

Health 6

Unit 1 – Introduction to Drugs and Alcohol

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
<u>4 classes</u> <u>(Alcohol)</u>	Health concepts are essential for wellness and a health-enhancing lifestyle.	What can you observe and infer about the way your personal choices affect the functioning of the body?	The quality of information determines the wisdom of the choice.	Students should be able to identify factors that positively and negatively impact both our health and environment.	Objectives: Students will be able to list various ways that alcohol affects the body Students will be able to recognize alcohol in various forms Resources: Healthteacher.com Readworks.com Newsela.com StudyIsland.com	- B.A.C. - Alcohol - Depressant - Alco-Pop	10.1.3D 10.1.6D 10.2.3C 10.2.6A 10.2.6C 10.1.6A
<u>6 classes</u> <u>(Drugs)</u>	Health concepts are essential for wellness and a health-enhancing lifestyle.	What can you observe and infer about the way your personal choices affect	The quality of information determines the wisdom of the choice.	Students should be able to identify factors that positively and negatively impact both our health and environment.	Objectives: Students will be able to describe different types of drugs and how they work in the body	- Drug - Narcotic - Stimulant - Tobacco - Opiate - Overdose - Prescription	10.1.3D 10.1.6D 10.2.3C 10.2.6A 10.2.6C 10.1.6A

		the functioning of the body?			<p>Students will be able to list various slang/street names of drugs</p> <p>Resources:</p> <p>Healthteacher.com Readworks.com Newsela.com StudyIsland.com</p>		
<u>2 classes (Choices)</u>	Health concepts are essential for wellness and a health-enhancing lifestyle.	What can you observe and infer about the way your personal choices affect the functioning of the body?	The quality of information determines the wisdom of the choice.	Students should be able to identify factors that positively and negatively impact both our health and environment.	<p>Objectives:</p> <p>Students will be able to discuss how peers can positively and negatively affect choices you make</p> <p>Students will be able to list safe alternatives to avoid dangerous choices</p> <p>Resources:</p> <p>Healthteacher.com Readworks.com Newsela.com StudyIsland.com</p>	<ul style="list-style-type: none"> - Peer Pressure - Perception - Acceptance 	<p>10.1.3D</p> <p>10.1.6D</p> <p>10.2.3C</p> <p>10.2.6A</p> <p>10.2.6C</p> <p>10.1.6A</p>
Unit 1 – Introduction to Drugs and Alcohol Assessment							
Unit 2 – Media Influences							

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
<u>8 classes</u> <u>(Media)</u>	Health concepts are essential for wellness and a health-enhancing lifestyle.	What can you observe and infer about the way your personal choices affect the functioning of the body?	Media messages contribute to the development of health attitudes and behaviors.	<p>Student should be able to clarify the relationships among stress, peer pressure, nutritional factors and personal choices such as avoiding risky use of drugs, with well-functioning body systems and disease prevention.</p> <p>Student should be able to identify factors that positively and negatively impact both our health and environment.</p>	<p>Objectives:</p> <p>Students will be able to determine various marketing strategies used to exploit youth.</p> <p>Students will be able to recognize ploys used in advertising campaigns.</p> <p>Resources:</p> <p>Healthteacher.com Readworks.com Newsela.com StudyIsland.com</p>	<ul style="list-style-type: none"> - Media - Advertising - Demographic - Marketing 	10.1.3D 10.1.6D 10.2.3C 10.2.6A 10.2.6C 10.1.6A
<u>4 classes</u> <u>(Peer)</u>	Health concepts are essential for wellness and a health-enhancing lifestyle.	What can you observe and infer about the way your personal choices affect the functioning of the body?	Media messages contribute to the development of health attitudes and behaviors.	<p>Student should be able to clarify the relationships among stress, peer pressure, nutritional factors and personal choices such as avoiding risky use of drugs, with well-functioning body systems and</p>	<p>Objectives:</p> <p>Students will be able to discuss how the media affects one's social status</p> <p>Resources:</p> <p>Healthteacher.com Readworks.com Newsela.com StudyIsland.com</p>	<ul style="list-style-type: none"> - Society - Niche - Relationship 	10.1.3D 10.1.6D 10.2.3C 10.2.6A 10.2.6C 10.1.6A

Unit 3- Healthy Choices

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
<u>4 classes (Habits)</u>	Health concepts are essential for wellness and a health-enhancing lifestyle.	What can you observe and infer about the way your personal choices affect the functioning of the body?	Many factors such as peers, body image, and stress are factors that influence teens' drug use.	<p>Students should be able to clarify the relationships among stress, peer pressure, nutritional factors and personal choices such as avoiding risky use of drugs, with well-functioning body systems and disease prevention.</p> <p>Students should be able to select healthy attitudes and habits that promote individual growth and responsible decision making.</p> <p>Students should be able to identify factors that positively and negatively impact both our health and environment.</p>	<p>Objectives: The students will recognize safe vs. unsafe practices</p> <p>The students will determine which habits are beneficial</p> <p>Resources: Healthteacher.com Readworks.com Newsela.com StudyIsland.com</p>	<ul style="list-style-type: none"> - Habit - Counseling 	10.1.3D 10.1.6D 10.2.3C 10.2.6A 10.2.6C

<u>4 classes</u> <u>(Decisions)</u> 1	Health concepts are essential for wellness and a health-enhancing lifestyle.	What can you observe and infer about the way your personal choices affect the functioning of the body?	Many factors such as peers, body image, and stress are factors that influence teens' drug use.	<p>Student should be able to Clarify the relationships among stress, peer pressure, nutritional factors and personal choices such as avoiding risky use of drugs, with well-functioning body systems and disease prevention.</p> <p>Student should be able to select healthy attitudes and habits that promote individual growth and responsible decision making.</p> <p>Student should be able to identify factors that positively and negatively impact both our health and environment.</p>	Objectives: The students will reflect on life choices to determine what future course of action to take Resources: Healthteacher.com Readworks.com Newsela.com StudyIsland.com	<ul style="list-style-type: none"> - Planning - Implementing - Revising 	10.1.3D 10.1.6D 10.2.3C 10.2.6A 10.2.6C
<u>4 classes</u> <u>(Future)</u>	Health concepts are essential for wellness and a health-	What can you observe and infer about the way your	Many factors such as peers, body image, and stress are factors that	Student should be able to clarify the relationships among stress, peer pressure,	Objectives: The students will understand how goal-	<ul style="list-style-type: none"> - Goal-Setting - Short-Term - Long-Term 	10.1.3D 10.1.6D 10.2.3C 10.2.6A 10.2.6C

	enhancing lifestyle.	personal choices affect the functioning of the body?	influence teens' drug use.	<p>nutritional factors and personal choices such as avoiding risky use of drugs, with well-functioning body systems and disease prevention.</p> <p>Student should be able to select healthy attitudes and habits that promote individual growth and responsible decision making.</p> <p>Student should be able to identify factors that positively and negatively impact both our health and environment.</p>	<p>setting can impact the future</p> <p>The students will discuss short-term vs. long-term goals and revisions</p> <p>Resources:</p> <p>Healthteacher.com Readworks.com Newsela.com StudyIsland.com</p>		
<p align="center">Unit 3- Healthy Choices Assessment</p>							