

Health 5

Unit 1- Environmental Safety and First Aid

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
<u>2 Classes</u> <u>Heat</u>	Safety impacts individual and community well-being.	What can I do to be safe in any environment? How can I administer aid in any situation?	There are steps to follow to administer proper aid in an emergency situation.	Student should be able to identify the appropriate safe practices you can use in an emergency situation. Student will be able to apply appropriate emergency procedures to an emergency situation	Objectives: Student will be able to list and identify heat related environmental factors that can adversely affect health. Resources: Healthteacher.com Readworks.com Newsela.com StudyIsland.com	-Heat Exhaustion - Heat Stroke - Hyperthermia	10.2.6E 10.3.3A 10.3.3B 10.3.6A 10.3.6B
<u>2 Classes</u> <u>Cold</u>	Safety impacts individual and community well-being.	What can I do to be safe in any environment? How can I administer aid	There are steps to follow to administer proper aid in an emergency situation.	Student should be able to identify the appropriate safe practices you can use in an emergency situation.	Objectives: Student will be able to list and identify cold related environmental factors that can adversely affect health.	- Frost Bite - Hypothermia - Core Temperature	10.2.6E 10.3.3A 10.3.3B 10.3.6A 10.3.6B

<u>2 Classes</u> <u>Home & Leisure</u> <u>First Aid</u>	Safety impacts individual and community well-being.	<p>What can I do to be safe in any environment?</p> <p>How can I administer aid in any situation?</p>	There are steps to follow to administer proper aid in an emergency situation.	<p>Student should be able to identify the appropriate safe practices you can use in an emergency situation.</p> <p>Student will be able to apply appropriate emergency procedures to an emergency situation</p>	<p>Objectives:</p> <p>Student will be able to administer proper first aid procedures in home and leisure activity situations</p> <p>Resources: Healthteacher.com Readworks.com Newsela.com StudyIsland.com</p>	<ul style="list-style-type: none"> - Wound - Laceration - Abrasion - Puncture - Edema - Strain - Sprain - R.I.C.E. 	<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>
<u>2 Classes</u> <u>Sports</u> <u>First Aid</u>	Safety impacts individual and community well-being.	<p>What can I do to be safe in any environment?</p> <p>How can I administer aid in any situation?</p>	There are steps to follow to administer proper aid in an emergency situation.	<p>Student should be able to identify the appropriate safe practices you can use in an emergency situation.</p> <p>Student will be able to apply appropriate emergency procedures to</p>	<p>Objectives:</p> <p>Student will be able to administer proper first aid procedures in competitive sport/play situations</p> <p>Resources: Healthteacher.com Readworks.com Newsela.com StudyIsland.com</p>	<ul style="list-style-type: none"> - Wound - Laceration - Abrasion - Puncture - Edema - Strain - Sprain - P.R.I.C.E. - Concussion - Equipment 	<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>

				an emergency situation			
Unit 1 Environmental Safety and First Aid Part 2 Assessment							
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>4 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	10.1.3B 10.1.3C 10.1.6B 10.1.6C 10.1.6D
<u>4 classes</u> <u>Skeletal</u>	Health concepts are essential for	How do personal choices	The body consists of organs and systems that	Students should be able to determine how good	Objectives: Student will be able to list the major	- Bones - Femur - Humerus - Skull	10.1.3B 10.1.3C 10.1.6B 10.1.6C

Unit 3 – Nutrition

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
3 Lessons	Health concepts are essential for wellness and a health-enhancing lifestyle.	How do personal choices impact your health?	<p>The food guide pyramid helps us eat a healthy diet which includes nutrients from a variety of food sources.</p> <p>Health information is found everywhere and has many different forms.</p> <p>Healthy choices are made through the decision-making process.</p>	<p>Show the steps in a decision-making process.</p> <p>- Show how good nutrition, heredity, environment and healthy decisions can impact the way our body systems function.</p>	<p>Objectives:</p> <p>Student will be able to compare/contrast the 3 basic nutrients in each food/drink</p> <p>Resources:</p> <p>Healthteacher.com Readworks.com Newsela.com StudyIsland.com</p>	<p>- Macronutrient</p> <p>- Carbohydrate</p> <p>- Fats</p> <p>- Proteins</p> <p>- Simple</p> <p>- Complex</p>	<p>10.1.3A</p> <p>10.1.3B</p> <p>10.1.3C</p> <p>10.1.3D</p> <p>10.1.6B</p> <p>10.1.6C</p> <p>10.1.6D</p> <p>10.1.6E</p> <p>10.2.3B</p> <p>10.2.3D</p> <p>10.2.6B</p> <p>10.2.6D</p>
4 Lessons	Health concepts are essential for	How do personal choices	The food guide pyramid helps us eat a healthy diet which includes	Show the steps in a decision-making process.	<p>Objectives:</p> <p>Student will be able to list the 6 major food groups</p>	<p>- Food Guide Pyramid</p> <p>- Serving</p> <p>- Calories</p>	<p>10.1.3A</p> <p>10.1.3B</p> <p>10.1.3C</p> <p>10.1.3D</p>

	wellness and a health-enhancing lifestyle.	impact your health?	<p>nutrients from a variety of food sources.</p> <p>Health information is found everywhere and has many different forms.</p> <p>Healthy choices are made through the decision-making process.</p>	- Show how good nutrition, heredity, environment and healthy decisions can impact the way our body systems function.	<p>Student will be able to recognize proper serving sizes of food and drink</p> <p>Resources:</p> <p>Healthteacher.com Readworks.com Newsela.com StudyIsland.com</p>	- Food Group	<p>10.1.6B 10.1.6C 10.1.6D 10.1.6E 10.2.3B 10.2.3D 10.2.6B 10.2.6D</p>
Unit 3 – Nutrition Assessment							