

Middle School (6/7/8) Health Curriculum

Unit 1 Safety (Injury Prevention) and Disease	Great Body Shop/Common Sense Media														
<p>Big Ideas:</p> <ul style="list-style-type: none"> - Everybody has responsibility and the right to be safe. - Basic first aid skills are important and can be used for a lifetime. - There is a difference between intentional and unintentional injuries. <p>Essential Questions:</p> <ul style="list-style-type: none"> - How can I identify and avoid situations that pose health and safety risks for myself and others? - What is sexual abuse and harassment? - How can I prevent injuries to myself and others? <p>Skills:</p> <ul style="list-style-type: none"> - I can evaluate and understand how emotions, values, and behaviors contribute to one’s level of responsibility to myself and my community. - I can identify the elements of an unhealthy relationship. - I can recognize that power and control can result in unhealthy behaviors (i.e. bullying, harassment, physical, verbal, and sexual abuse). - I can apply decision making process to peer pressure situations, including taking responsibility for passive, assertive, and aggressive behaviors and their consequences. <p>Standards: <i>CDC: 1,5,7,8</i> <i>Alaska Health: A,B,D</i> <i>Alaska ELA Standards: 6-8.RIT.1 and 4; 6-8.W.4 and 9; 6-8.SL.1 and 4</i></p>	<p>MS Level 2 GBS (5) Social and Emotional Health</p> <p>L1. Mental and Emotional Health L2. Social Health L3. Danger Signals</p> <p>MS Level 2 GBS (7) Safety, Injury, and Violence Prevention</p> <p>L1. Teens Making a Difference L2. The Problem of Violence L3. Active Involvement, Emergency Response</p> <p>Common Sense Media</p> <p>Essential Vocabulary:</p> <table border="0"> <tr> <td>Resiliency</td> <td>Harassment</td> </tr> <tr> <td>Body image</td> <td>Impulse</td> </tr> <tr> <td>Self-image</td> <td>Exclusive</td> </tr> <tr> <td>Intimacy</td> <td>Empathy</td> </tr> <tr> <td>Adolescence</td> <td>Refrain</td> </tr> <tr> <td>Harass</td> <td>Depression</td> </tr> <tr> <td>Suicide</td> <td>Self-Control</td> </tr> </table> <p>Assessments: End of Unit Quizzes (GBS 5 and 7)</p>	Resiliency	Harassment	Body image	Impulse	Self-image	Exclusive	Intimacy	Empathy	Adolescence	Refrain	Harass	Depression	Suicide	Self-Control
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Unit 2 Nutrition, Growth, and Hygiene	Great Body Shop/Common Sense Media																				
<p>Big Ideas:</p> <ul style="list-style-type: none"> - Each of us are unique and our genes influence our cells. - There are many types of cells in our body that work together to form tissues, organs, and systems and their response to the environment. - Proper nutrition keeps our cells reproducing and our bodies healthy. <p>Essential Questions:</p> <ul style="list-style-type: none"> - What are parts of the cell and their related functions? - How do lungs work and how do allergens and asthma affect them? - What are the dietary guidelines and how do nutritional tools help us follow them? <p>Skills:</p> <ul style="list-style-type: none"> - I can explain the relationship between health and heredity. - I can categorize types of cells and their functions. - I can apply the dietary guidelines for Americans and food groups to my own life and set goals to improve my health. <p>Standards: <i>CDC: 1,2, 8</i> <i>Alaska Health: A,D</i> <i>Alaska ELA Standards: 6-8.RIT.1 and 4; 6-8.W.4 and 9; 6-8.SL.1 and 4</i></p>	<p>MS Level 2 GBS (2) Body Systems L1. From Systems to Cells L2. Heredity and Environment L3. Health Habits and Body Systems</p> <p>MS Level 2 GBS (3) Fitness and Nutrition L1. Dine healthy L2. Fitness Plan L3. Overcoming Barriers</p> <p>Essential Vocabulary</p> <table border="0"> <tr> <td>Mitochondria</td> <td>Carbohydrates</td> </tr> <tr> <td>Nucleus</td> <td>Proteins</td> </tr> <tr> <td>Endoplasmic reticulum</td> <td>Fats</td> </tr> <tr> <td>Mitosis</td> <td>Vitamins</td> </tr> <tr> <td>Chromosomes</td> <td>Minerals</td> </tr> <tr> <td>Cytoplasm</td> <td>Water</td> </tr> <tr> <td>Membrane</td> <td>Calorie</td> </tr> <tr> <td>DNA</td> <td>Nutrients</td> </tr> <tr> <td>Neuron</td> <td></td> </tr> <tr> <td>Macrophage</td> <td></td> </tr> </table> <p>Assessments: End of Unit Quizzes (GBS 2 and 3)</p>	Mitochondria	Carbohydrates	Nucleus	Proteins	Endoplasmic reticulum	Fats	Mitosis	Vitamins	Chromosomes	Minerals	Cytoplasm	Water	Membrane	Calorie	DNA	Nutrients	Neuron		Macrophage	
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Unit 3 Mental, Social, and Emotional Health	Great Body Shop/Common Sense Media
<p>Big Ideas:</p> <ul style="list-style-type: none"> - During puberty a body changes and matures to become that of an adult, and with that change the ability to reproduce. - As we mature, relationships can become more complex. - Serving others, self-management and goal-setting, are examples of positive character traits that continue to grow and develop as we mature. <p>Essential Questions:</p> <ul style="list-style-type: none"> - What physical changes happen during puberty? - What are the stages of growth from fertilization to birth? - What are the factors that affect interpersonal relationships (refusal skills, risk and age appropriate behavior, mutual respect, and communication)? <p>Skills:</p> <ul style="list-style-type: none"> - I can discuss the structures and functions of the male and female reproductive systems. - I can explain that physical maturity is reached earlier than the cognitive and social maturity necessary for the development of healthy relationships. - I can understand the emotional and physical consequences of early sexual activity and emphasize the importance of abstinence. - I can explain physical changes that occur in various stages of life: infancy, childhood, adolescence, adulthood, and old age. <p>Standards: <i>CDC: 1,3,5,6,7 8</i> <i>Alaska Health: A,B,C,D</i> <i>Alaska ELA Standards: 6-8.RIT.1 and 4; 6-8.W.4 and 9; 6-8.SL.1 and 4</i></p>	<p>MS Level 2 GBS (4) The Cycle of Life</p> <ul style="list-style-type: none"> L1. Changing Bodies, Minds and Relationships L2. Reproduction, Fertilization, and Birth L3. Healthy Choices, Strong Skills, and Positive Relationships <p>MS Level 2 GBS (9) Consumer, Community and Environmental Health</p> <ul style="list-style-type: none"> L1. Environment and Health L2. Problems and Solutions: It Isn't That Easy L3. You, Your health, and the Future <p>Common Sense Media</p> <p>Essential Vocabulary</p> <p>Assessments: End of Unit Quizzes (GBS 4 and 9)</p>

Unit 4 Injury and Disease Prevention	Great Body Shop/Common Sense Media
<p>Big Ideas:</p> <ul style="list-style-type: none"> - Healthy habits and positive assets help prevent illness, injury, and unhealthy risk taking behaviors. - Individuals need to analyze and develop positive habits and preferences in order to make healthy choices for themselves and their community. <p>Essential Questions:</p> <ul style="list-style-type: none"> - How can I contribute to making our community a healthy places to live? - What are the influences of families, friends, marketing/advertising, technology, laws, and public on our health care system? - Why is it important to have a healthy environment? <p>Skills:</p> <ul style="list-style-type: none"> - I can evaluate the claims of various health related products and services as they apply to decision making. - I can demonstrate and practice personal internet safety strategies (disclosing personal information, chat room dangers, and cyber bullying). - I can identify age appropriate home, school, and community service needs and find opportunities to participate. - I can discuss and interpret the Alaska Good Samaritan Law. - I can analyze media and its impact on my emotions, thoughts, and actions (such as stereotypes, body image, sexuality, and violence). - I can recognize hazards to self, family, school, and community associated with drug use/misuse, and abuse and know how to find resources if I need help. <p>Standards: <i>CDC: 1,2,3,4,5,6,7 8</i> <i>Alaska Health: A,B,C,D</i> <i>Alaska ELA Standards: 6-8.RIT.1 and 4; 6-8.W.4 and 9; 6-8.SL.1 and 4</i></p>	<p>MS Level 2 GBS (6) Disease and Illness Prevention</p> <p>L1. Prevention L2. Managing Diseases and Disorders L3. HIV and Other STDs</p> <p>MS Level 2 GBS (8) Substance Abuse and Prevention</p> <p>L1. The Way to be Drug Free L2. Use vs. Abuse L3. Drug and Alcohol Myths</p> <p>Essential Vocabulary</p> <p>Assessment: End of Unit Quizzes (GBS 6 and 8)</p>