

## Curriculum Framework for Health

School: First State Military Academy

Curricular Tool: DDOE Health Model Units

Grade: 9-12

Standards Alignment	Big Ideas/ Enduring Understandings	Essential Questions/ Learning Targets	Assessments
<b>Unit One: Health and Your Wellness</b> <b>Timeline : 3 weeks</b>			
<p><b>Standard 1</b> – Students will understand essential health concepts in order to transfer knowledge into healthy actions for life.</p> <p><b>Standard 2</b> – Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</p> <p><b>Standard 3</b> – Students will demonstrate the ability to access information, products and services to enhance health.</p> <p><b>Standard 4</b> – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p> <p><b>Standard 5</b> – Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p><b>Standard 6</b> – Students will demonstrate the ability to use goal setting skills to enhance health.</p> <p><b>Standard 7</b> – Students will demonstrate the ability to practice health-enhancing and avoid or reduce health risks. (self-management)</p> <p><b>Standard 8</b> – Students will demonstrate the ability to advocate for personal, family, and community health.</p>	<p>Health Is Personal Power</p> <p>Health enhances life.</p> <p>Several factors influence the formation, achievement, and evaluation of a long-term personal health plan</p>	<p><b>Essential Questions:</b></p> <p>How can I distinguish between controllable risk factors and uncontrollable risk factors?</p> <p>What are the six components of health? How do they work together?</p> <p>How do I resist the three types of direct and indirect pressure?</p> <p>Why is good communication important?</p> <p>What is the different between passive, assertive, and aggressive communication styles?</p> <p><b>Learning Targets:</b></p> <ul style="list-style-type: none"> <li>• Identify controllable and uncontrollable risk factors</li> <li>• Identify the six components of health</li> <li>• Identify strategies in resisting direct and</li> </ul>	<p><b>Suggested Informal Assessment:</b></p> <p>Teacher Observation Journal entries Lesson check-up questions Participation in class discussions</p> <p><b>Suggested Formal Assessment:</b></p> <p>Concept Review worksheets Section review &amp; quizzes Reteaching worksheet Unit test Transfer task Develop an action plan to achieve a personal goal Skit Rubrics Informational pamphlet</p>











