

Unit	Essential Questions	Standards & Skills	Common Assessments	Learning Activities	Resources/Technology	Unit Reflection
<p>Name: Chapter 1 Understanding Health and Wellness Quarter: 2nd Length (days): 9 days</p>	<p>-What is health?</p> <p>-Why would you want to be healthy?</p> <p>-Who is most responsible for your health?</p>	<p>23.B.4a Explain immediate and long term effects of health habits on the body systems (e.g., diet/heart disease, exercise/fat reduction, stress management/emotional health).</p> <p>23.C.4a Describe changes in physical health and body functions at various stages of the life cycle.</p>	<p>Formative: Class notes, chapter vocabulary, class participation.</p> <p>Summative: Health Triangle Project & Chapter 1 Test</p>	<p>Classroom instruction given for notes, independent work to complete vocabulary, group discussions and informal/formal assessments.</p>	<p>Textbook, StarBoard for notes, teacher online access videos and worksheets, google slides and ELMO.</p>	
<p>Name: Chapter 2 Taking Charge of Your Health Quarter: 1st Length (days): 9</p>	<p>-What is a health skill?</p> <p>-How can healthy skills help you achieve wellness?</p> <p>-Why should you be a health-literate consumer?</p>	<p>23.B.4a Explain immediate and long term effects of health habits on the body systems (e.g., diet/heart disease, exercise/fat reduction, stress management/emotional health).</p> <p>24.B.5a Explain immediate and long</p>	<p>Formative: Class notes, chapter vocabulary, POD and class participation.</p> <p>Summative: Chapter 2 Test</p>	<p>Classroom instruction given for notes, independent work to complete vocabulary, group discussions and informal/formal assessments.</p>	<p>Textbook, StarBoard for notes, teacher online access videos and worksheets, google slides and ELMO.</p>	

		<p>term impacts of health decisions to the individual, family and community</p> <p>24.C.4a Formulate a plan to achieve progress individual health goals.</p>				
<p>Name: Chapter 3 Achieving Mental and Emotional Healthy Quarter: 2nd Length (Days): 9</p>	<p>-How would you describe your level of self-esteem?</p> <p>-How is your self-esteem related to your identity?</p> <p>-How does the way you express emotions reflect your mental health?</p>	<p>24.A.4b Formulate strategies to prevent conflict and resolve differences.</p> <p>23.B.4a Explain immediate and long term effects of health habits on the body systems (e.g., diet/heart disease, exercise/fat reduction, stress management/ emotional health).</p>	<p>Formative: Class notes, chapter vocabulary, POD and class participation.</p> <p>Summative: Self-Esteem Project – students filled out a blank face with positive words about themselves and also had peers in the class add something positive. They were given the opportunity to present for extra credit.</p> <p>Chapter 3 Test</p>	<p>Classroom instruction given for notes, independent work to complete vocabulary, group discussions and informal/formal assessments.</p>	<p>Textbook, StarBoard for notes, teacher online access videos and worksheets, google slides and ELMO.</p>	
<p>Name: Chapter 4 Managing Stress and Coping with Loss Quarter: 3rd Length (Days): 10</p>	<p>-What is stress?</p> <p>-Can you avoid stress?</p> <p>-In what ways can other people help you deal with stress?</p>	<p>23.B.4a Explain immediate and long term effects of health habits on the body systems (e.g., diet/heart disease, exercise/fat reduction, stress</p>	<p>Formative: Class notes, chapter vocabulary, POD and class participation.</p> <p>Students were given a current event article regarding healthy eating in schools. We read the article together and students</p>	<p>Classroom instruction given for notes, independent work to complete vocabulary, group discussions and informal/formal assessments.</p>	<p>Textbook, StarBoard for notes, teacher online access videos and worksheets, google slides and ELMO.</p>	

		management/ emotional health).	completed questions at the end of the article. (article from NewsELA) Summative: Chapter 4 Test			
Name: Chapter 5 Mental and Emotional Problems Quarter: 3rd Length (Days): 10	-What are some reasons that teens might feel anxiety? -What mental health disorders can you name? -What are some sources of help for people with mental health disorders?	24.C.4a Formulate a plan to achieve progress individual health goals. 24.B.4a Explain how decision making affects the achievement of individual health goals.	Formative: Class notes, chapter vocabulary, POD and class participation. Summative: Chapter Test	Classroom instruction given for notes, independent work to complete vocabulary, group discussions and informal/formal assessments.	Textbook, StarBoard for notes, teacher online access videos and worksheets, google slides and ELMO.	
Name: Chapter 10 Nutrition for Health Quarter: 4th Length (Days): 9	-What influences your food choices? -Are your eating habits healthful? Why or why not?	23.A.4a Explain how body system functions can be maintained and improved (e.g., exercise/fitness, nutrition, safety). 23.B.4a Explain immediate and long term effects of health habits on the body systems (e.g., diet/heart disease, exercise/fat reduction, stress management/ emotional health).	Formative: Class notes, chapter vocabulary, POD and class participation. Summative: MyPlate project Chapter Test	Classroom instruction given for notes, independent work to complete vocabulary, group discussions and informal/formal assessments.	Textbook, StarBoard for notes, teacher online access videos and worksheets, google slides and ELMO.	

<p>Name: Chapter 13 Personal Health Care Quarter: 4th Length (Days): 7</p>	<p>-Why are personal hygiene habits so important?</p> <p>-What problems can result from not taking care of your teeth and mouth?</p> <p>-Could you be at risk for hearing problems?</p>	<p>23.C.4a Describe changes in physical health and body functions at various stages of the life cycle.</p> <p>23.C.5a Explain how the aging process affects body systems (e.g., vision, hearing, immune system).</p> <p>24.B.4a Explain how decision making affects the achievement of individual health goals.</p>	<p>Formative: Class notes, chapter vocabulary, POD and class participation.</p> <p>Summative: Chapter Test</p>	<p>Classroom instruction given for notes, independent work to complete vocabulary, group discussions and informal/formal assessments.</p>	<p>Textbook, StarBoard for notes, teacher online access videos and worksheets, google slides and ELMO.</p>	
<p>Name: Chapter 18 The Life Cycle Continues Quarter: 4th Length (Days): 6</p>	<p>-What sorts of changes occur during adolescence?</p> <p>-How could marriage and parenthood affect your life?</p> <p>-What challenges do adults face in their later years?</p>	<p>24.B.5a Explain immediate and long term impacts of health decisions to the individual, family and community</p> <p>24.C.4a Formulate a plan to achieve progress individual health goals.</p>	<p>Formative: Class notes, chapter vocabulary, POD and class participation.</p> <p>Summative: Chapter Test</p>	<p>Classroom instruction given for notes, independent work to complete vocabulary, group discussions and informal/formal assessments.</p>	<p>Textbook, StarBoard for notes, teacher online access videos and worksheets, google slides and ELMO.</p>	