

Health Curriculum Map

Week 1:

- A. Chapter 1 Introduction to Personal Health and Wellness (EL standard 1, 2, 7 and 8)
 - a. 15 leading causes of death
 - b. Healthy People 2020 project

Week 2:

- A. Goal Setting, interpersonal skills, and communication (EL standard 3 and 4)
 - a. SMART and completing goal sheet
 - b. Team building exercises
 - c. Communication games

Week 3:

- A. First AID
 - a. Basic first AID and CPR/AED device

Week 4, 5, and 6:

- B. Nutrition/Physical Activity/Body weight management Chapter (EL standard 4 and 5)
 - a. Fast food makeover
 - b. Chart for food categories
 - c. Healthypeople.gov
 - d. Trip to ATC
 - e. Electronic calorie counting app
 - f. Take home sugar in your pantry form

Week 7 and 8:

- A. Mental Health Chapter 7 (EL Standards 1,2,3,4,5,6, and 7)
 - a. Guest speakers from NAMI
 - b. Mini research project on mental illnesses
 - c. Video and discussion on suicide
 - d. Self esteem
 - e. Birth order

Week 9:

- A. Tobacco Chapter 21 (EL Standards 1,3, and 7)
 - a. PSA for anti-tobacco
 - b. Tar jar

Week 10:

- A. Alcohol Chapter 22 (EL Standards 5 and 7)
 - a. Date rape court case
 - b. Alcohol poisoning article
 - c. Fetal Alcohol Syndrome

Week 11:

- A. Prescription and Illegal Drugs Chapter 23 (EL Standards 5 and 7)
 - a. Drug research project
 - b. Pharm party

Week 12:

- A. Male and female reproductive system and endocrine system Chapter 18 (EL Standards 1,3,and 5)
 - a. Color chart to identify reproductive systems

Week 13:

- A. STD's Chapter 25 (EL Standards 3,4,5, and 7)
 - a. CDC scavenger hunt research project

Week 14 and 15:

- A. Family Planning/Healthy Sexuality/Contraception (EL Standards 1,2,3,4,5,6,7, and 8)
 - a. Family planning project
 - b. Job interview skills
 - c. Finances- guest speaker from bank talks about loans