

## 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