

PRESCOTT UNIFIED SCHOOL DISTRICT
 District Instructional Guide
 2014/2015 School Year revised 2/2015

School: Prescott High School	Grade Level: Freshman	Subject: Health	Quarterly:	Resource Legend: TE Glencoe Health TE Student Activity Workbook
-------------------------------------	------------------------------	------------------------	-------------------	--

Time Block	Unit / Theme	Content (Nouns)	Skills (Verbs)	Standards Focus P=Power	Assessments / Benchmarks	Resource / Materials	Revisions / Reflection
<u>Week 1-2</u>	Health Syllabus Class Policies & Procedures Intro to Health: Living a Healthy Life Your Health and Wellness	Health Inventory Wellness Web Health Continuum	~Process Inventory ~Analyze Web ~Color Web ~Draw Continuum ~Implement Wellness Plan ~Sign up to Edmodo	P-1CHP1PO1 E--1CHP3PO3	Daily Bellwork Edmodo Log In Weekly Worksheets 4 Elements of Health Poster/Collage using Chromebooks	Glencoe Resources Health Inventory PowerPoint slides Wellness Web Magazines Edmodo Chromebooks Interactive TV	Place parents on continuum Have students explain parents placement Students mark and share age-"how long do they want to live" Students create an electronic document Lesson 1 key points(Chromebook)
<u>Week 2-3</u>	Intro to Health: Living a Healthy Life Promoting a Healthy Lifestyle	Lifestyle Factors Four elements of Health Influences on Health Top 5 causes of death among teens	~Apply Lifestyle Factors to their personal life ~Draw and Integrate 4 elements of health into a group poster ~Apply influences to their personal life	P- 1CHP1PO1 E-1CHP3PO3 E-3CHP2PO1 E-1CHP7PO1 9-10.RST.4	Daily Bellwork Weekly Worksheets Verbal Assessments	Glencoe Resources Lifestyle Factor/4 Elements Worksheet Top 5 Deaths Worksheet Compare and Contrast teen deaths to Lifestyle Factors/Health Influences PowerPoint slides Chromebooks Edmodo Interactive TV	Individual electronic collage & students share with teacher Top 5 deaths groups analysis Divide class up into Influences or Lifestyle Factors-Groups write on Interactive TV

Week 3-4	Your Behavior and Reducing Health Risks Building Health Skills and Character Making Responsible Decisions	Teen Risk Behaviors Building Health Skills Decision Making Model	~Analyze strategies to reduce risk and promote health ~Role play health skills in daily life experiences ~Present slides on health skills ~Apply 6 steps of model to Driving while Texting Video	E-3CHP3PO2 P-1CHP1PO2 P-5CHP1PO1	Daily Bellwork Weekly Worksheets Chapter One Test Health Skill Paper Group Presentation Rubric	Glencoe Resources Drive Right Video/Texting Video worksheet Scenario Worksheet PowerPoint slides Chromebooks Interactive TV	Added Thumbs Up/Down for Risks #'s Make sure groups are prepared-Put checklist slide on TV Presentation Rubric
Week 4-5	Making Responsible Decisions Setting Personal Health Goals Building Character Developing a Positive Identity	Decision Making Model Goal Action Plan Traits of Character Self-Image Self-Esteem Self-Concept	~ Identify and list common values ~ Apply decision-making skills to their daily life. ~Demonstrate and Implement personal goal plan ~Identify Role Models in society and their life ~Implement a plan to use traits in their life ~Create a collage on self ~Analyze view of self in a paper	E-3CHP2PO2 P-6CHP3PO2 9-10.WHST.1 9-10.WHST.2	Daily Bellwork Edmodo-Scenario Weekly Worksheets Verbal Assessments Chapter Two Test Chapter Essay Self-Concept Paper and Collage	Glencoe Resources Scenario Worksheet Setting Goals Worksheet Role Model Worksheet PowerPoint slides Edmodo Video Analysis Paper: Questions Interactive TV	Silent Charades on Character Traits

PRESCOTT UNIFIED SCHOOL DISTRICT

Site Reality Guide

2014/2015 School Year

Time Block	Unit / Theme	Content (Nouns)	Skills (Verbs)	Standards Focus P=Power	Assessments / Benchmarks	Resource / Materials	Revisions / Reflection
Week 5	Defining Dating Abuse Why Do People Abuse? How to help a Friend being Abused Overcoming Gender Stereotypes How to Help a friend being abused Preventing Sexual Assault	Qualities in a relationship Healthy vs. Unhealthy Behaviors Cycle of Violence Warning signs of Abuse/Red Flags Gender Stereotypes, Expectations & Labels Issues of Sexual Assault	~Generate a list of healthy qualities & behaviors in a relationship ~Apply techniques in helping a friend ~Identify red flags ~Analyze controlling & manipulative behaviors ~Interpret gender stereotypes and labels ~Identify ways to prevent sexual assault	P-5CHP1PO1 P-5CHP1PO2 P-5CHP1PO3 P-5CHP2PO1 6-8.RH.7 9-10.WHST.2	Daily Bellwork Weekly Worksheets Role Play Worksheets Edmodo-writing response to Dating Abuse Video Verbal Assessments Edmodo-Chapter Essay Chapter 10 & 12 Test	Scavenger Hunt H/O Friends Wheel Red Flags Story Stereotype Cards Cycle of Abuse Youtube Dating Abuse Video-Teen Violence Analysis Essay Edmodo Video Questions Interactive TV	Students underlined Red Flags on Interactive TV Students share google docs analysis on warning signs, abuse cycle, red flags, why did they stay? on you tube video
Week 6-7	Sex, Emotions and Self-Respect Sex, STD's and Honesty Sex, Pregnancy and Responsibility	Six Emotional Effects of Premarital Sex STD's facts & symptoms Chances of getting a STD Risk of Teen Pregnancy Consequences of unintended pregnancy	~Evaluate emotional effects of sex ~Identify 5 common STD's ~Imitate spread of STD's ~Analyze choices and consequences of teen pregnancy ~Determine failure rates of contraception	P-6CHP3	Daily Bellwork Sex Ed. Packet Verbal Assessments	"Choosing the Best Life" Contraception Method Cards Deck of Cards Dice Sex Ed Note Outline PowerPoint slides Interactive TV	Give homework to groups for emotional effects of premarital Sex Groups come up to TV and write down the consequences Have students read statements on STD's and " Safe Sex" STI Group Activity use post its and place under correct STI Ranking Contraception Activity: students use post its to rank methods of contraception

Time Block	Unit / Theme	Content (Nouns)	Skills (Verbs)	Standards Focus P=Power	Assessments / Benchmarks	Resource / Materials	Revisions / Reflection
<u>Week 8-9</u>	Drug Addiction and the Brain Tobacco	Stages of Abuse. Binge drinking vs. alcohol poisoning Effects of drugs on the brain and body. Addiction Cycles Chemicals in tobacco, Consequences of tobacco. .	~Simulate breathing of an individual with emphysema ~Differentiate neurotransmitters in various drugs ~Analyze psychological vs. physiological addiction cycles	P1CHP1PO1 P3CHP1PO1 P5CHP-PO2 P5CHP1PO3 P6CHP3PO1	Daily Bellwork Weekly Worksheets Verbal Assessments	Glencoe Resources PowerPoint slides Up in Smoke Video Drinking Straws Drug Free World-website	Officer Wolf guest speaker
<u>Week 9</u>	Alcohol Meth Heroin and Cocaine Marijuana Prescription Drugs	Harmful effects of alcohol on the body. Harmful chemicals in marijuana and the effects in daily life. Risks of using steroids. Dangers of taking prescription drugs. Strategies to be drug free and the benefits.	~Identify effects of alcohol ~Imitate the stages of alcohol abuse ~Critique the ingredients in Meth ~Simulate effects of Marijuana ~Identify differences of Heroin Vs. Cocaine	P1CHP1PO1 P3CHP1PO1 P5CHP-PO2 P5CHP1PO3 P6CHP3PO1	Daily Bellwork Weekly Worksheets Verbal Assessments Videos Pre-test and Post-test Analysis of A drug song Lyric- 3 paragraphs Intro/Artist, Body message of song, Conclusion/Impact on Youths Drug Unit Test	Glencoe Resources PowerPoint slides Alcohol Progression Activity Marijuana Activity Meth Video Heroin & Cocaine Video Prescription Drug Video	Meth Ingreds.Fingers Groups- used Chromebooks to make a Drug Presentation to the class Played the songs if time the students analyzed