

Health 4

Health 4 Pre-Test (1-2 class sessions)

Unit 1- Basic Needs for Living Creatures

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
<u>4 Classes</u> <u>Basic Human Needs</u>	All basic needs for human survival	<p>What do all living things need for productive survival?</p> <p>What is important about space and waste removal?</p>	There are steps to follow to administer proper aid in an emergency situation.	<p>Student should be able to identify the 5-6 basic needs for productive survival of all living creatures.</p> <p>Student will be able to compare and contrast what is a “need” vs. what is a “want”</p>	<p>Objectives:</p> <p>Student will be able to list and identify heat related environmental factors that can adversely affect health.</p> <p>Resources:</p> <p>Healthteacher.com Readworks.com Newsela.com StudyIsland.com</p>	<ul style="list-style-type: none"> - Need - Want - Waste Removal - Space - Shelter 	<p>10.2.6E</p> <p>10.3.3A</p> <p>10.3.3B</p> <p>10.3.6A</p> <p>10.3.6B</p>

Unit 2- Body Systems and Functions

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
<u>6 classes</u> <u>Muscular</u>	Health concepts are essential for wellness and a health-enhancing lifestyle.	How do personal choices impact your health?	The body consists of organs and systems that work together to ensure good health.	Students should be able to determine how good nutrition, heredity, environment and healthy decisions can impact the way our body systems function.	Objectives: Student will be able to list the major muscles of the human body. Resources: Healthteacher.com Readworks.com Newsela.com StudyIsland.com	- Muscle - Fiber - Bicep - Quadricep - Abdominal - Tendon - Ligament	10.1.3B 10.1.3C 10.1.6B 10.1.6C 10.1.6D
<u>6 classes</u> <u>Skeletal</u>	Health concepts are essential for wellness and a health-enhancing lifestyle.	How do personal choices impact your health?	The body consists of organs and systems that work together to ensure good health.	Students should be able to determine how good nutrition, heredity, environment and healthy decisions can impact the way our body systems function.	Objectives: Student will be able to list the major components of the skeletal system and their function. Resources: Healthteacher.com Readworks.com Newsela.com StudyIsland.com	- Bones - Femur - Humerus - Skull - Spine - Ribs	10.1.3B 10.1.3C 10.1.6B 10.1.6C 10.1.6D
<u>6 Classes</u> <u>Digestion</u>	Health concepts are essential for wellness and a	How do personal choices impact your health?	The body consists of organs and systems that work together to ensure good health.	Students should be able to determine how good nutrition, heredity, environment	Objectives: Student will be able to list the major components of the Digestive system and their functions,	- Digestion - Intestines - Bile - Saliva - Nutrients	10.1.3B 10.1.3C 10.1.6B 10.1.6C 10.1.6D

	health-enhancing lifestyle.			and healthy decisions can impact the way our body systems function.	along with the pathway. Resources: Healthteacher.com Readworks.com Newsela.com StudyIsland.com		
<u>6 Classes</u> <u>Circulator</u> <u>y</u>	Health concepts are essential for wellness and a health-enhancing lifestyle.	How do personal choices impact your health?	The body consists of organs and systems that work together to ensure good health.	Students should be able to determine how good nutrition, heredity, environment and healthy decisions can impact the way our body systems function.	Objectives: Student will be able to list the major components of the Circulatory system and their functions, along with the pathway. Resources: Healthteacher.com Readworks.com Newsela.com StudyIsland.com	<ul style="list-style-type: none"> - Circulation - Veins - Arteries - Oxygen - Capillaries 	10.1.3B 10.1.3C 10.1.6B 10.1.6C 10.1.6D
Health 4 Post-Test (1-2 class sessions)							