Window Rock Unified School District #8

Curriculum Guide

2020-2021

SUBJECT: **HEALTH** Grade: 9th TIMELINE: 4th 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 C2: Multiple Dimension of HealthS2: Analysis of Factors Affecting Health Behaviors C1: External Influences on Personal Health 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 | PO1: Describe the interrelationships of emotional, intellectual, physical, and social healthPO1: Analyze how the family influences the health of individuals PO2: Analyze how the culture supports and challenges health beliefs, practices, and behaviorsPO3: Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviorsPO1: Utilizing skills for communicating effectively with family, peers, and others to enhance health | **Identify** four primary emotions and three learned emotions **Explain** why it is important to recognize your emotions **Distinguish** helpful from harmful coping strategies | * Teacher made test
* Relevant Questions
* Textbook Reading
* Textbook Questions
* Presenter
 | * Presenter
* Building Health Skills
 | EmotionPrimary EmotionsGriefLearned EmotionsCoping StrategyDefense Mechanism |
| S1: Comprehension of Health Promotion and Disease Prevention Concepts C2: Multiple Dimensions of HealthS6: Use of Goal-Setting Skills to enhance Health C1: Assessment of HealthS7: Ability to Practice Health-Enhancing Behaviors C2: Health Practice and Behaviors | PO1: Describe the interrelationship of emotional, intellectual, physical, and social health. PO1: Assess personal health practices and overall health statusPO1: Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others | **Describe** what causes a person to experiences stress**Identify** four general types of stressors | * Teacher made test
* Relevant Questions
* Textbook Reading
* Textbook Questions
* Presenter
 | * Presenter
* Building Health Skills
 | StressEustressDistressStressorCatastrophe |
| S1: Comprehension of Health Promotion and Disease Prevention Concepts C2: Multiple Dimensions of HealthS1: Comprehension of Health Promotion and Disease Prevention Concepts C6: Health vs. Unhealthy Behaviors | PO1: Describe the interrelationship of emotional, intellectual, physical, and social health.PO3: Analyze the potential severity of injury or illness if engaging in unhealthy behaviors | **List** in order the three stages of the body’s response to stress**Identify** four types of early warning signs for stress **Describe** the relationship between stress and illness | * Teacher made test
* Relevant Questions
* Textbook Reading
* Textbook Questions
* Presenter
 | * Presenter
* Building Health Skills
 | Fight-or-flight response  |
| S1: Comprehension of Health Promotion and Disease Prevention Concepts C2: Multiple Dimensions of HealthS1: Comprehension of Health Promotion and Disease Prevention Concepts C4: Prevention of Injuries and Health ProblemsS6: Use of Goal-Setting Skills to enhance Health C1: Assessment of Health | PO1: Describe the interrelationship of emotional, intellectual, physical, and social health.PO1: Propose ways to reduce or prevent injuries and health problems PO1: Assess personal health practices and overall health status | **Explain** how individuals can have different responses to the same stressor**Describe** two ways that personality affects stress**Identify** the key factor in resilience | * Teacher made test
* Relevant Questions
* Textbook Reading
* Textbook Questions
* Presenter
 | * Presenter
* Building Health Skills
 | OptimismPessimismPerfectionistResilience |
| S3: Access to Health Information, Products, and Services to Enhance Health C2: Accessing HelpS7: Ability to Practice Health-Enhancing Behaviors C2: Healthy Practices for Health S7: Ability to Practice Health-Enhancing Behaviors C2: Healthy Practices for Health  | PO3: Analyze a situation in which professional health services may be requiredPO1: Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others PO2: Demonstrate a variety of behaviors that avoid or reduce health risks to self and others | **Identify** ways to control stress, reduce tension, and change the way you think about stressors**Explain** why building residence is important**Describe** the value of seeking support from others when you are under stress | * Teacher made test
* Relevant Questions
* Textbook Reading
* Textbook Questions
* Presenter
 | * Presenter
* Building Health Skills
 | Mental rehearsalBiofeedback |
| S1: Comprehension of Health Promotion and Disease Prevention Concepts C3: Personal Health  | PO4: Analyze how genetics and family history can impact personal health | **Explain** how mental disorders are recognized**Identify** four causes of mental disorders**Describe** five types of anxiety disorders and four other types of mental disorders | * Teacher made test
* Relevant Questions
* Textbook Reading
* Textbook Questions
* Presenter
 | * Presenter
* Building Health Skills
 | Mental disorder AnxietyAnxiety disorder PhobiaObsessionCompulsionMood DisorderDepressionSchizophreniaPersonality Disorder |