**Health 1 Unit Outline**

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| **Lessons** | **Standard** | **Topic** | **Content & Task** | **What do we want the students to know?** |
| 2 |  | Introduction | What are the main health issues in our community? | How can I have my input into the health unit topics? |
| 1 and 2 | Mental and Emotional health | VIA strengths  Movie: Happy | How are my mental, physical, and emotional health connected? |
| 2 | 1, 5 and 7 | Drugs | Refusal and assertiveness skills | How can I say no and avoid being pressured into using substances? |
| 3 | 1, 2 and 3 | Technology | Digital Footprint: cyberbullying, private today, public tomorrow | How does what I do online affect me in other parts of life? |
| 3 | 1 and 4 | Healthy Relationships | Communication  Sexual activity and boundaries  Influence of pornography | How can I communicate with others appropriately?  How can pornography affect me? |

**Assessment**

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| --- | --- |
| Journals | 20% |
| Role Play | 20% |
| Current Issues Presentation | 20% |
| Unit Quiz | 40% |

**Health 2 Unit Outline**

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| **Lessons** | **Standard** | **Topic** | **Content & Task** | **What do we want students to know?** |
|  | 1 and 3 | Nutrition | Good information  Tools for healthy eating | What are tools that I can use to make healthy eating choices? How do I know what is good information? |
|  | 1 and 2 | Body Image (boys and girls) | Body type | How are people’s body’s different? Why do people look the way they do? |

**Assessment**

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| Luncheon (health) | 20% |
| PEAPS (peaps) | 50% |
| Unit Quiz (health) | 30% |

**Health 3 Unit Outline**

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| **Lessons** | **Standard** | **Topic** | **Content & Task** | **What do we want students to know?** |
| 2-3 | 1 and 7 | Stress/Sleep | What is stress? Good vs bad stress  Stress relieving  Relaxation | What things cause me stress? How can I relieve my own stress? |
| 2-3 | 1 and 7 | Anatomy and Physiology | Muscles, Bones, Injuries | What are the names of the major muscles, bones, and muscular and skeletal injuries? |

**Assessment**

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| --- | --- |
| PSA (health) | 20% |
| PEAPS (peaps) | 50% |
| Unit Quiz (health) | 30% |

**Health 4 Unit Outline**

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| **Lessons** | **Standard** | **Topic** | **Content & Task** | **What do we want students to know?** |
| 2 | 1, 2, 5, and 7 | Alcohol | Culture: drinking games, binge drinking  Decision making skills | How can I be influenced to make inappropriate decisions regarding alcohol?  How can I make good decisions regarding the use of alcohol, especially now here in Shanghai? |
| 2 | 1, 5 and 7 | Tobacco | Advocacy for personal, family, and community health | How can I help my family and my community know the dangers of smoking? |
| 6 | 8 | Advocacy |  | How can I share information and help other people make healthy choices? |

**Assessment**

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| --- | --- |
| Journals | 20% |
| Advocacy Assignment Part 1 | 10% |
| Advocacy Assignment Part 2 | 30% |
| Unit Quiz | 40% |