

Lake Park High School

Curriculum Map - Course Curriculum (No Standards)

July 01, 2021 - June 30, 2022

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Nutrition	Materials:	When Taught:	Length:
Objective Calculate their calorie intake and expenditure	Skills Personal Diet Analysis, 'I Bet I Can' Activity	Assessment Personal Diet Analysis Portfolio, Unit Test	
Objective Define the terms nutrition and metabolism	Skills Chapter study guide	Assessment Unit Test	
Objective Describe factors that influence body composition	Skills Corbin Series 'Body Composition', VT- Eat Right-Have a Healthy Body Image, Body composition lab	Assessment Unit Test	
Objective Describe factors which influence what a person eats	Skills Personal nutrition awareness	Assessment Personal Diet Analysis Portfolio, Unit Test	
Objective Describe the possible ill effects of eating spoiled, contaminated, or poisonous foods	Skills Digestive disease worksheet (Food Poisoning), Reading for comprehension-text	Assessment Unit Test	
Objective Differentiate between saturated/unsaturated fats, and cholesterol (HDL/LDL)	Skills Personal Diet Analysis, Blood cholesterol article and questions, Applying the dietary guidelines	Assessment Personal Diet Analysis Portfolio, Unit Test	

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Nutrition

Materials:

When Taught:

Length:

Objective	Skills	Assessment
Differentiate between simple and complex carbohydrates	Personal Diet Analysis, Chapter study guide, VT-Carb Controversy	Personal Diet Analysis Portfolio, Unit Test

Objective	Skills	Assessment
Evaluate personal diet	Applying the Dietary Guidelines, I Bet I Can, DINE Healthy	Personal Diet Analysis (portfolio)

Objective	Skills	Assessment
Evaluate the influence of advertising on one's choice of food	Media messages lab	Unit Test

Objective	Skills	Assessment
Explain how lifestyle choices affect how people meet or do not meet their dietary requirements	Personal nutrition awareness worksheet, Applying the dietary guidelines	Personal Diet Analysis Portfolio, Unit Test

Objective	Skills	Assessment
Explain how metabolism changes	Chapter study guide, Reading for comprehension-text	Unit Test

Objective	Skills	Assessment
Explain the components of safe and successful dieting	Chapter study guide, Reading for comprehension-text, VT - Body Composition	Unit Test

Objective	Skills	Assessment
Explain the effects of fats and cholesterol on the circulatory system	Blood cholesterol article and questions	Unit Test

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Nutrition

Materials:

When Taught:

Length:

Objective

Explain why malnutrition is a worldwide problem

Skills

Chapter study guide, Reading for comprehension-text

Assessment

Unit Test

Objective

Identify principle dietary factors which are known to be related to diseases/disorders

Skills

Personal Diet Analysis

Assessment

Personal Diet Analysis
Portfolio, Unit Test

Objective

Identify the steps to follow to become an informed and intelligent health consumer.

Skills

Research products and appropriate health care facilities in order to make good choices around their personal health.

Assessment

Pre - Post Test

Objective

Identify the structures which make up the digestive system and explain their functions

Skills

Digestive system worksheet,
VT-Digestive & Excretory Systems

Assessment

Unit Test

Objective

Know and apply the 'Dietary Guidelines for Americans'

Skills

Applying the dietary guidelines worksheet, Personal Diet Analysis

Assessment

Personal Diet Analysis
Portfolio,
Unit Test

Objective

List and describe diseases/disorders which are commonly associated with the digestive system

Skills

Digestive diseases worksheet, Case studies with DECIDE model, VT - Eating Disorders

Assessment

Unit Test

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Nutrition

Materials:

When Taught:

Length:

Objective

List and describe several advertising techniques

Skills

Media messages analysis, Reading for comprehension-text

Assessment

Unit Test

Objective

List and describe three diseases associated with malnutrition

Skills

Personal Diet Analysis, Reading for comprehension-text

Assessment

Personal Diet Analysis
Portfolio, Unit Test

Objective

List and describe three eating disorders/diseases

Skills

Case studies with DECIDE model,
VT - Eating Disorders

Assessment

Unit Test

Objective

List the six major nutrients and explain the role of each in maintaining good health

Skills

Nutrition study guide, Reading for comprehension-text,
VT - My Pyramid

Assessment

Unit Test

Objective

Read a product label and describe useful information found on it

Skills

Food label analysis, Reading for comprehension-text

Assessment

Food labeling quiz,
Unit Test

Objective

Students will understand the importance of dental health.

Skills

Recognize the onset of dental issues.

Assessment

Post and Pre-test

Objective

Trace the passageway for food from the mouth to the large intestine

Skills

Reading for comprehension-text,
VT-Digestive and Excretory Systems

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Nutrition

Materials:

When Taught:

Length:

Objective

Understand and apply the principles of the food plate

Skills

Personal nutrition awareness worksheet, VT-My Plate

Assessment

Personal Diet Analysis Portfolio, Unit Test

Objective

Understand and give examples of foods that are nutrient dense

Skills

Personal Diet Analysis, Reading for comprehension-text, VT-My Pyramid

Assessment

Personal Diet Analysis Portfolio, Unit Test

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Substances

Materials:

When Taught:

Length:

Objective

Categorize and list drugs into the five major classifications

Skills

Drug flow chart,
Reading for comprehension-text

Assessment

Drug quiz,
Unit Test

Objective

Cite evidence that would support the idea that 'smoking is hazardous to your health'

Skills

Reading for comprehension-text

Assessment

Law enactments,
Unit Test

Objective

Define the term drug and medicine

Skills

Reading for comprehension-text, VT: Prescription For Trouble

Assessment

Drug quiz,
Unit Test

Objective

Define the terms drug interaction, addiction, withdrawal, tolerance, dependence, and detoxification

Skills

Drug flow chart, Reading for comprehension-text, Substances pursuit review

Assessment

Drug quiz, Law enactments, Unit Test

Objective

Describe fetal alcohol syndrome

Skills

Reading for comprehension-text and supplemental, VT: Under the Influence

Assessment

Unit Test

Objective

Describe the benefits and dangers of using steroids

Skills

Reading for comprehension-supplemental, VT: Steroids

Assessment

Law enactments,
Unit Test

Objective

Describe the dangers of drug abuse

Skills

Drug flow chart, Reading for comprehension-supplemental

Assessment

Law enactments,
Unit Test

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Substances

Materials:

When Taught:

Length:

Objective

Describe the difference between prescription drugs and over the counter drugs

Skills

Reading for comprehension-text, VT: Prescription for Trouble

Assessment

Drug quiz,
Unit Test

Objective

Describe the effects of cigarette smoking on a non-smoker

Skills

Secondhand smoke article and questions

Assessment

Law enactments,
Unit Test

Objective

Describe the effects of substance use by a pregnant woman to the unborn fetus

Skills

Reading for comprehension-text and supplemental

Assessment

Law enactments,
Unit Test

Objective

Explain the effects of alcohol on the body

Skills

Reading for comprehension-supplemental,
VT: Under The Influence,
Alcohol lab

Assessment

Law enactments,
Unit Test

Objective

Explain the effects of drinking and driving

Skills

VT: Under the Influence

Assessment

Law enactments,
Unit Test

Objective

Explain the effects of drugs on the body

Skills

Drug flow chart

Assessment

Drug quiz,
Unit Test

Objective

Explain the factors that contribute to the risk of drug abuse amongst teenagers

Skills

Reading for comprehension-text

Assessment

Law enactments,
Unit Test

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Substances

Materials:

When Taught:

Length:

Objective

Explain the impact of alcoholism on society and family

Skills

Reading for comprehension-text and supplemental,
VT: Under The Influence

Assessment

Law enactments,
Unit Test

Objective

Explain the role of the FDA in relationship to substances

Skills

Reading for comprehension-text

Assessment

Drug quiz, Unit Test

Objective

Explain whether or not smokeless tobacco is a good alternative to smoking cigarettes

Skills

Reading for comprehension-text

Assessment

Law enactments,
Unit Test

Objective

Identify factors that influence one's response to alcohol

Skills

Reading for comprehension-text and supplemental,
VT: Under the Influence,
Alcohol lab

Assessment

Law enactments,
Unit Test

Objective

Identify risks associated with use of tobacco for the smoker and non-smoker

Skills

Reading for comprehension-text,
VT: Smoke Signals

Assessment

Law enactments,
Unit Test

Objective

List ways in which drugs can be used, misused, and abused

Skills

Drug flow chart

Assessment

Drug quiz,
Unit Test

Objective

Understand the dangers of tobacco, e-cigarettes and other vaping devices.

Skills

Identify paraphernalia related to tobacco, e-cigarettes and other vaping devices.

Assessment

Unit assessment

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Introduction to Health and Mental Health

Materials:

When Taught:

Length:

Objective	Skills	Assessment
Apply the components of the DECIDE model to various situations	DECIDE model	DECIDE model, Unit Test
Define the term self-esteem	Self-esteem notes, Reading for comprehension-text	Unit Test
Define the terms value and emotion	Where values from?, Values ranking, Reading for comprehension-text	DECIDE model, Coolien software, Unit Test
Describe how emotions can be positive and/or negative	Anger inventory, Reading for comprehension-text	Coolien software, Unit Test
Describe how meeting and/or not meeting needs affect our behaviors	Maslow's hierarchy notes and worksheet, Reading for comprehension-text	Unit Test
Differentiate between behaviors which will enhance positive self esteem and those which do not	DECIDE model, Self esteem notes, Reading for comprehension-text	Reflective writing, Unit Test
Differentiate between cardiac risk factors that are controllable and those that are not controllable	Cardiac risk assessment	Physical Health Essay, Unit Test

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Introduction to Health and Mental Health

Materials:

When Taught:

Length:

Objective

Discuss ways people can influence and/or change their self esteem

Skills

Self esteem notes,
Reading for comprehension-text

Assessment

Unit Test

Objective

Distinguish between eustress and distress

Skills

Reading for comprehension-text, VT-Stress Management

Assessment

Unit Test

Objective

Distinguish between the central, autonomic and peripheral nervous systems

Skills

Nervous system worksheet, VT: Nervous system, Software

Assessment

Unit Test

Objective

Explain and give examples of how values affect decision making

Skills

DECIDE model,
Reading for comprehension-text

Assessment

DECIDE model,
Unit Test

Objective

Explain different ways people deal with stress

Skills

Push panic button,
Stress-o-graph,
VT: Stress management

Assessment

Unit Test

Objective

Explain how self esteem develops

Skills

Self esteem notes,
Reading for comprehension-text

Assessment

Unit Test

Objective

Explain the relationship between time management and stress

Skills

Real vs. ideal day, roles/responsibilities

Assessment

Unit Test

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Introduction to Health and Mental Health

Materials:

When Taught:

Length:

Objective

Explain what personality is and describe how it develops

Skills

Personality notes,
You're my type

Assessment

Reflective writing,
Unit Test

Objective

Explain/describe interrelationships between physical, mental and social health

Skills

Wellness continuums,
Getting to know you, Physical Health Essay

Assessment

Quiz, Unit Test

Objective

Give examples of aggressive, assertive, and passive communication

Skills

Communicating with body language, stance, gestures; Reading for comprehension-text

Assessment

Coolien software,
Unit Test

Objective

Identify and describe your anger style

Skills

What is your anger style?, Anger inventory,
VT: Anger Management

Assessment

Coolien software,
Unit Test

Objective

Identify good and bad coping (defense) mechanisms

Skills

Dealing with emotions,
Notes

Assessment

Coping mechanism quiz,
Unit Test

Objective

Identify personal stressors and reactions to stress

Skills

Stressors of H. S. students

Assessment

Unit Test

Objective

Know the steps involved in the SMART goal setting process

Skills

SMART goals-write one, academic/personal goal

Assessment

Unit Test

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Introduction to Health and Mental Health

Materials:

When Taught:

Length:

Objective

List the components of the DECIDE model

Skills

Decision making chart (DECIDE model)

Assessment

DECIDE model, Unit Test

Objective

Make a stress management plan

Skills

VT: Stress Management, Real vs. ideal day

Assessment

Unit Test

Objective

Name the major parts of the central nervous system and explain their function

Skills

Nervous system worksheet, VT: Nervous system, Nervous system software

Assessment

Unit Test

Objective

Recognize the difference between passive, assertive and aggressive communication

Skills

Life choice inventory, Identify responses to conflict

Assessment

Coolien software, Unit Test

Objective

Relate stress to disease

Skills

Ch. 3 stress worksheet, Stressors of H.S. students, Reading for comprehension-text

Assessment

Unit Test

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Human Growth and Development

Materials:

When Taught:

Length:

Objective

Describe disorders that effect the reproductive systems

Skills

Reading for comprehension-text

Assessment

Semester Exam

Objective

Describe pregnancy interruptions (voluntary and involuntary)

Skills

Reading for comprehension-text

Assessment

Semester Exam

Objective

Describe the different types of violence that can be detrimental to relationships

Skills

Reading for comprehension-text,
VT: Sexual Harassment,
Suicide: myths and facts,
Guest Speakers

Assessment

Semester Exam

Objective

Distinguish between diseases that are hereditary and those that are not

Skills

VT: Genes and Heredity

Assessment

Family health tree project,
Semester Exam

Objective

Explain how and why life expectancies have changed the last 100 years

Skills

Physical, mental, social health life cycle timeline

Assessment

Timeline,
Family health tree project,
Semester Exam

Objective

Explain how sexually transmitted diseases can be prevented and controlled

Skills

Reading for comprehension-text,
VT: Sex, AIDS & Other Diseases

Assessment

Semester Exam

Objective

Explain problems related to pregnancy and review the Abandoned Newborn Infant Protection Act

Skills

Reading for comprehension-text

Assessment

Semester Exam

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Human Growth and Development

Materials:

When Taught:

Length:

Objective

Identify and explain functions of male and female reproductive systems

Skills

Male and female reproductive system worksheet,
Reading for comprehension-text,
VT: Reproductive and Endocrine Systems

Assessment

Male / female reproductive quiz,
Semester Exam

Objective

Identify developmental changes occurring in a life cycle

Skills

Physical, mental, social health life cycle timeline

Assessment

Timeline, Family health tree project,
Semester Exam

Objective

Understand the basics of heredity

Skills

VT: Genes and Heredity

Assessment

Family health tree project,
Semester Exam

Objective

Use the decision making process to help understand choices about relationships, sexual standards, abstinence, contraception, and secondary virginity

Skills

Bill of rights for relationships,
Reading for comprehension-text,
VT: Consider Your Options,
Guest Speakers

Assessment

DECIDE model
Semester Exam

Unit: Teen Dating Violence

Materials: The YWCA brings in a guest speaker to cover this material.

When Taught: 2nd Quarter

Length:

Objective

Students will understand the importance of teen dating violence and be able to identify inappropriate dating situations.

Skills

Incorporate age-appropriate education about teen dating violence or existing training programs for students in grade 9.

Assessment

Pre and Post test within the Life Cycle unit is where this skill is assessed.

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Erin's Law

Materials: Pearson Health Textbook (2014).

When Taught: 2nd Quarter

Length:

Objective

Students will understand the Erin's law. History and application of the law

Skills

Students are taught the signs of sexual abuse of children. The curriculum age-appropriate sexual abuse and assault awareness and assault awareness and prevention education in grade 9.

Assessment

Pre and Post test in the Mental Health unit.

Unit: CPR/AED

Materials: www.protrainings.com. Mannequins are used to practice the CPR Skills along with a training AED.

When Taught:

Length:

Objective

Students will be able to identify situations for the need of CPR and an AED.

Skills

In the health curriculum training on how to properly administer cardiopulmonary resuscitation (which training must be in accordance with standards of the American Red Cross, and the American Heart Association, or another nationally recognized certifying organization) and how to use the automated external defibrillator.

Assessment

Pre and Post test in the Nutrition Unit.

Unit: Violence Prevention

Materials: Pearson Textbook (2014).

When Taught:

Length:

Objective

Describe and explain the factors that influence health among individuals, groups, and communities.

Skills

Describe how the individual influences the health and well-being of the workplace and the community (e.g., volunteerism, disaster preparedness, proper care to prevent the spread of illness).

Assessment

Pre and Post test;

Objective

Students will learn how to develop strategies to prevent violent situations and work towards a conflict resolution without violence.

Skills

Circular provides instruction in violence prevention and conflict resolution education for students in grade 9.

Assessment

Pre and Post test in the Mental Health Unit.

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Comprehensive Personal Health and Comprehensive Sexual education.

Materials: Pearson Health Textbook (2014).
Chapter 18, 19, and 22.

When Taught: 2nd Quarter

Length:

Objective

Students should be able to identify how environmental issues affect health

Skills

Research waste disposal and how it may affect future generations and the environment.
Identify specific agencies within the community that are responsible for specific environmental concerns/problems.
Name organisms that cause food borne illnesses.
Recognize food borne illnesses and diseases caused by environmental factors.
List chemicals found in cigarette smoke that pollute the body and the environment.

Assessment

Pre and Post Test

Objective

Students will be exposed to the age-appropriate sexual education topics.

Skills

Students who meet the standard can describe and explain the structure and functions of the human body systems and how they interrelate.

Students who meet the standard can describe and explain the structure and functions of the human body systems and how they interrelate.

Students who meet the standard can explain the effects of health-related actions on the body systems.

Students who meet the standard can describe factors that affect growth and development.

Assessment

Pre and Post test in Life Cycle unit.

Objective

Skills

Assessment

Department: Physical Education, Health, and Driver Education

Course: Health

Unit: Comprehensive Personal Health and Comprehensive Sexual education.

Materials: Pearson Health Textbook (2014).
Chapter 18, 19, and 22.

When Taught: 2nd Quarter

Length:

Students will be informed about cancer

Recognize the types of cancer.

Pre and post test

Signs and Symptoms of Cancer

Risk Factors around cancer

Importance of early prevention and detection of cancer

Sources of information and where to go for help