

Teaching Unit: **Wellness**

Essential Understandings

Health is a combination of physical, mental/emotional, and social well-being.

Wellness is the achievement of a high level of overall health over time.

Sub Topic: **Health Triangle**

Knowledge and Skills

Define health and wellness and explain their relationship.

Identify behaviors that promote good physical, mental/emotional and social health.

Explain how technology promotes a sedentary lifestyle.

Teaching Unit: **Skeletal System**

Essential Understandings

Bones give the body its shape and protect internal organs.

Sub Topic:

Knowledge and Skills

Identify the major bones of the skeletal system.

Describe the structure and function of the skeletal system.

Identify and access local community health resources and specialized care.

Explain the relationship between nutrition and a healthy skeletal system.

Identify safety measures to preserve the health and wellness of the skeletal system.

Teaching Unit: ***Nutrition***

Essential Understandings

Nutrient dense foods are essential for maintaining healthy body systems.

Empty calorie foods offer no nutritive value to the body, but at the same time, are stored in the body as fat.

Gender, height, weight, and activity level can help an individual create nutrient-dense menus for themselves while maintaining proper body weight.

There are healthier alternatives to the foods we have grown accustomed to eating.

Teaching Unit: ***Tobacco Use***

Essential Understandings

All forms of tobacco use are harmful to many parts of the body.

There are skills that effectively resist peer pressure to smoke.

Teaching Unit: ***Muscular System***

Essential Understandings

The muscles and bones work together to create movement.

Knowing how to properly prepare muscles for activity is essential to injury prevention.

Sub Topic: ***Personal Pyramid Plan***

Knowledge and Skills

Use the website, mypyramid.gov to calculate your personal pyramid plan.

Use your pyramid plan to create a nutrient dense breakfast, lunch, and dinner that also includes nutritious snacks and plenty of water.

Identify healthier alternatives to the most commonly eaten high calorie snacks.

Sub Topic:

Knowledge and Skills

List the harmful substances in tobacco smoke and explain the harmful effects of using tobacco.

Identify community resources for treatment and referrals.

Demonstrate assertive resistance to the pressure of smoking.

Sub Topic:

Knowledge and Skills

Describe the structure and function of the muscular system and how it works together with the skeletal system.

Be able to identify and access local community health resources and specialized care.

Identify safety measures to preserve the health and wellness of the muscular system.

Explain the relationship between nutrition and a healthy muscular system.

Identify common muscular injuries and basic first aid techniques.

Teaching Unit: ***Digestive System***

Essential Understandings

Like a car engine, the digestive system must be properly fueled in order to function smoothly.

Sub Topic:

Knowledge and Skills

Describe the structure and function of the digestive system.

Be able to identify and access local community health resources and specialized care.

Identify safety measures to preserve the health and wellness of the digestive system.

Explain the relationship between nutrition and a healthy digestive system.

Teaching Unit: ***Excretory System***

Essential Understandings

It is important to keep the body well hydrated especially during warmer weather and intensive workouts.

Sub Topic:

Knowledge and Skills

Describe the structure and function of the excretory system.

Be able to identify and access local community health resources and specialized care.

Identify safety measures to preserve the health and wellness of the excretory system.

Explain the relationship between proper hydration and a healthy excretory system.

Teaching Unit: ***Reproductive System***

Essential Understandings

It is crucial that teens have a sound understanding of their bodies' sexual functions so that they can take care of their sexual and reproductive health.

Sub Topic:

Knowledge and Skills

Describe the structure and function of the male and female reproductive anatomy.

Describe basic information on the processes of reproduction, including fertilization, pregnancy, birth, menstrual cycle, and sperm production.

Identify local community health resources.

Explain the importance of proper hygiene.

Teaching Unit: ***Conflict Resolution***

Essential Understandings

Not all aspects of conflict involve physical fighting.

Feelings escalate during conflicts.

Behaviors can contribute to a conflict escalating.

There are positive and negative ways to handle anger.

Listening can de-escalate conflicts.

Sub Topic:

Knowledge and Skills

Explain how behaviors can contribute to a conflict escalating.

Identify both positive and negative ways to handle anger.

Discuss how good listening skills can de-escalate conflicts.

Teaching Unit: ***Infant CPR***

Essential Understandings

Due to the small size of the infant, compressions are done using the pointer and middle fingers instead of the heel of the hand for the child and the adult.

The Heimlich is performed in the same way as infant compressions using the pointer and middle fingers and alternating with back blows using the heel of the hand.

Sub Topic:

Knowledge and Skills

Demonstrate effective infant CPR.

Demonstrate the Heimlich on a choking baby.

Identify injury prevention measures to keep a baby safe.

Teaching Unit: ***Safety***

Essential Understandings

ATVs were first introduced in the early 1970s and almost immediately realized alarming injury rates for children and adolescents

In 1988, the All-terrain Vehicle Safety Institute (ASI) was formed to provide training and education for ATV riders.

Many common injuries can be prevented with the use of proper protective equipment.

Ten top things every rider must know about ATVs. (What to know before you go)

Sub Topic: ***All Terrain Vehicles***

Knowledge and Skills

Explain what an ATV is.

Identify other names used for ATVs.

Explain why people use ATVs.

Identify safety issues associated with this sport.

List the top ten things every rider must know about ATVs.

Teaching Unit: ***Safety***

Essential Understandings

Seven out of 10 people who die in boating related accidents and sadly nine out of 10 reported drowning victims were not wearing life jackets.

Safety experts estimate that half of all drowning victims actually die from the effects of cold water, or hypothermia, and not from water-filled lungs.

The key to a safe and enjoyable boating trip is “to Know Before You Go.”

Sub Topic: ***Boating Safety***

Knowledge and Skills

How to select a properly fitting life jacket.

Identify all of the things every boater should know and do before heading out on the water.