

<b>Grade Level:</b>	<b>High School</b>
<b>Class Title:</b>	<b>Health</b>
<b>Subject:</b>	<b>PE</b>
<b>Class Description:</b>	<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 2020-2021 school year. This class meets the graduation requirement for the State of Washington and Kennewick School District.</p>
<b>Learning Materials:</b>	APEX Computer Program
<b>Learning Goals/ Performance Objectives:</b>	<p><b>Course Outline</b></p> <p>UNIT 1: MENTAL AND EMOTIONAL HEALTH  Lesson 1: Introduction to Health  Lesson 2: Your Mental and Emotional Health  Lesson 3: Suicide and Violence Prevention  Lesson 4: Communication Skills  Lesson 5: Wrap Up: Mental and Emotional Health</p> <p>UNIT 2: FITNESS AND NUTRITION  Lesson 1: Guidelines for Fitness and Nutrition  Lesson 2: Threats to Fitness and Good Nutrition  Lesson 3: Planning for Fitness and Good Nutrition  Lesson 4: Wrap Up: Fitness and Nutrition</p> <p>UNIT 3: DRUGS  Lesson 1: Drug Use and Abuse  Lesson 2: Living Drug Free  Lesson 3: Advocating for a Drug-Free Lifestyle  Lesson 4: Wrap Up: Drugs</p>

UNIT 4: DISEASE  
 Lesson 1: Types of Diseases  
 Lesson 2: Preventing Disease  
 Lesson 3: Susceptibility, Detection, and Treatment of Disease  
 Lesson 4: Wrap Up:  
 Disease UNIT 5: INJURIES  
 Lesson 1: Safety and Injury Prevention  
 Lesson 2: Safety Laws and First Aid  
 Lesson 3: Weather and Natural Disaster Safety  
 Lesson 4: Wrap Up: Injuries  
 UNIT 6: SEXUAL HEALTH  
 Lesson 1: Reproductive Health and Relationships  
 Lesson 2: Abstinence and Online Safety  
 Lesson 3: Recognizing Harmful Relationships  
 Lesson 4: Safe Sexuality and Pregnancy  
 Lesson 5: Wrap Up: Sexual Health  
 UNIT 7: SEMESTER REVIEW AND EXAM  
 Lesson 1: Semester Wrap Up  
 A team of certificated teachers who are highly qualified in this subject matter has reviewed this WSLP.

**Learning Activities:**

Lesson activities, lesson quizzes, practices, journals, projects and unit tests. Final written and online 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; 69-60 =D and below 60% would = incomplete.)

[Student's name] will be expected to achieve 60% 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**  
**Code:**

***Consultant: 08051***