.3 9.4.12.TL.4	9.4.2.DC.3 9.4.2.DC.4 9.4.2.DC.5 9.4.5.GCA.1 9.4.5.IML.1 9.4.12.TL.1 9.4.12.TL.2 9.4.12.TL.3 9.4.12.TL.4	9.4.2.DC.3 9.4.2.DC.4 9.4.2.DC.5 9.4.5.GCA.1 9.4.5.IML.1 9.4.12.TL.1 9.4.12.TL.2 9.4.12.TL.3 9.4.12.TL.4
Skills (SWBAT)	- Explain why we need sleep and what happens if we don't get enough, including potential physical, emotional,	-List the six classes of nutrients, and explain the primary functions of each. - Explain how the Dietary Guidelines for Americans and	-Identify what a healthy weight is. -Understand why each person has their own healthy	-Identify the importance of being physically active throughout life. -Define physical activity.

	social, and safety threats to health. -Describe some common sleep disorders, including risk factors and what can be done to prevent or treat them. -Explore ways to improve sleep. -Understand the various Body Systems and how they work (Cardiovascular, Respiratory, Digestive, Etc) -Understand Basic hygiene practices for various body areas (skin, dental, eyes, etc)	the MyPlate food guidance system can help you follow a healthful eating pattern. -Explain food safety concerns facing Americans and people in other regions of the world. -Identify how to create healthful meals	weight and should not compare. -Explain body image issues and how they can possibly lead to eating disorders.	-Identify key benefits of an active lifestyle.
Activities	- Various Worksheets on the identifying parts of the different body systems. - Jeopardy Trivia game for basic hygiene, sleep, and body systems. - Discussions on the importance of the above topics. -Tech and Health- Wired and Tired- Discuss how technology is taking a toll on our sleep.	-Worksheets going over- Basic calculation of caloric intake per individual based on current activity level and personal needs. -Movies to be watched in class and at home: Super Size Me 2; A Healthy Diet for a Healthy Brain. **there are worksheets to accompany these movies -Worksheets going over- Basic calculation of caloric intake per individual based	-Worksheets going over- Basic calculation of caloric intake per individual based on current activity level and personal needs. -Discussion on fast food and its health effects. -Various worksheets on nutrients and they work in the body. -Movie: Supersize Me 2 with movie questions. -Activity on positive body image.	-Using information from PE- create a personalized exercise plan based on SMART Goals and FITT principle. - Explore the various types of physical activity and also various pieces of fitness equipment. -Discuss how physical activity can lessen stress levels. -Activities on Fitness Safety. -Case Study: Getting More Physical

		on current activity level and personal needs. -Discussion on fast food and its health effects. -Various worksheets on nutrients and they work in the body. - In class food activity: Students will help make fresh hummus, salsa, and guacamole. This will reinforce the idea that healthy food can be easy to make as well as not as expensive as people often think.	-Activity on recognizing signs of eating disorders -Discuss what a "healthy weight" is and how it will help to keep throughout the aging process. -Case Study: "How do I look?" -Various worksheets from the book.	-Vocabulary: each student assigned 5 vocabulary words for use in a review game. -Review how to calculate Target Heart Rates(this was introduced in PE) -Various worksheets from the book company.
Evaluation	-Label the body systems on a diagram - Lesson Review at the end of each section of the textbook chapters. OR -Short brochure on common sleep problems	Benchmark Assessment: Food Budget Project- Students will be given a budget of $55 and will have to create 7 days worth of nutritionally balanced meals (21 full meals and 14-21 snacks). Students will hand on their meal plan -Students are given a list of items already contained the their "pantry" -Students will include a shopping list with prices and quantity for all items.	-Eating Disorder Brochure -Unit quiz	-Quiz on Vocabulary and concepts of Physical Fitness. .

		- They will use their caloric and nutrient needs. - Students will include the recipe for two of their meals. Purpose: For students to understand that a healthy balanced diet is possible on a budget if planned properly.		
Resources		Health Book-Access to Health Health Book- Comprehensive Health Internet Community members New technology platforms for assessments: flipgrid, jamboard, etc.	Health Book-Access to Health Health book-Comprehensive Health Internet Community members New technology platforms for assessments: flipgrid, jamboard, etc.	Health Book-Access to Health Internet Community members New technology platforms for assessments: flipgrid, jamboard, etc.

Topic	Substance Abuse Education (Medication and Drugs) (1.5 weeks)	Substance Abuse Education (Alcohol) (1 week)
NJCCCS	2.3.12.ATD.1 2.3.12.DSDT.4 2.3.12.ATD.2 2.3.12.DSDT.5 2.3.12.ATD.3 2.3.12.HCDM.2 2.3.12.DSDT.1 2.3.12.DSDT.2 2.3.12.DSDT.3	2.3.12.ATD.1 2.3.12.DSDT.4 2.3.12.ATD.2 2.3.12.DSDT.5 2.3.12.ATD.3 2.3.12.DSDT.1 2.3.12.DSDT.2 2.3.12.DSDT.3
Technology Ed.	8.1.12.NI.2 8.2.12.ITH.2 8.1.12.NI.3 8.2.12.ITH.3 8.1.12.DA.1 8.2.12.ETW.2 8.2.12.ETW.3	8.1.12.NI.2 8.2.12.ITH.2 8.1.12.NI.3 8.2.12.ITH.3 8.1.12.DA.1 8.2.12.ETW.2 8.2.12.ETW.3

21st Century Knowledge & Skills	9.4.2.DC.3 9.4.2.DC.4 9.4.2.DC.5 9.4.5.GCA.1 9.4.5.IML.1 9.4.12.TL.1 9.4.12.TL.2 9.4.12.TL.3 9.4.12.TL.4	9.4.2.DC.3 9.4.2.DC.4 9.4.2.DC.5 9.4.5.GCA.1 9.4.5.IML.1 9.4.12.TL.1 9.4.12.TL.2 9.4.12.TL.3 9.4.12.TL.4
Skills (SWBAT)	-Define *addiction,* identify the signs, of addiction, and describe the impact of addiction on friends and family. -Discuss the addictive process, the physiology of addiction, and the biopsychosocial model of addiction. -Describe the rate of tobacco use in the United States, and explain the social and political issues involved in tobacco use. - Describe how the chemicals in tobacco products affect the body.. - Discuss prevention policies enacted by the U.S. government to curb tobacco use. - Describe various quitting strategies, including those	-Describe the impact of drinking and driving on society. -Compare the differences in alcohol consumption and abuse among various ethnic and racial minority groups. -Explain the physiological and behavioral effects of alcohol, including absorption, metabolism, and blood alcohol concentration. -Describe alcohol use (AUD) its risk factors, causes, and costs to society, and discuss options for treatment. -Describe the various types of treatment programs for alcoholism and their effectiveness and explore the concepts of relapse and recovery. Use of new classroom games to reinforce information as

	aimed at ending the body's addiction to nicotine. -Identify the dangers of vaping and how to reverse the trend of teen vaping use. -Explain how drugs affect physical functions and activate the brain's pleasure circuit. - List and describe the six categories of drugs and their routes of administration. -Provide examples of treatment and recovery options for addicts, and their effectiveness.	well as to help with differentiation.
Activities	-Worksheet: the cost of smoking. - Examine how many chemicals are in cigarettes and the harm they cause (Short and long term health effects) -Case Study: "Just" a vape -Case Study: Prescription Problems -Various videos from book and internet resources -Bingo game. -Explore the classifications of drugs and which drugs fall into which classification.	-Binge Drinking Influences activity: Internal and External influences of teen Binge drinking. -Explore the Short and Long term health effects of alcohol on the body. -Case Study: The impact of alcoholism on a family. -Various worksheets found by individual teachers. -Case Study: The Impact of Alcohol

	-Discuss the difference between legal and illegal drugs. -Discuss the difference between abuse and misuse. -Making Changes Today: Responding to an Offer of Drugs. -Debate: Marijuana Legalization -Presentation on the dangers of vaping by Linkages Dept.	
Evaluation	Benchmark Assessment: -create a PSA on tobacco use and how it affects the teenage population if they start tobacco use early. -Quiz on Tobacco and Drug use and Misuse	-Quiz on Impact of alcohol on health.
Resources	Health Book-Access To Health Glencoe Comprehensive Health book Internet Community members Linkages Staff	Health Book-Access To Health Glencoe Comprehensive Health book Internet Community members Linkages Staff

** General accommodations: Extra time on tests, books to be given for home for those who need them, printed copies of notes, modified tests/homework.

Board Approval 10/24/22

***Interdisciplinary connections:
Social Studies: 6.2.12.C.3.A, 6.2.12.C.6.B, 6.2.12.C.6.D,
Science: 5.3.12.D.02