

Topic	Cardiovascular, Respiratory, Digestive and Excretory Systems	Nutrition for Health	Skeletal, Muscular and Nervous System	Managing Weight and Eating Behaviors	Personal Health Care and Consumer Choices	Endocrine and Reproductive Health	Noncommunicable Diseases and Disabilities	Communicable Diseases	Community and Environmental Health		
IL State Standards	Goal 23	Goals 22 & 23	Goal 23	Goal 22	Goal 22 & 24	Goal 23	Goal 22	Goal 22	Goal 22		
Essential questions:	When do you feel your heart rate change? What can cause your breathing to change? How does your stomach feel after you eat a large meal?	What influences your food choices? Are your eating habits healthful? Why or why not?	What exercises strengthen muscles and bones? How does nutrition effect your muscles and bones? How can you prevent injury to these three body systems?	What does it mean to have a Healthy Weight, Does your weight affect your self image, How do your food needs differ from those of your friends?	What is a Health Skill? How can Health Skills help you achieve Wellness? Why should you be a health literate consumer?	What is the purpose of the Endocrine System? What is the role of hormones during puberty? What behaviors are essential for the health of reproductive systems? What is abstinence/What is contraception? Why is abstinence the best form of contraception?	Why should you learn about heart disease and cancer? What do you know about asthma or allergies? Why is it important to be educated about physical and mental challenges?	How often do you get a cold or the flu? How do you think you get these illnesses? What do you do to recover from them?	Why is community and public health important? How do your surroundings affect your personal health? How can your actions affect your environment?		
Content:	What happens during digestion? What organs are involved? Circulating Blood and Lymph through the body, Removing waste from the body, Providing oxygen and removing carbon dioxide.	The Importance of Nutrition, Nutrients, Healthy Food Guidelines, Nutrition Labels and Food Safety	Skeletal system as the living structure of the body, muscles that move limbs and other body parts, Sending messages throughout the body through the nervous system.	Maintaining a Healthy Weight, Body Image and Eating Disorders, Lifelong Nutrition	Building Health Skills, Making Reasonable Decisions and Setting Goals, Being a Health-Literate Consumer, Managing Consumer Problems	The Endocrine System, Male and Female Reproductive Systems, Hult Health Education Services- "ABC's of STD's" with "Life Begins" presentation. Mrs. Vaughns presentation on "Healthy Relationships and Teen Dating Violence"	Cardiovascular Disease, Cancer, Allergies, Asthma, Diabetes, Arthritis, Physical and Mental Challenges	Understanding Communicable Diseases, Common Communicable Diseases, Fighting Communicable Diseases, Emerging Diseases and Pandemics	Community and Public Health, Air Quality and Health, Protecting Land and Water		
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										