Window Rock Unified School District #8

Curriculum Guide

2020-2021

SUBJECT: **HEALTH** GRADE: 9th TIMELINE: 3rd Quarter

TEACHER: Amelia Holtsoi

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| OVERVIEW OF HEALTH |
| What is Health?Why is mental health education important?How can you influence a positive healthy lifestyle? |

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| **Standard** | **Content** | **Student Friendly Objective** | **Assessment** | **Resources** | **Vocabulary** |
| S1: Comprehension of Health Promotion and Disease Prevention Concepts C1: Relationship between Health Behaviors and HealthS1: Comprehension of Health Promotion and Disease Prevention Concepts C2: Multiple Dimension of HealthS5: Use of Decision-making skills to Enhance Health C2: Application of Decision-making skills to healthS7: Ability to Practice Health-Enhancing Behaviors C1: Personal Responsibility for Health | PO1: Predict how healthy behaviors can affect health statusPO1: Describe the interrelationships of emotional, intellectual, physical, and social healthPO1: Examine barriers to healthy decision making PO1: Analyze the role of individual responsibility in enhancing health  | **Describe** two factors that can be used to evaluate overall health.**List** three aspects of overall health**Explain** how the choices that people make can affect their positions on the health continuum | * Teacher made test
* Relevant Questions
* Textbook Reading
* Textbook Questions
* Presenter
 | * Presenter
* Building Health Skills
 | HealthLife ExpectancyQuality of LifeGoalPhysical Health Mental HealthEmotional Health Social HealthContinuumWellness |
| S1: Comprehension of Health Promotion and Disease Prevention Concepts C3: Personal Health S1: Comprehension of Health Promotion and Disease Prevention Concepts C5: Use of Health CareS1: Comprehension of Health Promotion and Disease Prevention Concepts C6: Health vs. Unhealthy BehaviorsS2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal HealthS2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal HealthS2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal Health S5: Use of Decision-making skills to Enhance Health C2: Application of Decision-making Skills to Health S7: Ability to Practice Health-Enhancing Behaviors C1: Personal Responsibility for Health | PO1: Analyze how environment and personal health are interrelatedPO1: Analyze the relationships between access to health care and health status PO1: Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors PO2: Analyze how the culture supports and challenges health beliefs, practices, and behaviorsPO5: Evaluate the effect of media on personal and family healthPO6: Evaluate the impact of technology on personal, family, and community health PO4: Predict the potential short-term and long-term impact of each alternative on self and others PO1: Analyze the role of individual responsibility in enhancing health | **Identify** factors that can influences a person’s health. **Describe** three strategies you can use to evaluate risk factors | * Teacher made test
* Relevant Questions
* Textbook Reading
* Textbook Questions
* Presenter
 | * Presenter
* Building Health Skills
 | Heredity GenderEnvironmentCultureMediaHabitRisk Factor |
| S1: Comprehension of Health Promotion and Disease Prevention Concepts C4: Prevention of Injuries and Health ProblemsS2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal HealthS3: Access to health Information, Products, and Service to Enhance Health C1: Knowledge of Sources of HelpS6: Use of Goal-Setting Skills to enhance Health C2: Health-related Goal Setting | PO1: Propose ways to reduce or prevent injuries and health problems PO1: Analyze how the family influences the health of individuals PO1: Evaluate the validity of health information, products, and services PO3: Formulate an effective long-term personal health plan  | **Describe** the broad goals of *Healthy People 2010***Identify** three steps you can take to meet your personal health goals | * Teacher made test
* Relevant Questions
* Textbook Reading
* Textbook Questions
* Presenter
 | * Presenter
* Building Health Skills
 | PreventionValuesAction PlanAdvocacyHealth Literacy |
| S2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal HealthS2: Analysis of Factors Affecting Health Behaviors C3: Influences of Public Policy on HealthS3: Access to health Information, Products, and Service to Enhance Health C1: Knowledge of Sources of HelpS3: Access to health Information, Products, and Service to Enhance Health C2: Accessing Help | PO5: Evaluate the effect of media on personal and family health PO1: Analyze how public health policies and government regulations ca influence health promotion and disease prevention PO1: Evaluate the validity of health information, products, and servicesPO4: Access valid and reliable health products and services | **Describe** how to evaluate health products, services, and information**Evaluate** what advertising does and does not do for a consumer **Explain** how a person can avoid health fraud **Identify** your rights as a consumer. | * Teacher made test
* Relevant Questions
* Textbook Reading
* Textbook Questions
* Presenter
 | * Presenter
* Building Health Skills
 | ConsumerWarrantyAdvertisingFraudQuackery |
| S2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal HealthS2: Analysis of Factors Affecting Health Behaviors C2: Internal Influences on Personal HealthS4: Use of Interpersonal Communication Skills to Enhance health C1: Communication to Enhance Health S5: Use of Decision-making skills to Enhance Health C1: Influences on Healthy Decision MakingS5: Use of Decision-making skills to Enhance Health C2: Application of Decision-making Skills to Health | PO1,2,3: Analyze how the family influences the health of individuals; Analyze how the culture supports and challenges health beliefs, practice, and behaviors; Evaluate how peers influence healthy and unhealthy behaviorsPO1, 2: Analyze how the perception of norms influence healthy and unhealthy behaviors; Analyze the influence of personal values and beliefs on individual health practices and behaviorsPO1: Utilize skills for communicating effectively with family, peers, and others to enhance health PO1: Examine barriers to healthy decision makingPO1: Determine the value of applying a thoughtful decision-making process in health related situations.  | **Name** five traits that are used to define personality **Identify** two factors that determine how your personality develops**Describe** what happens to personality over a lifetime  | * Teacher made test
* Relevant Questions
* Textbook Reading
* Textbook Questions
* Presenter
 | * Presenter
* Building Health Skills
 | PersonalityPsychologistModelingPeer GroupIdentity |
| S1: Comprehension of Health Promotion and Disease Prevention Concepts C3: Personal Health S2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal HealthS2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal Health  | PO1: Analyze how environment and personal health are interrelatedPO1: Analyze how the family influences the health of individual PO4: Evaluate how the school and community can impact personal health practice and behaviors | **Compare** the effects of high and low self-esteem on health**Describe** the changes in self-esteem that can occur as people age **Identify** ways to achieve and maintain high self esteem  | * Teacher made test
* Relevant Questions
* Textbook Reading
* Textbook Questions
* Presenter
 | * Presenter
* Building Health Skills
 | Self-EsteemSelf-ActualizationHierarchy of Needs |