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| Grade Level: | High School |
| Class Title: | Health |
| Subject: | PE |
| Class Description: | <p>Skills for Health is a valuable, skills-based health education course designed for general education in grades 9 through 12. Skills for Health helps students develop knowledge, attitudes, and essential skills in a variety of health-related subjects, including mental and emotional health; nutrition; physical activity; substance use and abuse; injury prevention and safety; and personal health, environmental conservation, and community health resources.</p> <p>Through use of accessible information and real-life simulations, students apply the seven health skills. These include access to valid health information; self-management; analysis of internal and external influences; interpersonal communication; decision-making; goal setting; and advocacy. Students who complete Skills for Health build the skills they need to protect, enhance, and promote their own health and the health of others.</p> <p>The content is based on the National Science Teachers Association (NSTA) standards and is aligned to state standards.</p> <p>Prerequisites: None</p> <p>This class will work towards one or more state standards. This will be a semester-long, high school credit class, spanning the 2018-2019 school year. This class meets the graduation requirement for the State of Washington and Kennewick School District.</p> |
| Learning Materials: | APEX Computer Program |
| Learning Goals/ Performance Objectives: | <p>Course Outline</p> <p>Unit 1: Building Skills for Health Lesson 1: What Is Health? Lesson 2: Building Skills for Health</p> <p>Unit 2: Thoughts and Feelings Lesson 1: Mirror Mirror on the Wall Lesson 2: Effective Communication Lesson 3: Managing Stress Lesson 4: Support for Mental and Emotional Problems</p> <p>Unit 3: Nutrition Lesson 1: Why Eat Healthfully? Lesson 2: Think Before You Swallow Lesson 3: Managing Your Weight Lesson 4: Food Safety</p> <p>Unit 4: Physical Activity Lesson 1: Why Is Physical Activity Important? Lesson 2: What Is Physical Fitness?</p> |

Lesson 3: Being Physically Active
 Lesson 4: Physically Active Injury Free and Quackproof
 Unit 5: Alcohol Tobacco and Other Drugs
 Lesson 1: Alcohol
 Lesson 2: Tobacco
 Lesson 3: Other Drugs
 Lesson 4: Take a Stand Make a Difference
 Unit 6: Injury Prevention and Safety
 Lesson 1: Injuries and Taking Risks
 Lesson 2: Preventing Violence
 Lesson 3: Save a Life or a Limb
 Lesson 4: Be Safe Think Safe
 Unit 7: Social and Sexual Health
 Lesson 1: Relationships
 Lesson 2: The Reproductive Systems
 Lesson 3: Making Decisions about Sex
 Lesson 4: Marriage Parenthood and Preventing Pregnancy
 Unit 8: Personal Community and Environmental Health
 Lesson 1: Causes of Diseases and Disorders
 Lesson 2: Your Personal Role in Disease Prevention
 Lesson 3: Community Health
 Lesson 4: You and the Environment
 Unit 9: Skills for Health Review and Exam
 Lesson 1: Skills for Health Final Exam

A team of certificated teachers who are highly qualified in this subject matter has reviewed this WSLP.

Learning Activities:

Chapter review online questions; online chapter quizzes; online unit tests; final exam / semester exam.

Progress Criteria/ Methods of Evaluation:

The student will cover all topics and be assessed with a variety of materials ranging from tests & quizzes. These assessments are developed by the Apex. The grade for the class will be assigned using the Mid-Columbia Partnership's grading scale (90-100 = A; 80-89 = B; 70-79 = C below 70 would = incomplete.)

[Student's name] will be expected to achieve 70% accuracy on each assignment or test before moving on to the next. Concepts not mastered at this level will be retaught until 70% mastery is achieved. Mastery may be evaluated by written tests, oral questions and answers, or parent observation.

[Student's name] will complete all quizzes and tests assessments and will present to consultant at face-to-face meetings at the end of each month. All quizzes and tests will also be made available to the HQ teacher upon request for the awarding of high school credit.

Evaluation of progress toward the mastery of the goals will be based on monthly completion (or progress toward completion) of the learning activities that are designed to provide the means to achieving the goals of the learning plan. With that said, monthly progress can still be marked satisfactory based on the professional judgment of the teacher that the student will complete the goals of the course.

Estimated Weekly Hr: *Consultant: The typical number of hours spent on this subject at this age in a traditional classroom is 5+ hours.*

CEDARS *Consultant: 08051*

Code: