

Effective Date: 2011-2012

Hamburg Area School District

Name of Course: Health Education

Department: Health

Grade Level: Middle School

Instructional Time: 1 quarter/Everyday

Length of Course: 1 Quarter

Period per Cycle: 6 days per cycle

Length of Period: 55 minutes

Texts and Resources:

Glencoe Teen Health Textbook

American Heart Assoc. CPR books/guidelines

HAMS library

Various articles and websites (nutrition/self-image)

Library books (bullying/diseases)

Videos (Alcohol/Tobacco/Drugs)

Nutritional guidelines (food guide pyramid)

Assessments:

Tests

Quizzes

Worksheets

Teacher observations

Articles

CPR demonstrations

Reflections/Essays

Notebooks

Group projects

Individual readings

Website research and evaluations

Homework assignments

Oral presentations

Textbook readings/questions

**Hamburg Area School District
Course Plan
(Name of Curriculum)**

Course Name: Health Education (Middle School)

Unit: Health and Wellness (Introduction, aspects of health, personal hygiene, sun exposure)

Time Line: 1 week/everyday

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What are the different components of health?	Student will identify, define, and improve on physical, intellectual, emotional and social components of health.	10.2.6A 10.2.6B
What are common safeguards used to prevent disease transmission from everyday regular contact?	Students will examine ways to prevent illnesses such as the common cold, flu and other infections.	10.2.6A 10.2.6B
What are some risk factors associated with sun exposure?	Students will explain ways to get exposure to the sun without increasing the risk of developing skin cancer.	10.2.6A 10.2.6B

**Hamburg Area School District
Course Plan
(Name of Curriculum)**

Course Name: Health Education (Middle School)

Unit: Mental Health (Decision Making, Personal Responsibility, Risk Taking, safety during PE, goals)

Time Line: 1 cycle/everyday

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What are the steps to the decision making process and how can you utilize them on a daily basis?	Students will utilize steps of the decision making process to make important decisions in their life.	10.2.6C 10.2.6D 10.3.6D
What are different ways one can show responsibility in and out of school?	Students will understand responsibility and risk taking and use that information and apply it to their everyday lives.	10.2.6C 10.2.6D 10.3.6D
What are different ways one can show responsibility for safety during physical activity?	Students will view different activities and modify them to demonstrate safety for a variety of different age groups.	10.2.6C 10.2.6D 10.3.6D
What are short and long term goals?	Students will create specific short and long term goals according to their individual needs for both academics and physical fitness.	10.2.6C 10.2.6D 10.3.6D

**Hamburg Area School District
Course Plan
(Name of Curriculum)**

Course Name: Health Education (Middle School)

Unit: Stress Management (Anger management, Peer mediation, reflective listening, and negotiation)

Time Line: 1 cycle/everyday

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What are some positive ways to deal with stressful situations in and out of school?	Students will list ways to handle relationship issues, dealing with adversity and negotiate in a positive manner.	10.1.6D 10.3.6A 10.3.6C 10.1.6.A
What is anger management?	Students will develop positive ideas to deal with anger, find resources and a network of support to deal with anger issues?	10.1.6D 10.3.6A 10.3.6C
What are different ways to effectively communicate with friends, peers, family members and teachers?	Students will discover different ways to communicate without arguing, learn to compromise and deal with different situations, and demonstrate reflective listening.	10.1.6D 10.3.6A 10.3.6C
What is peer mediation?	Students will work with different peers in their class and discuss ways to handle difficult situations through various methods.	10.1.6D 10.3.6A 10.3.6C

**Hamburg Area School District
Course Plan
(Name of Curriculum)**

Course Name: Health Education (Middle School)

Unit: Drugs, Alcohol, tobacco awareness (refusal skills, consequences, cancer, media, body image)

Time Line: 1 ½ cycle/everyday

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
Why do teens engage in risky behaviors that include drinking alcohol, using drugs and tobacco?	Students will identify reasons why their peers experiment with dangerous substances and what social consequences can arise.	10.1.6D 10.2.6E
How do alcohol, tobacco and drugs affect the body and mind?	Students will discuss short and long term effects that alcohol, tobacco and drugs have on the body and mind as well as the physical consequences that can occur.	10.1.6D 10.2.6E
What are reasons to avoid drugs and alcohol and how to deal with peer pressure in a positive way?	Students will explain how to say “no” to drugs, alcohol and tobacco in an assertive way and demonstrate that they are prepared to make the right choices in their lives.	10.1.9D 10.3.6C 10.3.9C 10.2.9C 10.2.9B 10.2.9A

**Hamburg Area School District
Course Plan
(Name of Curriculum)**

Course Name: Health Education (Middle School)

Unit: CPR (chest compressions, rescue breathing, steps of CPR, use of an AED, choking emergencies, basic 1st aid)

Time Line: 1 cycle/everyday

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What are the steps necessary to perform CPR and use and AED in an emergency situation?	Students will demonstrate the proper steps needed to help save a life and use an AED.	10.3.6A 10.3.6B 10.3.9B
What are chest compressions and rescue breathing? How can you utilize these skills to help in a life-threatening situation?	Students will perform 30 chest compressions in the given amount of time and use proper technique to perform rescue breathing when appropriate.	10.3.6A 10.3.6B 10.3.9B
How can you perform abdominal thrusts to help a victim in a choking emergency?	Students will demonstrate proper technique to help save a victim that is choking. Knowledge will be performed on: adults, children, infants.	10.3.6A 10.3.6B 10.3.9B
What are common procedures to perform in health emergencies that include bleeding, shock, heart attacks, stroke and allergic reactions?	Students will show a high level of knowledge on how to treat common 1 st aid emergencies by passing a written test as well as a practical test that shows their competence in the subject area.	10.3.6A 10.3.6B 10.3.9B

**Hamburg Area School District
Course Plan
(Name of Curriculum)**

Course Name: Health Education (Middle School)

Unit: Nutrition (food labels, nutrients, eating disorders, food guide pyramid, portion control, BMI, incorporating exercise)

Time Line: 1 cycle/everyday

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What knowledge is attained by reading a food label and what components are important on it?	Students will demonstrate how to read important components of a food label that show total calories, fat, sodium, cholesterol, sugar, and servings per container.	10.1.6C
What are the 6 essential nutrients and how do those nutrients help the body?	Students will state important facts about fat, protein, carbohydrates, water, vitamins, and minerals and why they are needed by the body.	10.1.6C
What are 3 common eating disorders teens may struggle with and how can teens incorporate the food guide pyramid into their daily lives.	Students will state and define anorexia, bulimia, and binge eating. They will also demonstrate knowledge of the current food guide pyramid and how to balance a healthy diet into their individual lives.	10.1.9C 10.2.6B
What are the concepts of balance, variety, moderation, portion control, BMI, and exercise balance?	Students will write paragraphs that explain the concepts of balance, variety, and moderation. They will teach the class about portion control, apply the BMI formula to their own weight and create an exercise program that matches their individual needs based on the amount of calories consumed.	10.2.6C 10.1.6C

**Hamburg Area School District
Course Plan
(Name of Curriculum)**

Course Name: Health Education (Middle School)

Unit: HIV/AIDS (differences, immune system, treatments, prevention)

Time Line: 1 cycle/everyday

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What is the difference between HIV and Aids?	Students will be able to write and identify at least 3 common differences between HIV and Aids.	10.1.6E
What happens to your immune system if infected with HIV?	Students will explain the immune system, how to keep it strong and discuss the dangers that can happen to it if infected with HIV.	10.1.6B
What are some common treatments for HIV/AIDS?	Students will explore different treatments for HIV/Aids patients and the risks involved.	10.1.6E
What are some ways to protect yourself from HIV/Aids?	Students will discuss ways to keep themselves safe from HIV/Aids now and in the future.	10.1.9A