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Vision: To Be a World-Class School System

Academic Plan

Curriculum and Staff Development Center

Course: Health-4 - 5008060
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 - Body Systems: Cardiovascular, Respiratory, Nervous and Digestive Systems 4 - Endocrine System 5 - Reproductive System 6 - 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 Drugs 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 * Apply safety rules indoors. * Apply strategies to be safe out-of-doors.</p>	<p>Hydration; strategy; Sunscreen; traffic;</p>	<p>HE.4.C.1.3 ; HE.4.C.2.4 ;</p>	<p>_____</p>	<p>_____</p>
<p>2 Bicycle and Pedestrian Safety * Predict the consequences of personal safety choices. * Demonstrate appropriate responses to traffic and pedestrian signs/signals.</p>	<p>crosswalk; hand signals; pedestrian crossing signal; railroad crossing; stoplight;</p>	<p>HE.4.C.1.1 ;</p>	<p>_____</p>	<p>_____</p>
<p>3 Safety Equipment * Explain the importance of wearing appropriate safety equipment. * Compare indoor and outdoor safety equipment. * Differentiate age appropriate vehicle restraints.</p>	<p>booster seat; Fire Extinguisher; Hat; seatbelt; sunglasses; Sunscreen;</p>	<p>HE.4.C.1.4 ;</p>	<p>_____</p>	<p>_____</p>
<p>4 Hygiene * Determine strategies to promote personal hygiene including: dental, body, clothing and hand washing.</p>	<p>floss and brush; hygiene; soap;</p>	<p>HE.4.P.1.1 ;</p>	<p>_____</p>	<p>_____</p>

<p>5 Disease Prevention * Recognize how to reduce risks of common diseases. * Determine choices to promote a healthy lifestyle.</p>	<p>hygiene; insect repellent; safe food handling; vaccination;</p>	<p>HE.4.C.1.1 ; HE.4.P.1.1 ;</p>	<p>_____</p>	<p>_____</p>
<p>6 Goal Setting * Create a personal health goal and reflect on the outcome.</p>	<p>Reflect; smart; SMART goals; track;</p>	<p>HE.4.B.4.1 ; HE.4.B.4.2 ; HE.4.P.1.2 ;</p>	<p>_____</p>	<p>_____</p>
<p>7 Interpersonal Communication Skills * Demonstrate positive communication skills during conflicts.</p>	<p>negotiate; non-verbal; refusal skills; verbal; Violence;</p>	<p>HE.4.B.2.1 ; HE.4.B.2.2 ; HE.4.B.2.3 nonviolent strategies; HE.4.B.2.4 ; HE.4.C.1.2 ;</p>	<p>_____</p>	<p>_____</p>
<p>8 Bullying * Compare the characteristics of physical, social, emotional and cyber-bullying. * Construct strategies to use when confronted by a bully. * Construct strategies to use as a bystander when observing someone being bullied.</p>	<p>bully; bystander; cyber; Cyberbullying;</p>	<p>HE.4.P.1.3 ;</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 * Determine circumstances that may require assistance.		HE.4.B.3.2 ;		
2 Identify Who to Go to When You Need Help * Understand the roles of various trusted adults/professionals.	professional; trusted adult;	HE.4.B.4.2 ; HE.4.C.1.5 ;		
3 Body Systems: Cardiovascular, Respiratory, Nervous and Digestive Systems * Differentiate between the organs and processes in each body system. * Summarize how the organs work together.	Cardiovascular; digestive system; Nervous System; organs; process; Respiratory;	HE.4.C.1.6 ;		
4 Endocrine System * Identify the parts and function of the endocrine system.	endocrine system;	HE.4.C.1.6 ;		
5 Reproductive System * Identify the parts of the reproductive system. * Identify the characteristics of puberty.	puberty; Reproductive system;	HE.4.C.1.6 ;		

<p>6 Nutrition * Explain the correlation between food and physical activity. * Distinguish between fats, proteins and carbohydrates.</p>	<p>Carbohydrate; fat; Protein;</p>	<p>HE.4.B.3.5 ; HE.4.C.1.1 ;</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 *</p> <p>Recognize circumstances that can help or hinder decision making. *</p> <p>Identify the potential short and long term outcome of each option when making a health-related decision.</p>	<p>circumstance; long term outcome; short term outcome;</p>	<p>HE.4.B.1.3 ; HE.4.B.3.1 ; HE.4.B.3.3 ; HE.4.B.3.4 ; HE.4.B.3.5 ; HE.4.B.3.6 ; HE.4.P.1.2 ;</p>	_____	_____
<p>2 Substance Abuse and Prevention: Alcohol *</p> <p>Predict the consequences of alcohol use and its effects on the body. *</p> <p>Review the characteristics of intoxication and formulate avoidance strategies.</p>	<p>avoid; Formulate; inhibition; intoxication;</p>	<p>HE.4.B.2.1 ; HE.4.B.2.2 ; HE.4.B.3.4 ; HE.4.P.1.3 ;</p>	_____	_____
<p>3 Substance Abuse and Prevention: Tobacco *</p> <p>Recall what tobacco is. *</p> <p>Categorize tobacco products. * Summarize what second-hand-smoke means.</p>	<p>emphysema; second hand smoke; smokeless tobacco; tobacco;</p>	<p>HE.4.B.2.1 ; HE.4.B.2.2 ; HE.4.B.3.4 ; HE.4.P.1.3 ;</p>	_____	_____
<p>4 Substance Abuse and Prevention: Over-The-Counter *</p> <p>Tell what OTC means. * Recall the</p>	<p>attitude; Over-the-Counter;</p>	<p>HE.4.B.2.1 ; HE.4.B.2.2 ; HE.4.B.3.4 ; HE.4.P.1.3 ;</p>	_____	_____

	positive and negative effects of OTC. * Explore society's attitudes toward OTC drugs.				
5	Substance Abuse and Prevention: Prescription * Tell what Prescriptions Drugs are. * Recall the positive and negative effects of Prescription Drugs. * Explore society's attitudes toward Prescription Drugs.	prescription medicine;	HE.4.B.2.1 ; HE.4.B.2.2 ; HE.4.B.3.4 ; HE.4.P.1.3 ;		
6	Substance Abuse and Prevention: Inhalants * Tell what inhalants are. * List the effects of inhalants on the user. * Identify patterns of behavior demonstrated by the user.	inhalant;	HE.4.B.2.1 ; HE.4.B.2.2 ; HE.4.B.3.4 ; HE.4.P.1.3 ;		
7	Substance Abuse and Prevention: Current Trends and Fads * Explain why a drug is a trend. * Explain why a drug is a fad. * Categorize drugs as to current trends or fads.	designer drug; Fad; trend;	HE.4.B.2.1 ; HE.4.B.2.2 ; HE.4.B.3.4 ; HE.4.P.1.3 ;		

Academic Plan

Narrative:

Quarter - 4				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
<p>1 Positive and Negative Role Models * Recognize the characteristics of positive role models. * Recognize the characteristics of negative role models. * Role play scenarios that include positive and negative role models.</p>	negative; positive; role model;	HE.4.P.2.1 ;		
<p>2 Positive and Negative Peer Pressure * Discuss the possible effects of positive peer pressure. * Discuss the possible effects of negative peer pressure.</p>	influence; peer pressure;	HE.4.B.2.1 ;		
<p>3 Culture, Tradition and Custom: Family, Peers and Community * Compare the nutritional choices, traditions, and religious practices of various cultures. * Explore opportunities in the community to participate in healthy activities.</p>	belief; culture; tradition;	HE.4.C.2.1 ; HE.4.C.2.2 ; HE.4.C.2.3 ;		

<p>4 Media Influences: Internet, TV, Movies, Music, Radio and Print * Recognize types of persuasion from various media sources.</p>	<p>bandwagon; persuasion;</p>	<p>HE.4.B.1.4 ; HE.4.C.2.5 ; HE.4.C.2.6 ;</p>	<p>_____</p>	<p>_____</p>
<p>5 Internet Safety * Identify safe internet uses and procedures. * Identify security risks when giving out personal information on the internet.</p>	<p>friend; Internet; social media;</p>	<p>HE.4.C.2.6 ;</p>	<p>_____</p>	<p>_____</p>
<p>6 Valid and Unbiased Health Resources * Organize a list of valid health resources in the home, school and community.</p>	<p>service; unbiased; valid;</p>	<p>HE.4.B.1.1 ; HE.4.B.1.2 ;</p>	<p>_____</p>	<p>_____</p>