

PLANNED INSTRUCTION

A PLANNED COURSE FOR:

Current Issues in Health

Curriculum writing committee:
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Grade Level:

11

Date of Board Approval: ____2023____

Course Weighting: Health 11

Tests, Projects, Assignments	70%
Participation	20%
Preparation	10%
Total	100%

Curriculum Map

Overview: This course is intended to introduce, develop and expand the student's knowledge of several current health topics. Current health topics covered will include drugs/alcohol, nutrition, disease/disorders, personal health, first aid/safety, fitness/exercise, psychology, healthy relationships, human sexuality, and bullying and cyberbullying.

Overview with time range in days: 15 classes

Goals:

- The students will gain an understanding of current issues in health and how they affect life.
- The students will initiate research and discussion about the most current health topics occurring at the time of the year that the class is being taught.
- The students will engage in reading and writing assignments, cooperative group assignments, internet activities and other diverse strategies to develop and expand their knowledge of the subject matter.
- The students will produce a project that will call upon their knowledge of the course standards.

Big Ideas:

- Emerging research in health and technology can significantly impact health status.
- Being proactive is more than taking initiative. It is accepting responsibility for our own behavior (past, present, and future) and making choices based on principles and values rather than on moods or circumstances.
- Proactive people are agents of change and choose not to be victims, to be reactive, or to blame others. They take an Inside-Outside approach to creating changes.
- They don't just live day to day without a clear purpose in mind. They mentally identify and commit themselves to the principles, values, relationships, and purposes that matter most to them.
- Strength, patience and passion to turn dreams into future reality.
- Putting first things first is the second or physical creation. It is organizing and executing around mental creation (your purpose, vision, values, and most important priorities.)

- Collaborative for Academic, Social, and Emotional Learning (CASEL) defines SEL as "the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.
- Research has shown that a focus on SEL leads to increased academic performance, "improved classroom behavior, an increased ability to manage stress and depression, and better attitudes about themselves, others, and school."
- Self-awareness: Know your strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."
- Self-management: Effectively manage stress, control impulses, and motivate yourself to set and achieve goals.
- Social awareness: Understand the perspectives of others and empathize with them, including those from diverse backgrounds and cultures.
- Relationship skills: Communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.
- Responsible decision-making: Make constructive choices about personal behavior and social interactions based on ethical standards, safety, and social norms.

Textbook and Supplemental Resources:

- ESPN film Unguarded
- The First Day film and Educator Tool Kit
- School Resource Officer Too Good for Drugs presentations
- Teacher made handouts and materials

Curriculum Plan

Unit: Current Issues in Health

Time/Days: 15 Days

● **Standards (by number):**

- PA Academic Standards: 10.1.12A, 10.1.12B, 10.1.12C, 10.1.12D, 10.1.12E, 10.2.12A, 10.2.12B, 10.2.12C, 10.2.12D, 10.2.12E, 10.3.12A, 10.3.12B, 10.3.12C, 10.3.12D
- National Health Education Standards: 1,2,3,4,5,6,7,8

● **Anchors:**

- A-V.4.1.1
- A-V.4.1.2
- B-K.1.1.2
- B-C.2.1.1
- E.1.1.1
- S8.A.1.1.3
- S8.A.1.2.3
- S8.A.1.3.2
- S8.A.1.3.3
- S8.C.3.1.1
- S8.C.3.1.2
- S8.C.3.1.3

● **Eligible Content:**

- Current Health issues
- Introduce, develop and expand the student's knowledge of several current health topics including but not limited to:
 - Drugs/alcohol
 - Nutrition
 - Disease/disorders
 - Mental health
 - Personal health
 - First aid/safety
 - Fitness/exercise
 - Psychology
 - Healthy relationships
 - Human sexuality
 - Bullying / Cyberbullying.

Objectives:

- The students will comprehend concepts related to health promotion and disease prevention. (DOK 1)
- The students will demonstrate the ability to access valid health information and health promoting products and services. (DOK 1)
- The students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (DOK 1)
- The students will analyze the influence of culture, media, technology, and other factors on health. (DOK 4)
- The students will demonstrate the ability to use interpersonal communication skills to enhance health. (DOK 1)
- The students will demonstrate the ability to formulate goal-setting and decision-making skills to enhance health. (DOK 3)
- The students will demonstrate the ability to advocate for personal, family and community health. (DOK 3)
- The students will develop injury prevention and management strategies for personal health. (DOK 3)
- The students will review what dating violence/abusive relationships are, the signs of dating violence, the programs that can help, and how to press charges against the abuser. (DOK 1)

Core Activities and Corresponding Instructional Methods:

- The students will view Unguarded DVD/video and complete the worksheet that accompanies it.
- The First Days
 - The science behind substance use, addiction and recovery will introduce students to the brain science of addiction, emphasizing how the adolescent brain is especially susceptible to substance use and to developing a substance use disorder.
 - Understanding the stigma around addiction where students will explore misconceptions and stereotypes that exist for addiction and substance use disorder. Students will explore how societal stigma only increases the already daunting challenges of addiction, recovery and life after recovery.
 - Wellness practices for living a healthy life students will examine the concept of Wellness, which includes tending holistically to one's emotional, physical, spiritual and social health. Students will consider the triggers, pressures and stressors in their lives that present challenges to each of these pillars of health. Students will explore ways to incorporate Wellness Practices into their lives that foster coping skills and strategies to deal with various forms of stress, including

- social, academic, sports, peer pressure and challenging family situations.
- A note to myself lesson offers students the opportunity to explore storytelling as a potential tool for self-awareness, self-analysis and healing. Honest self-reflection and expression of our personal histories can lead us towards forgiveness for ourselves and others and guide us towards better choices for our futures.
 - Students will discuss health topics by asking and answering questions related to the current health topic.
 - Students will use the internet to acquire current health knowledge and articles to be summarized and shared with the class.
 - The students will work individually, with a partner or in a group to research a current health topic.
 - The students will be involved in a debate relevant to a current health topic.
 - The students will write a persuasive or informational essay on a current health topic.
 - The students will ask questions about pressing charges to the school police officer in regards to dating violence/abusive relationships.

Assessments:

- **Diagnostic:** Venn diagram comparing and contrasting factors and issues relating to healthful living, Graphic organizer web on factors and issues relating to safety and injury prevention.
- **Formative:** Successful completion of homework and in class assignments, verbally answering questions pertaining to the information from the articles, Self-assessment of knowledge relating to current health topics using a checklist.
- **Summative:** Persuasive or Informational Essay on a Current Health Topic, Project on a current health related topic, Summarize and present a current health related article, Teacher made test/quiz consisting of multiple choice, matching, fill in the blank, short answer and essay questions. Unguarded Chris Herren worksheet, The First Days, reaction and lesson worksheets.

School District website for updated Payment form to be submitted.

<https://pa01001022.schoolwires.net/site/handlers/filedownload.ashx?moduleinstanceid=7055&dataid=16708&FileName=AUTHORIZATION%20FOR%20PAYMENT%20-%20SECURED.pdf>