

Oxford Area School District Health Education Scope and Sequence – Quarter 1:

Grades 9-12

9-12
10.2.12
*Healthful
Living*

- Evaluate health care products and services that impact adult health practices
- Assess factors that impact adult health consumer choices
- Compare and contrast the positive and negative effects of the media on adult personal health and safety
- Examine and apply a decision-making process to the development of short and long-term goals

9-12
10.1.12
*Concepts of
Health*

- Evaluate factors that impact growth and development during adulthood and late adulthood
- Evaluate factors that impact the body systems and apply protective/preventive strategies
- Analyze factors that impact nutritional choices of adults
- Evaluate issues relating to the use/non-use of drugs

Oxford Area School Health Education Scope and Sequence – Quarter 2:

Grades 9-12

9-12
10.3.12

- Analyze and apply strategies for the management of injuries
- Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities

Health Education				
Big Idea (HEALTH)				
Health concepts are essential for wellness and a health-enhancing lifestyle				
Essential Question		Standards		
How would you generate a plan to be healthy throughout the entire adult lifespan?		10.1.12.A Evaluate factors that impact growth and development during adulthood and late adulthood. 10.1.12.B Evaluate factors that impact the body systems and apply protective/ preventive strategies. 10.1.12 C Analyze factors that impact nutritional choices of adults. 10.1.12.D Evaluate issues relating to the use/non-use of drugs. 10.1.12.E Identify and analyze factors that influence the prevention and control of health problems		
Concepts	Competencies	Standards	Resources	Assessments
Relationships, career choices and both chronic and communicable diseases are factors that affect growth and development.	Evaluate and define: Acute and chronic illness Communicable and non-communicable disease Health status Relationships Career choice Aging process Retirement	10.1.12.A Evaluate factors that impact growth and development during adulthood and late adulthood	Meeks & Heit Health & Wellness Textbook CDC OAHS Library SEX-ED Video	
There are many issues that affect the decision to use/not use drugs.	Evaluate: Psychology of addiction Social impact Chemical use and fetal development Laws relating to alcohol, tobacco and chemical substances	10.1.12.D Evaluate issues relating to the use/non-use of drugs.	MH Health & Wellness Textbook; NIDA	

	Impact on the individual/community			
Factors such as fitness level, health status and environment, etc., can enhance or be harmful to efficient functioning of our body systems.	Analyze: Fitness level Environment Health status Nutrition	10.1.12.B Evaluate factors that impact the body systems and apply protective/preventive strategies.	M&H Health & Wellness Textbook	
Medical advances and governmental policies make an impact on the prevention and control of health problems.	Identify and analyze: Research Medical advances Technology Government policies/regulations	10.1.12.E Identify and analyze factors that influence the prevention and control of health problems.	M&H Health & Wellness Textbook CDC	
A responsible health consumer is able to utilize appropriate self-care practices and products in concert with professional health care services.	Identify: Risk factors influencing health	10.1.12.E Identify and analyze factors that influence the prevention and control of health problems.	M&H Health & Wellness Textbook	

<p>Nutritional information impacts overall wellness.</p>	<p>Analyze: Cost Food preparation Consumer skills Nutritional knowledge Changes in nutritional requirements</p>	<p>10.1.12 C Analyze factors that impact nutritional choices of adults.</p>	<p>M&H Health & Wellness Textbook Choose My Plate</p>	
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Health Education				
Big Idea: Healthful Living is dependent upon a balance of personal and social responsibility.				
Essential Question:? How would you generate a plan to be healthy throughout the entire adult lifespan? What criteria will you use to determine if your health behaviors are responsible now and in the future? What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?		Standards 10.2.12.A Evaluate health care products and services that impact adult health practices. 10.2.12 B Assess factors that impact adult Health consumer choices. 10.2.12 C Compare and contrast positive and negative effects of the media on adult personal health and safety. 10.2.12 D Examine and apply a decision-making process to the development of short and long-term health goals. 10.2.12 E Analyze the interrelationship between environmental factors and community health.		
Concepts	Competencies	Standards	Resources	Assessments
Relationships, career choices and both chronic and communicable diseases are examples of factors that play a powerful role in shaping our entire	Design a personal plan for healthy living throughout the entire adult lifespan. Select and implement personal health-enhancing behaviors that reduce health disparities and	10.2.12.D Examine and apply a decision-making process to the development of short and long-term health goals.	M&H Health & Wellness Textbook SMART Goal Setting	

adult lifespan	minimize risk factors throughout the lifespan.			
The decision to use/not use drugs is impacted by the effects on the individual, family and community.	Select and implement personal health-enhancing behaviors Demonstrate understanding of decision making model	Standard - 10.2.12.D Examine and apply a decision-making process to the development of short and long-term health goals. Standard - 10.1.12.B Evaluate factors that impact the body systems and apply protective/preventive strategies	M&H Health & Wellness Textbook SMART Goal setting Ultimate Guide: The Human Body	
A variety of medical advances and governmental policies has made an impact in the prevention and	Understand government resources and information to address health concerns	Standard - 10.2.12.A Evaluate health care products and services that impact	M&H Health & Wellness Textbook CDC	

<p>control of health problems.</p>		<p>adult health practices. Standard - 10.1.12.E Identify and analyze factors that influence the prevention and control of health problems.</p>		
<p>There is a direct cause and effect relationship between well-being and the environment.</p>	<p>Evaluate: Health care products Services Media literacy</p>	<p>Standard - 10.2.12.A Evaluate health care products and services that impact adult health practices.</p> <p>Standard - 10.1.12.E Identify and analyze factors that influence the prevention and control of health problems.</p>	<p>M&H Health & Wellness Textbook</p>	

<p>The use of unsafe practices in the home, school and community can have personal and legal consequences.</p>	<p>Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.</p>	<p>Standard - 10.1.12.E Identify and analyze factors that influence the prevention and control of health problems. Standard - 10.2.12.A Evaluate health care products and services that impact adult health practices.</p>	<p>M&H Health & Wellness Textbook Government</p>	
<p>Understanding injury management strategies can help individuals respond to emergency situations.</p>	<p>Identify Basic first aid principles and emergency procedures Laws concerning administration of first aid care</p>	<p>Standard - 10.3.12.A Assess the personal and legal consequences of unsafe practices in the home, school or community. Standard - 10.2.12.A Evaluate health care</p>	<p>M&H Health & Wellness Textbook ARC information CPR video</p>	

		products and services that impact adult health practices.		
Violence impacts personal and community well-being.	Examine factors that could influence violent behavior	<p>Standard - 10.1.12.A Evaluate factors that impact growth and development during adulthood and late adulthood</p> <p>Standard - 10.2.12.D Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>Standard - 10.1.12.E Identify and analyze factors that influence the prevention and control of health problems.</p>	M&H Health & Wellness Textbook	

<p>Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected, lifelong physical activities.</p>	<p>Development of personal fitness plan that can contribute to long term health, using long and short term goals.</p>	<p>Standard - 10.2.12.D Examine and apply a decision-making process to the development of short and long-term health goals. Standard - 10.1.12.E Identify and analyze factors that influence the prevention and control of health problems.</p>	<p>M&H Health & Wellness Textbook Decision Making Model Fitness websites Stronger, Faster, Smarter article</p>	
<p>Vocabulary Acute illness, chronic illness, communicable disease, non-communicable disease, health status, relationships, career choice, aging process, retirement, psychology of addiction, social impact of addiction, chemical use and fetal development, laws relating to alcohol, tobacco and chemical substances, impact on the individual/community, medical advances, technology, government policies, fitness, nutrition, goal setting, SMART rubric, short term goals, long term goals, myplate, cancer</p>				

Health Education				
Big Idea (SAFETY)				
Safety Impacts Individual and Community Well-Being				
<p>Essential Question</p> <p>How would you generate a plan to be healthy throughout the entire adult lifespan?</p> <p>How could you verify that a link exists between personal and community health?</p> <p>What criteria will you use to determine if your health behaviors are responsible now and in the future?</p> <p>What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?</p>		<p>10.3.12.A</p> <p>Assess the personal and legal consequences of unsafe practices in the home, school or community.</p> <p>10.3.12 C</p> <p>Analyze the impact of violence on the victim and surrounding community.</p> <p>10.3.12 D</p> <p>Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p>		
Concepts	Competencies	Standards	Resources	Assessments
Individual and community are impacted by choices.	Understanding consequences of their choices as they relate to Personal freedom Personal injury Loss of income	10.3.12.A Assess the personal and legal consequences of unsafe practices in the home, school or community.10.3	M&H Health & Wellness textbook	

		.12 C Analyze the impact of violence on the victim and surrounding community.		
First-Aid and Exercise Safety.	CPR First-Aid Self-care Sports injuries	10.3.12 B Analyze and apply strategies for the management of injuries.	M&H Health & Wellness Textbook ARC resources	

Big Idea Participation in physical activity impacts wellness throughout a lifetime.				
Essential Question		Standards		
<p>Why do people choose the physical activities they participate in over a lifetime?</p> <p>How can participation in physical activity enhance MY life?</p> <p>How can you enhance the quality of movement for lifelong participation in physical activity?</p> <p>What knowledge is necessary to create a personal fitness program?</p> <p>How do scientific principles, biomechanical principles and practice strategies influence movement forms?</p> <p>What knowledge is needed to select an appropriate response in a variety of physical activities?</p>		<p>10.4.12.A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes lifelong participation.</p> <p>10.4.12.D Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12 B Analyze the effects of regular participation in self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12 C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12 E Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.4.12 F Assess and use strategies for enhancing adult group interaction in physical activities.</p>		
Concepts	Competencies	Standards	Resources	Assessments

<p>Designing physical fitness goals and plan and the benefit to a healthy lifestyle.</p>	<p>Analyze: Goal setting SMART Rubric Fitness plan</p>	<p>Standard - 10.4.12.A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes lifelong participation.</p>	<p>M&H Health & Wellness textbook SMART goal setting format</p>	
<p>Many factors affect choice of activities such as research cost of activity, availability of services and facilities.</p>	<p>Evaluate: Personal challenge Physical benefits Finances Motivation Access to activity Self-improvement</p>	<p>Standard - 10.4.12.D Evaluate factors that affect physical activity and exercise preferences of adults.</p>	<p>M&H Health & Wellness textbook Fitness websites</p>	
<p>There are benefits of engaging in regular physical activity.</p>	<p>Evaluate: Personal choice Developmental differences Amount of physical activity</p>	<p>10.4.12 E Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p>	<p>M&H Health & Wellness textbook</p>	

<p>Regular physical activity promotes wellness.</p>	<p>Analyze: Social Physiological Psychological Stress management Disease Management Weight management</p>	<p>10.4.12 B Analyze the effects of regular participation in self-selected program of moderate to vigorous physical activities.</p>	<p>M&H Health & Wellness Text</p>	
<p>There are benefits to engaging in physical activity in the aging process.</p>	<p>Analyze: Aging Injury Disease Individual fitness status Drug/substance use/abuse</p>	<p>10.4.12 C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p>	<p>M&H Health & Wellness Text</p>	
<p>Goal setting is important to achieve success.</p>	<p>Apply Goal setting SMART rubric to goals</p>	<p>10.4.12 F Assess and use strategies for enhancing adult group interaction in physical activities.</p>	<p>M&H Health & Wellness Text SMART goal setting format</p>	