

Subject Area: Health Education **Grade Level** 11th

Mission Statement: It is the mission of the Elba Central School District to actualize the phrase “Elba Equals Educational Excellence for Everyone.” We are committed to providing both quality and equity. Every student will have the opportunity to develop to the best of his/her ability.

Elba Standards: In addition to the knowledge and basic skills they need in order to participate in society, graduates of Elba Central School will develop:

1. Empowering skills: decision making, goal setting, creative thinking and problem solving abilities;
2. Communication and social interaction skills;
3. Technological literacy;
4. Total wellness (social, physical, emotional health and self-esteem);
5. The values necessary to participate in society.

As a result of achieving these outcomes, our students will embrace lifelong learning.

New York State Standards:

1. Standard 1 – Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity and maintain personal health.

2. Standard 2 – A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

3. Standard 3 – Resource Management Students will understand and be able to manage their personal and community resources.

National Content Standards:

1. Comprehend concepts related to health promotion and disease prevention.
2. Demonstrate the ability to access valid health information and health-promoting products and services.
3. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. Analyze the influence of culture, media, technology and other factors on health.
5. Demonstrate the ability to use interpersonal communication skills to enhance health.
6. Demonstrate the ability to use goal setting and decision making skills to enhance health.
7. Demonstrate the ability to advocate for personal, family and community health.

Performance Indicators:

Standard 1:

- Analyze personal dietary patterns and develop dietary plans to meet changing nutritional requirements.
- Evaluate a case study to determine strategies for health enhancement and risk reduction.
- Identify the consequences associated with engaging in high risk behaviors which compromise health, such as smoking, violent behavior, or driving under the influence of alcohol and other drugs.
- Identify the characteristics of social and emotional health which are critical to adulthood.

Standard 2:

- Design and implement a plan to improve safety in the home, school workplace or community.
- Use universal precautions and apply first aid, CPR, and other emergency procedures appropriately.
- Describe and demonstrate appropriate strategies to avoid or cope with potentially dangerous situations, such as dating violence or assault.
- Develop community approaches which enhance and protect the quality of the environment.
- Analyze how health laws, policies and regulations protect personal and environmental safety.
- Demonstrate ways to care for and show respect for self and others.

Standard 3:

- Identify local, state and federal agencies which provide health information and are regulating health products and services.
- Describe how to obtain health services appropriate for individual needs and how to refer friends and family members to appropriate health services or providers.
- Identify criteria to measure the accuracy, reliability and validity of claims for health care products and services.
- Design a media campaign which promotes a positive health message.
- Analyze how cultural diversity enriches and challenges health behaviors.
- Assess the Internet to assist in research for senior project.

Assessment:	Acceptable Performance Level
Written quizzes and unit exams.	70% or better.
Self-assessments	Set by Instructor
Oral-Questions/Feedback/Discussion	Set by Instructor
Homework Assignments	Set by Instructor
Media Campaign	30 possible points

Scope:

Senior High students will examine 10 units of study based on the ‘Health Triangle’ concept. A skills based approach will be used to cover all facets of the triangle, such as, Emotional/Mental Health, Physical Health and Social Health as it promotes a sense of wellness.

Sequence:

1. Emotional/Mental Health (communication)
2. Family Health
3. Personal Health Practices
4. Nutrition
5. Community Health
6. Growth and Development
7. Substance Use and Abuse
8. Disease Prevention and Control
9. Consumer Health
10. Safety and First Aid

Methodology:

- Use of group projects as a way to encourage student sensitivity and the ability to demonstrate understandings of major ideas and concepts.
- Incorporation of 6-traits as a method of assessing writing pieces within the scope of the course.
- Incorporation of word processing and computer programs as a way of reaching technological literacy.
- Use of Internet as a method to reach technological literacy.

