

Calendar Based Curriculum Map: Health

Essential Question	August/September/January Do you understand your own health? Can you take charge of your own health? Can you manage stress? How do you deal with mental and emotional problems? How can you have a health relationship with family and your peers?	October/February Do you know what proper nutrition is? What is the proper way to lose and gain weight? What are sexually transmitted diseases and how can you get them?	November/March What is a communicable disease? What is a non-communicable disease? Identify the male and female reproductive systems. How does pregnancy occur?
Content	Understanding health and wellness Chapter 1 Taking charge of your health Chapter 2 Achieving mental and emotional health Chapter 3 Managing stress and coping with loss Chapter 4 Mental and emotional problems Chapter 5 Skills for healthy relationships Chapter 6 Family relationships Chapter 7 Peer relationships Chapter 8	Nutrition for health Chapter 10 Managing Weight and eating behaviors Chapter 11 Sexually Transmitted Diseases and HIV/AIDS Chapter 24	Communicable Diseases Chapter 23 Non-communicable diseases and disabilities Chapter 25 Reproductive systems Chapter 16 The beginning of the life cycle Chapter 17
Skills	Class discussion Group work Class participation	Class discussion Group work Class participation	Class discussion Group Work Class participation
Assessments	Homework Tests Class discussions	Homework Tests Class Discussions	Homework Tests Class discussions
Activities/Resources	Chapter reviews Tests	Chapter Reviews Tests Guest Speakers from Red Cross STD candy activities	Chapter Reviews Tests Videos

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Essential Question	December/April/May What are tobacco, alcohol and illegal drugs? What are the risks and consequences of taking such drugs?
Content	Tobacco Chapter 20 Alcohol Chapter 21 Illegal Drugs Chapter 22
Skills	Class discussion Group work Class participation
Assessments	Homework Tests Class discussions
Activities/Resources	Chapter reviews Tests Classroom demonstrations Class activities