

MS Health

NYS Learning/Core Standards	Content (What needs to be taught?)	Curriculum Materials Used and Resources	(All) Assessments Used (Benchmarks)	Time Line
<p>1,2,3 RH,6-8.1; WHST, 6-8.4</p>	<p>Dimensions of Health/Wellness (5 dimensions) Improve our personal wellness through a 3-step approach: Assessment Intervention Reinforcement</p>	<ul style="list-style-type: none"> • Puza: Health Education ideas and Activities (text) • Bronson & Merkl: Glencoe Health (text) 	<ul style="list-style-type: none"> • Group activity • Discussion • Journal writing • HW sheet • Quiz 	<p>2 classes</p>
<p>1,2,3 RH, 6-8.4;RH, 6-8.7</p>	<p>CDC’s 6 main categories of risk Risk behavior vs. wellness behaviors Risk situations vs. wellness situations Resiliency Health literacy Wellness Scale continuum</p>	<ul style="list-style-type: none"> • Meeks/Heit: Totally Awesome Health student workbook • www.cdc.gov 	<ul style="list-style-type: none"> • Group discussion • Activity • Classwork • Quiz 	<p>2 classes</p>
<p>1,2,3 RH, 6-8.4 RH, 6-8.7</p>	<p>Peer Pressure/Refusal Skills Verbal vs. Situational Ways to refuse</p>	<ul style="list-style-type: none"> • www.thecoolspot.gov • The peer pressure bag of tricks...role playing for middle school students 	<ul style="list-style-type: none"> • Group discussion • Role play/skits • Quiz 	<p>2 classes</p>
<p>1,2,3 RH, 6-8.7, WHST, 6-8.4</p>	<p>Bullying/Bullying Prevention</p>	<ul style="list-style-type: none"> • Beane: The Bully Free Classroom • Youtube: Anti-bullying PSA The Price of Silence 	<ul style="list-style-type: none"> • Classwork sheets • Journal writing • Self-assessment • Discussion • Quiz • Class Activity 	<p>2 classes</p>

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1,2,3 RH 6-8.1, RH 6-8.7	Leading Causes of Death in U.S.A. by Category Identify several causes of accidental death and injury	<ul style="list-style-type: none"> • www.cdc.gov • Meeks&Heit: Totally Awesome Health 	<ul style="list-style-type: none"> • Quiz • HW sheet on safety and prevention of accidents 	1 class
1,2,3 RH 6-8.7, RH 6-8.2, RST 6-8.7, WHST 6-8.5	Unintentional Injury Prevention Students will work in pairs to complete library/website project on a variety of injury prevention and safe behavior strategies to be presented to classmates on a variety of topics Bike safety ---fire safety---pedestrian ATV use---medicine--- electric shock---Cold weather---boating---preventing falls---Poison safety---camping and hiking---Drowning prevention	<ul style="list-style-type: none"> • www.cdc.gov • www.kidshealth.com • www.health.glencoe.com • Meeks & Heit textbook 	Project Group presentation Work in pairs in library accessing on-line sources of info.	4-5 Classes
1,2,3 RST 6-8.3	Basic first Aid and CPR Care for a conscious choking victim Role of the first responder	<ul style="list-style-type: none"> • American Red Cross • Mr. Charlie Frayer • Video clips from Red Cross 	<ul style="list-style-type: none"> • Verbal/discussion Q/A • Demonstration of skill in small group setting • Group scenarios 	1 class
1,2,3 RST 6-8.3	CPR for Adult and Rescue Breathing	<ul style="list-style-type: none"> • American Red Cross • Mr. Charlie Frayer • Video clips from Red Cross 	<ul style="list-style-type: none"> • Demonstration of skills in small groups with aide of mannequins 	1 class

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1,2,3 WHST 6-8.4, WHST 6-8.10	Decision-making Proactive, Inactive and Reactive decision making The DECIDE method...planning and action phases	<ul style="list-style-type: none"> • Meeks/Heit text • Prentice-Hall: Health choosing Wellness text pgs. 16-17 	<ul style="list-style-type: none"> • Group scenarios • Verbal...discussion • Journal writing • HW sheet • Quiz 	2 classes
1,2,3 WHST 6-8.10 RH 6-8.4	Goal Setting Strategy Goal steps Short and long term goals Importance of goal setting	<ul style="list-style-type: none"> • Meeks/Heit text • Prentice Hall text • Urban, Hal Life's Greatest Lessons Chapter 12 pgs. 101-109 • SEALS PLUS (Self-Esteem and Life Skills Text) pgs. 28-32 	Classwork sheets Journal entry Goal interview assignment Quiz	2 classes
1,2,3 WHST 6-8.4, RST 6-8.2	Self-esteem Definition of self-esteem Assets that lead to high self-esteem Factors that lead to low self-esteem Giving and receiving compliments Maslow's Hierarchy of needs "I Am Activity" Mark Sharenbroick's tips to enhancing self-esteem.....Positive affirmations, self-talk, personal bests, visualizing success	<ul style="list-style-type: none"> • Covey, Sean The 7 Habits of Highly Effective teens • One of A Kind Facilitators Manual • Teolis, Beth Self-Esteem and Conflict Solving Activities for grades 4-8 • Rizzo-Toner, Patricia Self-Esteem Activities • Teen Power (Book) 	<ul style="list-style-type: none"> • Discussion • Journal writing • Quiz 	5-6 classes

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<p>1,2,3 RST 6-8.9, RH 6-8.8</p>	<p>Planned Parenthood Presentations 4 total: 1. Healthy Relationships 2. Internet Safety 3. Healthy Communication 4. Puberty</p>	<ul style="list-style-type: none"> • Guest speakers Margo Doyle and Andrea Guccia from Planned Parenthood • It's Your Game...Keep It Real Curriculum • American Medical Association Boy's Guide To Becoming A Teen • AMA Girl's Guide To Becoming A Teen 	<ul style="list-style-type: none"> • Activity/Discussion based • Student group work and worksheets • Quiz 	<p>4 classes</p>
<p>1,2,3 RH 6-8.4, RH 6-8.7</p>	<p>Personal Hygiene Care for the skin, nails, and hair</p>	<ul style="list-style-type: none"> • Meeks & Heit text • Getchell, Pippen, Varnes Perspectives on Health textbook pgs. 28-40 • SNAP educational on-line video clips • ADAM the Inside Story DVD cd-rom on the Integumentary System 	<ul style="list-style-type: none"> • Cd-rom interactive quiz • www.health.glencoe.com interactive quiz • Class discussion • HW sheet • Quiz 	<p>3 classes</p>

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1,2,3 RH 6-8.7, RH 6-8.4, WHST 6-8.9	Tobacco Awareness Main ingredients of tobacco including: nicotine, tar and carbon monoxide Awareness of advertising Short and long term harmful effects of tobacco use and smokeless tobacco use ETS Environmental tobacco smoke Lourdes ADEPT presentation on harmful effects of tobacco (Pigs lungs)	<ul style="list-style-type: none"> • Glencoe Health text • Rizzo-Toner substance Abuse Prevention Activities • Choosing Not To Use Alcohol, Tobacco, and Other Drugs (Text) • Health Edco. Smokeless Tobacco: A Chemical Timebomb • Youtube: PSA anti-tobacco advertisements and old tobacco ads on TV that promoted smoking • Guest speaker from Lourdes ADEPT program 	<ul style="list-style-type: none"> • Myth/Fact sheets • Discussion • HW sheets • Quiz • Activity-based instruction with Q/A follow-up 	4-5 Classes
1,2,3 WHST 6-8.9, RH 6-8.1, RH 6-8.7, RH 6-8.4	Alcohol Awareness How alcohol enters and affects the body Short and long term effects Impact on brain, nervous system, liver Consequences of binge drinking The impact of ads and society on alcohol consumption Alcohol and its role in unintentional injury, accidents, violence, and risky behavior	<ul style="list-style-type: none"> • Guest speaker from Lourdes ADEPT program • Rizzo-Toner text • Meeks/Heit text • Health Edco impairment goggles 	<ul style="list-style-type: none"> • Journal writing • Class activity/discussion • Handouts • Quiz 	3-4 classes
1,2,3 RH 6-8.4, RH 6-8.7, RH 6-8.1	Healthy Relationships/Human Sexuality Puberty Male and Female Reproductive Anatomy Healthy Relationships Abstinence as the best choice for teens	<ul style="list-style-type: none"> • Meeks/Heit A Teen's Guide To Sexuality • Glencoe Health text 	<ul style="list-style-type: none"> • Class activity/Discussion • Quiz 	4 classes

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<p>1,2,3 RH 6-8.4, RH 6-8.1, WHST 6-8.4</p>	<p>Healthy relationships and communication/conflict resolution Definition of communication How messages are sent: verbal/nonverbal Passive and active listening Social skills that promote positive and productive interaction within relationships Ways that we communicate and pro's/con's of each Internal vs. external locus of control I –statements vs. You-statements Conflict and conflict resolution Review of behaviors used when communicating: (Assertiveness, passive, aggressive) Strategies that may be used to break through communication roadblocks TLC and BBQ techniques Mixed messages Anger management and hidden anger</p>	<ul style="list-style-type: none"> • Meeks/Heit textbook • Rizzo-Toner text • Puza, R. Health Education Ideas and Activities Text • Burgess, Heidi Article on I-Statements • Youtube: Clip from the movie The Waterboy • The Foundation for a Better Life..DVD from Values.com • Morton, Julie Conflict Information Consortium, University of Colorado 	<ul style="list-style-type: none"> • Journal writing • Role-play scenarios • Class Activity/Discussion • Self-assessment activities • Homework • Unit test 	<p>10 classes</p>

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<p>1,2,3 WHST 6-8.4, WHST 6-8.9, RH 6-8.4</p>	<p>Stress and Stress Management History of the human stress response Good and bad stress Stressors and different age groups The General Adaptation Syndrome Emotional, physical, and behavioral signs of stress Ways to manage stress (positive and negative) Stress-related illness Type A, Type B, Type C and Hardy personality types Depression Suicide and Suicide prevention</p>	<ul style="list-style-type: none"> • Meeks/Heit text • Hipp, Earl "Fighting Invisible Tigers" • Glencoe Health online • Rizzo-Toner text • Puza text • Meeks/Heit Violence Prevention text 	<ul style="list-style-type: none"> • Group work and discussion • Homework • Journal writing • Quizzes • Unit Test • Self-assessment activities 	<p>11 classes</p>
<p>1,2,3 RST 6-8.3</p>	<p>CPR and First Aid Care for a conscious Choking Child Rescue Breathing-Child CPR Chest Compressions-Child The 3 C's ABC's</p>	<ul style="list-style-type: none"> • American Red Cross • Mr. Charles Frayer 	<ul style="list-style-type: none"> • Student Demonstration of skills utilizing mannequins • Written quiz • Question/Answer 	<p>2 classes</p>
<p>1,2,3 RH 6-8.4, RH 6-8.1, RH 6-8.7, WHST 6-8.9</p>	<p>Alcohol Awareness Reasons why people drink Blood Alcohol Concentrations and the dangers associated with binge drinking Short and long term consequences of alcohol consumption Zero tolerance laws and alcohol Alcoholism and problem drinking Organizations that exist that can help those with alcohol related issues</p>	<ul style="list-style-type: none"> • Meeks-Heit • Rizzo-Toner • Glencoe Health Text • Getchell, Perspectives on Health Textbook 	<ul style="list-style-type: none"> • Group work • Homework • Class discussion • Quiz • Journal entry on influence of the media on teens 	<p>4 classes</p>

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1,2,3 RH 6-8.9, RH 6-8.7, RST 6-8.2, WHST 6-8.6, WHST 6-8.7, WHST 6-8.8	Mental Illness Project Increase awareness of mental illness What mental illness is and what it is not Causes Treatments Diagnosis Students will utilize the library and computer lab to research information on a mental illness of their choice Students will present information orally in class at the completion of the written requirements	<ul style="list-style-type: none"> • MacMillan Health Encyclopedia • Mayo Clinic: Family Health Book • Encyclopedia of Phobias, Fears, and Anxieties • Macgill’s Health Guide • Mayo Clinic website • National Institutes of Mental Health website • WEB MD website 	<ul style="list-style-type: none"> • Students will complete informational packet • Each student will construct an informational brochure/pamphlet in the computer lab • Oral presentation in front of peers 	8 classes

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1,2,3 WHST 6-8.7, WHST 6-8.8, RH 6-8.4, RH 6-8.1	Communicable and Non-Communicable Disease Review of Immune System and ways to boost immunity and prevent communicable disease transmission Identification of harmful behaviors that lower immune response and may lead to communicable disease Stages of the Communicable Disease cycle <ul style="list-style-type: none"> • Incubation • Prodromal • Acute • Recovery • Convalescence General awareness of cancer, warning signs, impact of genetics, lifestyles, and environment Skin Cancer Awareness Asthma, respiratory system review, asthma triggers High Blood Pressure and Heart Disease Diabetes Type I and Type II	<ul style="list-style-type: none"> • Glencoe Health • Meeks-Heit text • Bill Nye the Science Guy's Great Big Book of Tiny Germs • SNAP video clips • Life's Greatest Mysteries cd-rom • Video: The Dark Side of the Sun; Practice Safe Sun Mollie Biggane Melanoma Foundation 	<ul style="list-style-type: none"> • Class Discussion • Homework • Quizzes • Unit Test • Journal Writing 	9-10 classes

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<p>1,2,3 RH 6-8.7, RH 6-8.4, WHST 6-8.4, RST 6-8.2</p>	<p>Nutrition Healthy and Unhealthy Food Choices Saturated, Unsaturated, Trans, and Omega Fats Energy Drinks and Soda.....the enemies My Pyramid.gov 6 main classes of nutrients Why people eat what they do Obesity and obesity trends, BMI, ideal body weight Body image/eating disorders Speaker from Mothers' and Babies Perinatal Network</p>	<ul style="list-style-type: none"> • The Mothers' and Babies Perinatal Network of Broome County • Meeks-Heit • Glencoe Health • SNAP video clips • Rizzo-Toner text • MyFoodPyramid.gov 	<ul style="list-style-type: none"> • Journal writing • Homework • Classwork • Self-assessment on nutrition and body-image • Quizzes • Unit test 	<p>8-10 classes</p>
<p>1,2,3 WHST 6-8.9, WHST 6-8.4, RH 6-8.4, RH 6-8.7</p>	<p>Physical Fitness Importance and benefits of regular physical activity Risks of physical inactivity Health components of fitness Components of a workout 4 key elements to an effective exercise program (FITT principle) Prevention of injuries while exercising/involved with physical activity Types of resistance exercise: Isotonic, Isokinetic, Isometric Training principles....physical activity pyramid.....planning a personal activity program</p>	<ul style="list-style-type: none"> • Glencoe Health • Meeks-Heit • Perspectives on Health text • Rizzo-Toner • Totally Awesome Health Strategies-Meeks-Heit • Youtube 	<ul style="list-style-type: none"> • Self-assessment • Journaling • Homework • Fitness log • Discussion • Unit test 	<p>7-8 classes</p>

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1,2,3 RH 6-8.4, RH 6-8.7, RH 6-8.1, WHST 6-8.4	Drug Education Positive uses of drugs in society Drug use, misuse and abuse OTC and Prescription drugs Current drug trends in society Drug classifications Inhalant abuse Dependency (physical and psychological) Tolerance & Withdrawal symptoms Main ways drugs are taken and how they enter the bloodstream and effect the brain	<ul style="list-style-type: none"> • Glencoe Health • Meeks-Heit • Rizzo-Toner • Totally Awesome Health Strategies • Youtube • Speakers from Lourdes Adept Program • National Geographic Channel video clips 	<ul style="list-style-type: none"> • Self-assessment • Journaling • Homework • Discussion • Unit test 	8-9 classes
1,2,3 RH 6-8.4, RH 6-8.1, RH 6-8.7, RST 6-8.2, WHST 6-8.4	Human Sexuality/STI education/HIV and AIDS/Sexual Harrassment Abstinence Dating relationships with respect and responsibility Review of male and female reproductive anatomy What individuals lose when they decide to become sexually active at a young age. Bacterial and viral STI's HIV transmission Ways HIV is spread and common myths Sexual Harrassment	<ul style="list-style-type: none"> • Sexuality and Character Education K-12 -Meeks/Heit • Totally Awesome Health • Rizzo-Toner • Glencoe Health • Speakers from Planned Parenthood 	<ul style="list-style-type: none"> • Homework • Activity-based • Group work • Discussion • HW • Unit Test 	8-9 classes