

Wellness Grade 9-12

60 days Pacing Guide 1 Trimester

Component: Personal Wellness Subcomponent: Nutrition

6 days (only have 3 days for this)

HS.PW.1 Identify the relationship between healthy eating and total wellness.

HS.PW.2 Evaluate personal nutritional and energy needs.

HS.PW.3 Examine the relationship between diet and disease. (e.g., metabolic syndrome, hypertension, hyperlipidemia).

Component Extension Interpret food labels, critique fad diets, and recognize food safety practices.

Component: Personal Wellness

6 days

Subcomponent: Fitness

HS.PW.4 Implement the health-related and skill-related components of fitness.

HS.PW.5 Analyze and engage in physical activities that are developmentally appropriate and support achievement of personal fitness.

HS.PW.6 Describe and apply principles related to physical activity (i.e., principles of training, target heart rate, warmup/cool-down).

HS.PW.7 Construct fitness goals (i.e., S.M.A.R.T.).

Component Extension Research community resources that promote fitness and wellness.

Component: Mental, Emotional, and Social Health

4 days

Subcomponent: Emotional Health

HS.MESH.1 Identify emotions and their effects on the mind and body.

HS.MESH.2 Recognize stressors and formulate personal stress management techniques.

HS.MESH.3 Design useful strategies for suicide prevention.

Component Extension Self-esteem project.

Component: Mental, Emotional, and Social

6 days

Health Subcomponent: Mental Health

HS.MESH.4 Examine characteristics of mental health conditions (i.e., anxiety, depression, eating).

HS.MESH.5 Describe the stages of grief. Component Extension Research community resources.

Component: Mental, Emotional, and Social Health Subcomponent: Social Health

HS.MESH.6 Identify positive ways of resolving interpersonal conflict.

HS.MESH.7 Demonstrate appropriate refusal skills. (e.g., drugs, relationships, sexual activity).

Component Extension Practice non-abusive behaviors.

Component: First Aid and Safety

10 days

Subcomponent: First Aid Procedures

HS.FAS.1 Identify and demonstrate the skills necessary in responding to medical emergencies (e.g., common injuries, AED, choking).

HS.FAS.2 Demonstrate hands-on CPR. Component Extension Role play emergency situations. Revised: 7/23/2018 5 Component: First Aid and Safety Subcomponent: Personal Safety

HS.FAS.3 Explain how potential risks associated with technology, transportation, and high-risk behaviors affect safety.

Component: Human Growth and Development

6 days, guest speaker 3 days

Subcomponent: Relationships HS.HGD.1 Examine the aspects of positive relationships (e.g., family, dating, friendship, professional, community).

HS.HGD.2 Determine the influence of families, media, cultural traditions, and economic factors on human development. Component Extension Negotiation/collaboration skills as helpful/harmful in resolving conflict (e.g., domestic violence, healthy dating). Component: Human Growth and Development Subcomponent: Sexuality

HS.HGD.3 Explain basic structures and functions of the reproductive system as they relate to the human life cycle (e.g., conception, birth, childhood, adolescence, adulthood).

HS.HGD.4 Recognize abstinence from all sexual activity as a positive choice.

HS.HGD.5 Identify preventative methods and potential outcomes of engaging in sexual behaviors (e.g., pregnancy, abstinence, adoption, Hepatitis B, STIs). Compare various contraceptive methods in accordance with state/district policy.

HS.HGD.6 Research the skills necessary for maintaining reproductive health (e.g., self-examinations, annual doctor visits, prenatal care). Component Extension Create short- and long-term life plans.

Component: Substance Use and Abuse

12 days

Subcomponent: Appropriate Use

HS.SUA.1 Describe the proper use of over-the-counter and prescription drugs.

HS.SUA.2 Predict the benefits of a lifestyle free from chemical misuse (e.g., career goals, healthy relationships, life expectancy). Component Extension Compare/contrast drugs in terms of their use and abuse. Revised: 7/23/2018 6 Component: Substance Use and Abuse Subcomponent: Health Risks

HS.SUA.3 Summarize the consequences of drug use. (i.e., alcohol, tobacco [e-cigs/vaping], prescription medications, marijuana.).

HS.SUA.4 Analyze the role of family, community, and cultural norms in deciding to use drugs.

HS.SUA.5 Articulate the effects of substance misuse and abuse on society (e.g., on school, job, crime, physical enhancement).

HS.SUA.6 Identify common warning signs of opioid and IV drug abuse.

HS.SUA.7 Identify common symptoms of opioid prescription and IV drug overdose.

HS. SUA.8 Demonstrate how to tell a trusted adult that someone you know may be misusing drugs. Component Extension Role playing peer pressure scenarios, multiplier effect.

Component: Substance Use and Abuse Subcomponent: Risk Reduction

HS.SUA.9 Research school and community resources for treatment and intervention.

HS.SUA.10 Predict the short- and long-term effects of drug use on an individual's health. Component Extension Create Public Service Announcements (PSAs) (e.g., presentation, commercial, skit).

Total 53 days- for teaching and assessments- last 7 days will be days can be used for component extension and Dual Credit Testing