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 Health  S1: Comprehension of Health Promotion and Disease Prevention Concepts C2: Multiple Dimension of 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: Predict how healthy behaviors can affect health status  PO1: Describe the interrelationships of emotional, intellectual, physical, and social health  PO1: 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 | Health  Life Expectancy  Quality of Life  Goal  Physical Health  Mental Health  Emotional Health  Social Health  Continuum  Wellness |
| 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 Care  S1: Comprehension of Health Promotion and Disease Prevention Concepts C6: Health vs. Unhealthy Behaviors  S2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal Health  S2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal Health  S2: 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 interrelated  PO1: 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 behaviors  PO5: Evaluate the effect of media on personal and family health  PO6: 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  Gender  Environment  Culture  Media  Habit  Risk Factor |
| S1: Comprehension of Health Promotion and Disease Prevention Concepts C4: Prevention of Injuries and Health Problems  S2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal Health  S3: Access to health Information, Products, and Service to Enhance Health C1: Knowledge of Sources of Help  S6: 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 | Prevention  Values  Action Plan  Advocacy  Health Literacy |
| S2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal Health  S2: Analysis of Factors Affecting Health Behaviors C3: Influences of Public Policy on Health  S3: Access to health Information, Products, and Service to Enhance Health C1: Knowledge of Sources of Help  S3: 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 services  PO4: 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 | Consumer  Warranty  Advertising  Fraud  Quackery |
| S2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal Health  S2: Analysis of Factors Affecting Health Behaviors C2: Internal Influences on Personal Health  S4: 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 Making  S5: 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 behaviors  PO1, 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 behaviors  PO1: Utilize skills for communicating effectively with family, peers, and others to enhance health  PO1: Examine barriers to healthy decision making  PO1: 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 | Personality  Psychologist  Modeling  Peer Group  Identity |
| S1: Comprehension of Health Promotion and Disease Prevention Concepts C3: Personal Health  S2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal Health  S2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal Health | PO1: Analyze how environment and personal health are interrelated  PO1: 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-Esteem  Self-Actualization  Hierarchy of Needs |