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 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  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 | PO1: Describe the interrelationships of emotional, intellectual, physical, and social health  PO1: Analyze how the family influences the health of individuals  PO2: Analyze how the culture supports and challenges health beliefs, practices, and behaviors  PO3: Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors  PO1: 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 | Emotion  Primary Emotions  Grief  Learned Emotions  Coping Strategy  Defense Mechanism |
| S1: Comprehension of Health Promotion and Disease Prevention Concepts C2: Multiple Dimensions of Health  S6: Use of Goal-Setting Skills to enhance Health C1: Assessment of Health  S7: 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 status  PO1: 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 | Stress  Eustress  Distress  Stressor  Catastrophe |
| S1: Comprehension of Health Promotion and Disease Prevention Concepts C2: Multiple Dimensions of Health  S1: 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 Health  S1: Comprehension of Health Promotion and Disease Prevention Concepts C4: Prevention of Injuries and Health Problems  S6: 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 | Optimism  Pessimism  Perfectionist  Resilience |
| S3: Access to Health Information, Products, and Services to Enhance Health C2: Accessing Help  S7: 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 required  PO1: 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 rehearsal  Biofeedback |
| 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  Anxiety  Anxiety disorder  Phobia  Obsession  Compulsion  Mood Disorder  Depression  Schizophrenia  Personality Disorder |