

**Argenta-Oreana High School
Health**

Date Semester	IL Learning Standards	Unit and/or Essential Question Content and/or Skills	Assessments and/or Products
Week 1	22.A.4b 23.B.4 24.B.5 24.C.5	<u>Unit 1 Wellness</u> <ul style="list-style-type: none"> • 3 elements of health <ul style="list-style-type: none"> ○ Social, Physical, Mental ○ Relation of the elements to overall wellness • Health continuum <ul style="list-style-type: none"> ○ Life style factors that impact continuum ○ Quality of life • Self Esteem and how it impacts health <ul style="list-style-type: none"> ○ What is self-esteem? ○ Signs of low and high self esteem Ways to improve self esteem	Magazine project for 3 elements of health Quizzes Worksheets
Week 2 & 3	22.A.4b	<u>Mental Health</u> <ul style="list-style-type: none"> • Mental Health <ul style="list-style-type: none"> ○ What it means to have good mental health ○ Maslow's Hierarchy of Needs ○ Emotions <ul style="list-style-type: none"> ▪ Recognizing and understanding emotions ▪ How to deal with emotions in a healthy way <ul style="list-style-type: none"> • Managing fear • Anger management ○ Ways to improve mental health • Mental disorders <ul style="list-style-type: none"> ○ Anxiety disorders ○ Hypochondria ○ Depression ○ Suicide <ul style="list-style-type: none"> ▪ Dealing with suicide ▪ Warning signs 	Guest speaker from mental health department Project on mental health disorders and treatments Real life skits of mental diseases Dealing with stress activities Unit exam Chapter review homework

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		<ul style="list-style-type: none"> ○ Personality disorders ● Stress <ul style="list-style-type: none"> ○ Kinds of stress <ul style="list-style-type: none"> ▪ Eustress ▪ Distress ○ Causes of stress ○ Body's responses to stress <ul style="list-style-type: none"> ▪ Physical ▪ Mental ○ Healthy ways to deal with stress <ul style="list-style-type: none"> ▪ Time management ▪ Laughing ▪ Relaxing ▪ Planning ▪ Support group ▪ Rechanneling energy 	

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Weeks 4-6	20. B. 5b 20. C. 5a 20. C 5b 22. A. 5c 23.A.4 23.B.4 23.B.5 23.C.4 23.C.5	<p><u>Unit 2 Body systems</u></p> <ul style="list-style-type: none"> • Skeletal system <ul style="list-style-type: none"> ○ Label bones of skeleton ○ Injuries of bones/diseases ○ Joint injuries • Muscular system <ul style="list-style-type: none"> ○ Label muscles ○ Functions of muscles ○ Injuries/diseases <ul style="list-style-type: none"> ▪ Causes and impact • Circulatory system <ul style="list-style-type: none"> ○ Label heart ○ Function of all vessels ○ Diseases/illnesses <ul style="list-style-type: none"> ▪ Causes and impact • Digestive System <ul style="list-style-type: none"> ○ Label system ○ Know digestion process ○ Diseases/illnesses <ul style="list-style-type: none"> ▪ Causes and impacts • Respiratory system <ul style="list-style-type: none"> ○ Label system ○ Illnesses/diseases <ul style="list-style-type: none"> ▪ Causes and impact • Reproductive system <ul style="list-style-type: none"> ○ Label male and female system 	Body system packet Answer packets Quizzes after 2 systems Body system videos Trace a drop of blood throughout entire body

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		<ul style="list-style-type: none"> ○ Puberty and secondary sex characteristics ○ How the system develops <ul style="list-style-type: none"> ▪ Menstrual cycle ▪ Able to produce sperm ○ Testicular cancer ○ Breast cancer 	

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Weeks 7-10	22.A.5a 23.A.4 23.B.4 23.B.5 23.C.4 23.C.5 24.A.5 24.B.4 24.B.5	<u>Unit 3 Pregnancy and Development</u> <ul style="list-style-type: none"> • Abstinence <ul style="list-style-type: none"> ○ Risks of being sexually active <ul style="list-style-type: none"> ▪ STD's ▪ Pregnancy ▪ Problems that teenage parents face ▪ Emotional Problems ▪ Financial problems ▪ Disrupts accomplishing goals • Child development <ul style="list-style-type: none"> ○ Cells->tissues->organs ○ Zygote-> blastocyst->embryo ○ Characteristics of each trimester ○ Prenatal care ○ Erik Erikson's 4 stages of development • Illinois Abandoned Newborn Infant Protection Act <ul style="list-style-type: none"> ○ Commercials, reasons for the law, facts • Adolescence <ul style="list-style-type: none"> ○ Physical changes ○ Mental changes ○ Social changes ○ Emotional changes ○ Making decisions ○ Peer pressure 	New Life Pregnancy Center Slide show Homework Computer lab project on STDs and pregnancy Quizzes Exams

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Weeks 11-15	22.B.5 22.B.4 22.A.4a 22.A.4b 24.A.4a 24.B.4 24.B.5 24.C.4 24.C.5	<u>Unit 4 Personal Health</u> <ul style="list-style-type: none"> • Eye, Mouth, Ear, and skin disorders • Causes of disorders • Prevention and dealing with disorders • Weight control <ul style="list-style-type: none"> ○ Balanced diet <ul style="list-style-type: none"> ▪ 6 classes of nutrients ▪ Food labels ▪ Being a food consumer ▪ Making responsible decisions ○ Diseases due to poor dieting ○ Cost to society of obesity ○ Living an active lifestyle ○ Ways to be active ○ Benefits to the body by being active <ul style="list-style-type: none"> ▪ Mentally ▪ Physically ▪ Socially • Drug use <ul style="list-style-type: none"> ○ Alcohol <ul style="list-style-type: none"> ▪ How alcohol effects human body ▪ Long term effects of alcohol abuse ▪ Cost of alcohol abuse to society <ul style="list-style-type: none"> • Money • Insurance • Unemployment 	Students will produce reports on diseases Exams Homework assignments Power Point projects on drug use

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		<ul style="list-style-type: none"> • Family problems • Violent crimes ○ Tobacco <ul style="list-style-type: none"> ▪ Ingredients of a cigarette ▪ Effects on human body ▪ Cancer ▪ Medical complications associated with tobacco use ▪ Statistics ▪ Second hand smoke ▪ Social aspects ▪ Ways to quit smoking ▪ Reasons why people start smoking ▪ Why not to smoke • Steroid abuse 	

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Week 16-17	22.A.5c 22.A.4c 22.C.5 22.C.4 22.B.4	<u>Unit 5 Accidents and Environmental health</u> <ul style="list-style-type: none"> • 5 elements of an accident • Personal Safety <ul style="list-style-type: none"> ○ Protecting against violent crimes ○ Mental self defense • Priorities in an emergency • Protecting the environment <ul style="list-style-type: none"> ○ Types of pollution ○ The need for concern ○ What can individuals do to help ○ Future implications 	Power Point notes Accident prevention ideas generated Homework assignments Exams/quizzes Students will make a pamphlet/brochure to inform public on environmental issues

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