


Mauston Curriculum Map
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Personal Health/Wellness (HS-Physical Education/Health Workgroup)

Teacher Course: Personal Health/Wellness (HS-Physical Education/Health Workgroup)	Grade: 9th Grade	Subject(s): Health	Month(s): November	Unit Time Duration: 4 days
Unit: human sexuality				
Course Description: The purpose of this course is to acquaint the student with the concepts of personal wellness. Topics include: information on nutrition, physical fitness, tobacco, alcohol, illicit drugs, sexuality, suicide awareness, and CPR.				
Course Goals:				
* Physical Fitness which includes a self evaluation of their own fitness level.				
* Diet and Nutrition which includes a self diet and activity evaluation.				
* Physical Fitness Consultant which includes taking a fictional character and getting them in shape with an exercise and diet program.				
* Tobacco which includes getting a fictional student to quit smoking.				
* Alcohol which includes an emphasis on prevention and treatment of Alcoholism.				
* Illicit Drugs which includes presenting a power point presentation about a famous person that died because of using illicit drugs.				
* CPR which includes learning and practicing CPR for an infant, child, and an adult through the American Heart Association.				
* Sexuality which is a comprehensive sex ed curriculum. Which includes HIV/AIDS and other STD's, goal setting, how to make good decisions, birth control and contraception, pregnancy through birth, Hetero and Homosexual orientation.				
* Suicide Prevention which includes recognizing signs of suicide and screening for depression.				
Desired Results				
State Standards				
State Standards:				
· HE-A.12.2 Analyze how the environment influences the health of the community				
· HE-A.12.3 Describe how to enhance health and reduce risks throughout life				
· HE-A.12.4 Analyze how the prevention and control of health problems are influenced by education, research, and advances in all health-care fields				
· HE-A.12.5 Explain the impact of personal health behaviors on the functioning of body systems				
· HE-A.12.7 Analyze how behavior can impact health maintenance and disease and injury prevention				
· HE-A.12.8 Analyze how public health and social policies, along with government regulations, influence health promotion and disease prevention				
· HE-B.12.1 Analyze the role of individual responsibility for enhancing health				
· HE-B.12.3 Analyze the short-term and long-term consequences of various behaviors				
· HE-B.12.6 Continue to demonstrate ways to avoid and reduce threatening situations				
· HE-C.12.1 Demonstrate the ability to use various decision-making strategies related to health needs and risks				
· HE-C.12.2 Apply knowledge of individual, family, and community influences to decision-making processes				
· HE-C.12.3 Predict immediate and long-term impacts of health decisions on the individual, family, and community				
· HE-C.12.4 Develop, implement, and evaluate an effective plan for a healthy and productive life				
· HE-D.12.1 Evaluate the validity of health information, products, and services				
· HE-E.12.1 Evaluate the influences of culture on health behaviors and services				
· HE-F.12.1 Demonstrate skills to communicate effectively with family, peers, and others				
· HE-F.12.5 Analyze possible causes of conflict				
· HE-F.12.6 Demonstrate strategies to prevent and resolve conflict in healthy ways				
· HE-G.12.6 Demonstrate the ability to adapt health messages and communication techniques to the characteristics of a particular audience				

WKCE CRT Framework Standards:

- M10.A.a.1 Use reasoning and logic to perceive patterns, identify relationships, formulate questions, pose problems, make conjectures, justify strategies and test reasonableness of results.
- M10.A.a.2 Communicate mathematical ideas and logical reasoning using the vocabulary of mathematics in a variety of ways e.g., using words, numbers, symbols, pictures, charts, tables, diagrams, graphs, and models.
- M10.A.a.3 Connect mathematics to the real world, as well as within mathematics.
- M10.A.a.5 Solve and analyze routine and non-routine problems.
- M10.B.a.1 Compare and order real numbers.
- M10.B.a.2 Analyze and solve problems using percents.
- M10.B.a.3 Apply proportional reasoning and ratios in mathematical and real-world contexts.
- R10.3.1.1 Make inferences about story elements.
- R10.3.1.2 Summarize important ideas and events.
- R10.3.1.3 Analyze stated or implied theme, message, or main idea.
- R10.3.1.4 Draw conclusions.
- R10.3.1.5 Identify purpose.
- R10.3.2.2 Identify implied relationships (such as cause/effect and compare/contrast).
- R10.3.2.3 Summarize information.
- R10.3.2.4 Identify purpose.
- R10.3.2.5 Make inferences based on text features.
- R10.3.2.6 Make inferences based on visual information.
- R10.3.2.9 Use graphic organizers to analyze and classify information.

Local Standards:

Program of Study (secondary):

Enduring Understanding/Big Ideas	Connection (Real-World Relevance)
Knowledge and Skills (Student will Know and be able to Perform)	
Resources	
Assessment Evidence (How Will You Know)	
Performance Tasks and other Evidence for Demonstrating Understanding	
4MAT and/or other Learning Activities	
Learning Activities/Applications/Differentiation	

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