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Vision: To Be a World-Class School System

Academic Plan

Curriculum and Staff Development Center

Course:	Health-3 - 5008050
Textbook:	
School Year:	2013 - 2014
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Quarterly Guides

Quarter – 1 Guide	Quarter – 2 Guide
<ul style="list-style-type: none"> 1 - Safety Rules 2 - Bicycle and Pedestrian Safety 3 - Safety Equipment 4 - Hygiene 5 - Disease Prevention 6 - Goal Setting 7 - Interpersonal Communication Skills 8 - Bullying 	<ul style="list-style-type: none"> 1 - Identify When You Need Help 2 - Identify Who to Go to When You Need Help 3 - Cardiovascular System 4 - Respiratory System 5 - Nervous System 6 - Digestive System 7 - Nutrition
Quarter – 3 Guide	Quarter – 4 Guide
<ul style="list-style-type: none"> 1 - Decision Making 2 - Substance Abuse and Prevention: Alcohol 3 - Substance Abuse and Prevention: Tobacco 4 - Substance Abuse and Prevention: Over-The-Counter 5 - Substance Abuse and Prevention: Prescription Drugs 6 - Substance Abuse and Prevention: Inhalants 7 - Substance Abuse and Prevention: Current Trends and Fads 	<ul style="list-style-type: none"> 1 - Positive and Negative Role Models 2 - Positive and Negative Peer Pressure 3 - Culture, Tradition and Custom: Family, Peers and Community 4 - Media Influences: Internet, TV, Movies, Music, Radio and Print 5 - Internet Safety 6 - Valid and Unbiased Health Resources

Academic Plan

Narrative:

Quarter - 1				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
<p>1 Safety Rules * Demonstrate safety rules indoors and outdoors.</p>	<p>danger; Hydration; injury; safety rules; stranger;</p>	<p>HE.3.C.1.3 ; HE.3.C.2.4 ;</p>	<p>_____</p>	<p>_____</p>
<p>2 Bicycle and Pedestrian Safety * Determine the cause and effect of personal safety choices. * Recognize the importance of following traffic and pedestrian signals. * Recognize the importance of safe use of wheeled recreational equipment.</p>	<p>bicycle; crosswalk; helmet; intersection; jaywalk; pedestrian; stop; wheeled recreational equipment; yield;</p>	<p>HE.3.P.1.1 ; HE.3.P.1.2 ;</p>	<p>_____</p>	<p>_____</p>
<p>3 Safety Equipment * Identify proper use of activity specific equipment. * Identify when to use age appropriate vehicle restraints. * Classify proper safety equipment for indoor and outdoor activities.</p>	<p>booster seat; helmet; safety pads; seatbelt; size; sun safety;</p>	<p>HE.3.P.1.1 ;</p>	<p>_____</p>	<p>_____</p>

<p>4 Hygiene * Determine strategies to promote personal hygiene including: - dental - body - clothing - hand washing</p>	<p>adult teeth; body odor; lice;</p>	<p>HE.3.P.1.1 ;</p>	<p>_____</p>	<p>_____</p>
<p>5 Disease Prevention * Recognize how to reduce risks of common diseases. * Identify behaviors to promote a healthy lifestyle.</p>	<p>allergies; blood; chicken pox; disease; flu; Lifestyle; Virus;</p>	<p>HE.3.B.3.6 ; HE.3.C.1.1 ; HE.3.C.1.4 ; HE.3.P.1.2 ;</p>	<p>_____</p>	<p>_____</p>
<p>6 Goal Setting * Demonstrate the ability to use goal-setting skills to enhance a healthy lifestyle.</p>	<p>SMART goals;</p>	<p>HE.3.B.4.1 ; HE.3.B.4.2 ;</p>	<p>_____</p>	<p>_____</p>
<p>7 Interpersonal Communication Skills * Identify nonverbal and verbal communication skills. * Explain the characteristics of interpersonal communication skills including conflict resolution.</p>	<p>interpersonal; nonverbal; refusal skill; verbal; Violence;</p>	<p>HE.3.B.2.1 ; HE.3.B.2.2 ; HE.3.B.2.3 ; HE.3.B.2.4 ; HE.3.C.1.2 ;</p>	<p>_____</p>	<p>_____</p>
<p>8 Bullying * Recognize the different types of bullying including physical, social, emotional and cyber. * Identify strategies to use when confronted by a bully or as a bystander.</p>	<p>bully; bystander; report; victim;</p>	<p>HE.3.B.2.3 ; HE.3.B.3.3 ;</p>	<p>_____</p>	<p>_____</p>

Academic Plan

Narrative:

Quarter - 2				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
1 Identify When You Need Help * Recognize circumstances that might require assistance from others.	assistance;	HE.3.B.3.1 ; HE.3.B.3.2 ; HE.3.C.1.5 ;	_____	_____
2 Identify Who to Go to When You Need Help * Identify trusted adults and/or professionals to seek assistance during certain situations.	counselor; dentist; doctor; firefighter; office; paramedic; parents; police; trusted adult;	HE.3.B.4.2 ; HE.3.C.1.5 ;	_____	_____
3 Cardiovascular System * Understand the organs and processes involved and how the organs work together.	Arteries; chamber; heart; heartbeat; oxygen; Veins;	HE.3.C.1.6 ;	_____	_____
4 Respiratory System * Understand the organs and processes involved and how the organs work together.	breathe; Diaphragm; lungs; oxygen; Trachea;	HE.3.C.1.6 ;	_____	_____
5 Nervous System * Understand the organs and processes involved and how the organs work together.	brain; central nervous system; nerves; peripheral nervous system; spinal cord;	HE.3.C.1.6 ;	_____	_____

<p>6 Digestive System * Understand the organs and processes involved and how the organs work together.</p>	<p>esophagus; Saliva; small intestine; stomach; teeth;</p>	<p>HE.3.C.1.6 ;</p>	<p>_____</p>	<p>_____</p>
<p>7 Nutrition * Classify different types of foods. * Determine cause and effect relationships of positive and negative health options.</p>	<p>classify; food label;</p>	<p>HE.3.B.3.5 ;</p>	<p>_____</p>	<p>_____</p>

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Narrative:

Quarter - 3				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
<p>1 Decision Making * Identify choices that could put you at risk in the school and acommunity. * Recognize the consequences of choices.</p>	<p>community; consequences; Risk;</p>	<p>HE.3.B.2.3 ; HE.3.B.2.4 ;</p>	<p>_____</p>	<p>_____</p>
<p>2 Substance Abuse and Prevention: Alcohol * Tell what alcohol is. * Identify the effects of alcohol use and its effects on the body. * Identify the characteristics of intoxication.</p>	<p>alcohol; drug abuse; drunkenness; intoxication; prevention; substance abuse;</p>	<p>HE.3.B.3.3 ; HE.3.B.3.4 ;</p>	<p>_____</p>	<p>_____</p>
<p>3 Substance Abuse and Prevention: Tobacco * Identify tobacco products * Explain the effects of tobacco use and its effects on the body. * Recognize the dangers of second hand smoke.</p>	<p>cancer; emphysema; second hand smoke; smoke; tobacco products;</p>	<p>HE.3.B.3.3 ; HE.3.B.3.4 ;</p>	<p>_____</p>	<p>_____</p>
<p>4 Substance Abuse and Prevention: Over-The-Counter Drugs * Define what over-the-counter drug means. * Identify positive and negative</p>	<p>drug; Over-the-Counter;</p>	<p>HE.3.B.3.3 ; HE.3.B.3.4 ;</p>	<p>_____</p>	<p>_____</p>

<p>effects of over-the-counter drugs.</p>				
<p>5 Substance Abuse and Prevention: Prescription Drugs * Define what prescription drug means. * Identify positive and negative effects of prescription drugs.</p>	<p>overdose; pharmacy; prescription medicine;</p>	<p>HE.3.B.3.3 ; HE.3.B.3.4 ;</p>	<p>_____</p>	<p>_____</p>
<p>6 Substance Abuse and Prevention: Inhalants * Tell what an inhalant is. * Identify positive and negative use of inhalants.</p>	<p>anesthetic; asthma; chronic; inhalant;</p>	<p>HE.3.B.3.3 ; HE.3.B.3.4 ;</p>	<p>_____</p>	<p>_____</p>
<p>7 Substance Abuse and Prevention: Current Trends and Fads * Identify the drugs that are current trends and fads. * Explain the dangers of the drugs.</p>	<p>designer drug; Fad; overdose; trend;</p>	<p>HE.3.B.3.3 ; HE.3.B.3.4 ;</p>	<p>_____</p>	<p>_____</p>

Academic Plan

Narrative:

Quarter - 4				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
<p>1 Positive and Negative Role Models * Identify the characteristics of positive role models. * Identify the characteristics of negative role models. * Act out the parts of positive and negative role models.</p>	negative; positive; role model;	HE.3.P.2.1 ;	_____	_____
<p>2 Positive and Negative Peer Pressure * Identify the characteristics of positive peer pressure. * Identify the characteristics of negative peer pressure.</p>	influence; peer; peer pressure;	HE.3.P.2.1 ;	_____	_____
<p>3 Culture, Tradition and Custom: Family, Peers and Community * Recognize the nutritional choices, traditions, religious practices of various cultures. * Identify opportunities in the community to participate in healthy activities.</p>	belief; community; cultures; tradition;	HE.3.C.2.1 ; HE.3.C.2.2 ; HE.3.C.2.3 ; HE.3.C.2.7 ;	_____	_____
<p>4 Media Influences: Internet, TV, Movies, Music, Radio and Print * Identify types of persuasion which may</p>	appeal; bandwagon; emotional appeal; persuasion;	HE.3.B.1.2 ; HE.3.B.1.4 ; HE.3.C.2.5 ; HE.3.C.2.6 ;	_____	_____

<p>include bandwagon, celebrity, and emotional appeal.</p>				
<p>5 Internet Safety *Tell about safe internet uses and procedures.</p>	<p>friend; search engine; social media;</p>	<p>HE.3.B.3.3 ; HE.3.C.2.6 ;</p>	<p>_____</p>	<p>_____</p>
<p>6 Valid and Unbiased Health Resources * Identify resources in the home, school and community that provide valid health information and services.</p>	<p>service; services; unbiased; valid;</p>	<p>HE.3.B.1.1 ; HE.3.B.1.3 ;</p>	<p>_____</p>	<p>_____</p>