

Topic	Understanding Health and Wellness	Taking Charge of Your Health	Communicable Diseases	Noncommunicable diseases	Alcohol	Tobacco	Illegal Drugs	Safety and Injury Prevention		
IL State Standards	Goal 22	Goal 22	Goal 24	Goals 22 and 24	Goals 22 and 24	Goals 22 and 24	Goal 22 and 24	Goal 22		
Essential questions:	What is Health? Who is most responsible for your Health? Why would someone want to be healthy?	What is a health skill? How can health skills help you achieve wellness? Why should you be a health literate consumer? What are some reasons a consumer may have problems with a product?	What is a common disease the spreads from person to person? what causes this disease? What are 3 communicable diseases common among friends and family? What defenses does the body have against attacking pathogens? How do diseases spread more quickly now, rather than 100 years ago?	What do you know about heart disease and cancer? What do you know about asthma and allergies? Why is it important to be educated about physical and mental challenges?	How does alcohol abuse contribute to risky behavior? In what ways does problem drinking harm people? How can you encourage others to stay alcohol free?	In what ways does Tobacco harm your body? What are the consequences of Tobacco use? Why should you avoid second-hand smoke?	Why do some people use illegal drugs? How can you respond to peer pressure to use drugs? How has peer pressure influenced you to do something safe and healthy?	What basic precautions do you take in your daily life? How do you protect yourself at home? How do you stay safe outdoors and on the road?		
Content:	Total Health, What affects your Health, Health Risks and your Behavior, Promoting Health and Wellness	Building Health Skills, Making Responsible Decisions and Setting Goals, Being a Health Literate Consumer, Managing Consumer Problems	understanding communicable diseases, common dieases and fighting them. emerging dieases and pandemics	Cardiovascular disease, cancer, allergies, asthma, diabetes, and arthritis, Physical and mental challenges.	The Health Risks of Alcohol Use, Choosing to Live alcohol free, The Impact of Alcohol Abuse.	The Health Risks of Tobacco Use, Choosing to live Tobacco-Free, Promoting a smoke free environment.	The Health Risks of Drug Use, Marijuana, Inhalants, Steroids, Psychoactive Drugs, Living Drug Free	Personal Safety and Protection, Safety at Home and in Your Community, Outdoor Safety, Safety on the Road.		
Skills and Topics:										
Writing:	Student self-assessment, Journal writing, lesson closure activities									
Formative assessments:	Skills assessments of group and individual performance, teacher observation, scoring rubric, student self assessment									
Summative assessment:	Pre- and Post- Assessment of Units									
Performance assessments:	Students draw on Knowledge gained from class to handle scenarios									
Interdisciplinary Connections:	Social studies:		ELA:		math:		Technology:			
Resources:	Physical Education and Health websites, teacher guides and activity books, Multimedia presentations									
Integration of Technology:	Internet, Hult Health Education Center, Multimedia resources									