Block Plans and Curriculum Maps 6th-8th Grade

Block Plan: Nine Week Plan for Health 6th Grade Health

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Intro to Health **Liscense Plate Activity** **Pre-Test**	**Lifeskills** **Unit 1** **Wellness and Self-Esteem** **Chapters 1 and 3**	**Lifeskills** **Unit 1** **Wellness and Self-Esteem** **Chapters 1 and 3**	**Lifeskills** **Unit 1** **Wellness and Self-Esteem** **Chapters 1 and 3**	**Lifeskills** **Unit 2** **Making Good Decisions** **Chapter 2**	**Lifeskills** **Unit 2** **Making Good Decisions** **Chapter 2**	**Lifeskills** **Unit 2** **Making Good Decisions** **Chapter 2**	**Lifeskills** **Unit 3** **Alcohol and Tobacco** **Chapters 14 and 15**	**Lifeskills** **Unit 3** **Alcohol and Tobacco** **Chapters 14 and 15** **Post Test** **Poster Project** **For bonus points**

Block Plan: Nine Week Plan for Health 7th Grade Health

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Intro to Health **Pre-Test Unit 1** **Review Study Guide over 6th grade**	**Lifeskills** **Unit 2** **Drug Use and Abuse** **Chapter 15**	**Lifeskills** **Unit 2** **Drug Use and Abuse** **Chapter 15**	**Lifeskills** **Unit 2** **Drug Use and Abuse** **Chapter 15**	**Lifeskills** **Unit 3** **Physical Fitness and Nutrition** **Chapters 4 and 5**	**Lifeskills** **Unit 3** **Physical Fitness and Nutrition** **Chapters 4 and 5**	**Lifeskills** **Unit 3** **Physical Fitness and Nutrition** **Chapters 4 and 5**	**Lifeskills** **Unit 4** **First Aid and Safety**	**Lifeskills** **Unit 5** **Human Growth and Developmnent "Sex Ed."** **Weight Room Day to Introduce Students to Safety and Procedures for next**

Block Plan for Health 8 Grade Health

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9

Intro to wellness **Lifelong Guidelines** **Unit 1** **Wellness and Stress** **Chapters 1 and 3**	**Lifelong Guidelines** **Unit 1** **Wellness and Stress** **Chapters 1 and 3**	**Lifeskills** **Unit 2** **Making Good Decisions** **Chapter 2**	**Lifeskills** **Unit 3** **Alcohol and Tobacco** **Chapters 14 and 15**	**Lifeskills** **Unit 3** **Alcohol and Tobacco** **Poster project** **Teen Health Issues**	**Lifeskills** **Poster project** **Teen Health Issues**	**Lifeskills** **Unit 4** **First Aid And Safety** **Chapter 19**	**Lifeskills** **Unit 4** **First Aid and Safety** **Lifeskill Project Movie**	**Lifeskill Project Movie** **Unit 5** **Pregnancy, Child Development and Growth** **Sex Ed.**

Block Plan: 18 Week Plan for 8th Grade Weight Training

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9

Intro to Weight Training **Routines, Procedures, and Expectations. Syllabus** **Notebook** **Goals Sheet** **Demonstration of all 25 stations/lifts** **Standards:**	**Standards:**	**Muscle Group Study Guide** **Standards:**	**Muscle Group Quiz** **Standards:**	**Introduce Plate Workout** **Standards:**	**Standards:**	**Introduce Circuit Workout** **Standards:**	**Muscle Group Quiz** **Standards:**	**Optional Testing for Broad Jump and Bench Press. Conitues every 2 weeks.** **Standards:**
Week	Week	Week	Week	Week	Week	Week	Week	Week
10	11	12	13	14	15	16	17	18
Standards:	**Standards:** **Optional Testing for Broad Jump and Bench Press. Conitues every 2 weeks.** **Standards:**	**Muscle Group Quiz** **Standards:**	**Optional Testing for Broad Jump and Bench Press. Conitues every 2 weeks.** **Standards:**	**Standards:**	**Optional Testing for Broad Jump and Bench Press. Conitues every 2 weeks.** **Standards:**	**Muscle Final Quiz** **Standards:**	**Optional Testing for Broad Jump and Bench Press. Conitues every 2 weeks.** **Standards:**	**Standards:**

7th and 6th grade Curriculum Map:

7th Grade Health Units for 9 weeks

Unit/Topic: Unit 1: Review Study Guide over Concepts from 6th Grade					
Essential Question(s): What makes up our health? What are the influences on our health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
Welcome to Health Class. Go over class routines and expectations. (2 days)	6-8.1.1 6-8.1.2 6-8.2.1 6-8.2.5 6-8.5.1	4 parts of Health Syllabus Notebook Organization Expectations	Develop relationships through class discussion.	Notebook and Syllabus are to be checked of by the teacher.	Power Point Presentation

Billboard Activity (2 days)	6-8.1.2 6-8.5.1 6-8.2.1 6-8.2.3 6-8.2.5 6-8.2.6	Self-Concept Health Media	Develop relationships through class discussion.	Each student will share part of their billboard with the teacher and class.	Included in Power Point Presentation
Unit 1: 6th grade Review. Students work on a Review Study Guide (3 days)	6-8.1.2 6-8.2.9 6-8.1.5 6-8.3.4 6-8.1.6 6-8.4.1 6-8.1.7 6-8.4.2 6-8.1.8 6-8.4.3 6-8.2.1 6-8.4.4 6-8.2.2 6-8.4.5 6-8.2.3 6-8.4.6 6-8.2.5 6-8.5.1 6-8.2.8 6-8.5.2 6-8.2.9 6-8.5.3 6-8.5.4 6-8.5.5 6-8.5.6 6-8.6.1 6-8.6.2 6-8.6.3 6-8.6.4 6-8.6.5 6-8.7.3 6-8.8.1	Wellness Heredity Environment Preventative Lifestyles Assessment Attitude Media Message Body Image Goal Setting Decision Making Self-Esteem Communication Alcohol Nicotine Consequences	Teacher led class discussions over notes and reading in every lesson. Small group cooperative learning.	Students will be given a test upon completion of the unit. Study guides will help prepare and offer as a check point.	Textbook Canvas Study Guide
Test Day (1 day)	All standard covered in the review study guide.	All keys terms with addition to vocabulary.	Test that covers key terms through matching,	Students grade their tests and are able to get immediate	Test Answer Key Textbook

Unit/Topic: Unit 1: Review Study Guide over Concepts from 6th Grade					
Essential Question(s): What makes up our health? What are the influences on our health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
			multiple choice, True or False, and some short response.	feedback. They are able to ask questions. I can reteach material.	Student Notebook Canvas
Unit/Topic: Unit 2: Drug Use and Abuse					
Essential Question(s): What are the consequences of drug abuse on personal health and society?					

Lesson & Duration	Standards & Objectives	Key Terms	Activities (formative)	Assessment (summative)	Resources
Lesson 1: What is a drug and how are the taken. (2 days)	6-8.1.8 6-8.2.6 6-8.5.1 6-8.5.3 6-8.5.4 6-8.8.4	Oral Injection Smoking Inhaling Transdermal Patch Topical Ointments	Teacher led class discussions over notes and reading in every lesson. Small group cooperative learning.	Students will be given a test upon completion of the unit. Study guides will help prepare and offer as a check point.	Class Power Point Canvas Textbook Internet Teacher Student Notebook Laptops
Lesson 2: Using Drugs as Medicine (2 days)	6-8.1.1 6-8.1.8 6-8.2.6 6-8.3.2 6-8.4.6 6-8.5.1 6-8.5.2 6-8.5.3 6-8.5.4 6-8.5.5 6-8.5.6 6-8.8.4	Prescription Medication Over-the-Counter Drug Misuse Drug Abuse Tolerance Sports Supplement Caffeine Community Programs (525)	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Test Answer Key Textbook Student Notebook Canvas
Lesson 3: Drug Misuse and Abuse. (1 day)	6-8.1.1 6-8.4.4 6-8.1.8 6-8.4.5 6-8.3.4 6-8.4.6 6-8.4.1 6-8.5.5 6-8.4.2 6-8.5.6 6-8.4.3 6-8.8.4	Drug Misuse Drug Abuse Tolerance Sports Supplement	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and	Test Answer Key Textbook Student Notebook Canvas

Unit/Topic: Unit 1: Review Study Guide over Concepts from 6th Grade					
Essential Question(s): What makes up our health? What are the influences on our health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
				share their answers aloud.	

Lesson 4: Drug Addiction (1 day)	6-8.1.1 6-8.5.6 6-8.1.3 6-8.8.4 6-8.1.8 6-8.2.1 6-8.3.4 6-8.5.5	Addiction Withdrawal Physical Dependence Psychological Dependence	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Test Answer Key Textbook Student Notebook Canvas
Lesson 5: Consequences of Drug Abuse (1 day)	6-8.1.1 6-8.5.3 6-8.1.2 6-8.5.4 6-8.1.3 6-8.5.5 6-8.1.8 6-8.5.6 6-8.2.8 6-8.8.4 6-8.3.3 6-8.3.4	Family Friends Education Career Financial Physical Health Legal Issues	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Test Answer Key Textbook Student Notebook Canvas
Lesson 6: 8 categories of Drugs: Stimulant and Depressants. (2 days)	6-8.1.8 6-8.3.3	Stimulants Depressants Nicotine Crack Cocaine Crystal Meth	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 7: Marijuana (2 days)	6-8.1.8 6-8.3.3	THC Laced US laws	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class	Students will be answering questions on their study guide with the teacher. Students will be asked to	Textbook Student Notebook Canvas Power Point Presentation of class notes

Unit/Topic: Unit 1: Review Study Guide over Concepts from 6th Grade

Essential Question(s): What makes up our health? What are the influences on our health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
			discuss led by the teacher.	participate and share their answers aloud.	Student Study Guide
Lesson 8: Hallucinogens and Inhalants (2 days)	6-8.1.8 6-8.3.3	Hallucinogens Inhalant Side Effects Visions	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 9: How to Resist Drugs. (2 days)	6-8.1.5 6-8.3.3 6-8.2.3 6-8.4.1 6-8.2.9 6-8.4.3 6-8.3.2 6-8.4.5 6-8.4.6	Goals Assertive Plan for Peer Pressure	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 10: How to find help for drug addiction. (2 days)	6-8.1.1 6-8.4.2 6-8.1.4 6-8.4.6 6-8.1.5 6-8.5.1 6-8.3.1 6-8.5.2 6-8.3.2 6-8.5.3 6-8.3.3 6-8.5.4 6-8.3.4 6-8.5.5 6-8.5.6 6-8.4.6	Recognize Identify Detoxification Rehabilitation Communication Community Resources	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide

Study Day (1 day)	All standards covered in the unit.	All key terms from the unit.	Small groups for cooperative learning.	Students will ask the teacher to review questions/answer with the class. Students will then	Textbook Student Notebook Canvas

Unit/Topic: Unit 1: Review Study Guide over Concepts from 6th Grade					
Essential Question(s): What makes up our health? What are the influences on our health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
				work in small groups to check their answers and sentence structure.	Power Point Presentation of class notes Student Study Guide
Test Day (1 day)	All standards covered in the unit.	All keys terms with addition to vocabulary.	Test that covers key terms through matching, multiple choice, True or False, and some short response.	Test will include multiple choice, matching, true or false, and short answer. Study guides are due. Students may ask final questions.	Test Answer Key Textbook Student Notebook Canvas
Grade Day and Intro Fitness and Nutrition (1 day)	All standards covered in the unit.	All key terms from the unit.	Students grade their tests and are able to get immediate feedback. They are able to ask questions. I can reteach material.		Test Answer Key Textbook Student Notebook Canvas
Unit/Topic: Fitness and Nutrition					
Essential Questions: What does it mean to eat a balance diet? How do I assess my fitness level? How do I plan workouts that are right for me? How does activity and nutrition affect my health?					

Lesson & Duration	Standards & Objectives	Key Terms	Activities (formative)	Assessment (summative)	Resources
Lesson 1, Chapter 4: Why is it important to stay active/exercise (1 day)	6-8.1.1 6-8.5.6 6-8.1.2 6-8.1.5 6-8.1.7 6-8.1.8 6-8.3.4 6-8.5.1 6-8.5.3 6-8.5.4 6-8.5.5	Benefits Consequences Immune System Stress/Anxiety Longevity	Teacher led class discussions over notes and reading in every lesson. Small group cooperative learning.	Students will be given a test upon completion of the unit. Study guides will help prepare and offer as a check point.	Class Power Point Canvas Textbook Internet Teacher Student Notebook Laptops Test

Unit/Topic: Unit 1: Review Study Guide over Concepts from 6th Grade					
Essential Question(s): What makes up our health? What are the influences on our health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
					Weight Room
Lesson 2: Parts of Fitness (2 days)	6-8.1.8 6-8.7.3 6-8.5.2 6-8.5.3 6-8.5.4 6-8.5.5 6-8.5.6 6-8.7.1 6-8.7.2	Strength Cardiovascular Muscular Endurance Flexibility Body Composition	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide

Lesson 3: What is exercise and how to asses fitness. (2 days)	6-8.1.1 6-8.7.1 6-8.3.2 6-8.7.2 6-8.4.6 6-8.7.3 6-8.5.2 6-8.5.5 6-8.5.6 6-8.6.1 6-8.6.2 6-8.6.3 6-8.6.4 6-8.6.5 6-8.6.6 6-8.6.7	Exercise Physical Activity Poor Fitness Fitness Standards Goals FIT Resting Heart Rate Training Heart Rate Maximum Heart Rate	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Class Power Point Canvas Textbook Internet Teacher Student Notebook Laptops Test
Lesson 4: Energy for Exercise. (1 day)	6-8.5.2 6-8.5.3 6-8.5.4 6-8.7.1	Oxygen Aerobic Anaerobic Combination	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 5: Sports and Competition (2 days)	6-8.1.1 6-8.4.7 6-8.1.5 6-8.4.8 6-8.1.9 6-8.5.3 6-8.2.8 6-8.6.5 6-8.2.10 6-8.8.1	Competition Sportsmanship Community Organizations-	Bell work is to get the study guide out and go to the page at the end of the	Students will be answering questions on their study guide with the teacher.	Textbook Student Notebook Canvas

Unit/Topic: Unit 1: Review Study Guide over Concepts from 6th Grade					
Essential Question(s): What makes up our health? What are the influences on our health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
	6-8.3.2 6-8.8.2 6-8.4.4 6-8.8.3	Leagues- Programs	question we left off on. Class discuss led by the teacher.	Students will be asked to participate and share their answers aloud.	Power Point Presentation of class notes Student Study Guide

Lesson 6: Weight Training (2 days)	6-8.1.1 6-8.7.3 6-8.1.5 6-8.8.4 6-8.1.8 6-8.3.1 6-8.3.4 6-8.4.6 6-8.5.2 6-8.5.3 6-8.5.4 6-8.6.5 6-8.7.1	Weight Training Dumbbell Barbell Kettlebell Medicine Ball Collar Free Weight Machine Spotter Technique/Form	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Class Power Point Canvas Textbook Internet Teacher Student Notebook Laptops Test
Lesson 7: Injury (1 day)	6-8.1.1 6-8.5.3 6-8.1.4 6-8.7.1 6-8.1.8 6-8.5.2	Warning Sign Soreness Injury Overtraining	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 8: Common Injuries and First Aid (1 day)	6-8.1.4 6-8.8.2 6-8.1.8 6-8.3.3 6-8.4.1 6-8.4.3 6-8.5.2 6-8.5.3 6-8.5.4 6-8.7.1 6-8.7.3	Acute Chronic RICE Sprain Strain Fracture Dislocation Ligament Tendon Skeletal/Bone	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Class Power Point Canvas Textbook Internet Teacher Student Notebook Laptops Test
Lesson 9:	6-8.1.1 6-8.1.4	Warm-Up Cool-Down	Bell work is to get the study	Students will be answering	Class Power Point

Unit/Topic: Unit 1: Review Study Guide over Concepts from 6th Grade					
Essential Question(s): What makes up our health? What are the influences on our health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
Ways to avoid injury. (2 days)	6-8.1.8 6-8.2.10 6-8.4.2 6-8.6.4 6-8.7.1 6-8.7.2 6-8.7.3 6-8.8.1 6-8.8.2 6-8.8.3	Frequency Intensity Time Form Active Rest Safety Gear Rules/Laws Equipment Partners	guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Canvas Textbook Internet Teacher Student Notebook Laptops Test
Lesson 1, Chapter 5: Nutrition and Diet (1 day)	6-8.1.1 6-8.6.5 6-8.2.6 6-8.6.6 6-8.2.8 6-8.6.7 6-8.6.2 6-8.7.1 6-8.6.3 6-8.7.2 6-8.6.4 6-8..4	Overweight Digestion Metabolism Nutrients Calories Nutrition Diet Balanced Eating Triggers Food Choice	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Class Power Point Canvas Textbook Internet Teacher Student Notebook Laptops Test
Lesson 2: 6 Essential Nutrients (1 day)	6-8.1.8 6-8.3.1 6-8.3.2 6-8.6.2 6-8.6.5	Carbohydrates Sugar Simple and Complex Carbs. Fats Calories Protein Vitamins Minerals Water Dehydration	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Class Power Point Canvas Textbook Internet Teacher Student Notebook Laptops Test

Lesson 3: Balancing Your Diet (2 days)	6-8.1.1 6-8.6.3 6-8.1.7 6-8.6.4 6-8.2.10 6-8.6.5 6-8.3.2 6-8.6.6 6-8.5.2 6-8.6.7 6-8.5.3 6-8.7.1 6-8.5.4 6-8.8.2 6-8.6.1 6-8.8.3	Dietary Guidelines for Americans MyPyramid MyPlate Nutrition Facts Label Serving Size	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and	Textbook Student Notebook Canvas Power Point Presentation of class notes

Unit/Topic: Unit 1: Review Study Guide over Concepts from 6th Grade					
Essential Question(s): What makes up our health? What are the influences on our health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
	6-8.6.2 6-8.8.4	Portion Size	discuss led by the teacher.	share their answers aloud.	Student Study Guide
Lesson 4: Healthy Eating Habits (1 day)	6-8.1.1 6-8.2.10 6-8.1.5 6-8.5.2 6-8.1.7 6-8.5.3 6-8.2.1 6-8.5.4 6-8.2.3 6-8.6.2 6-8.2.5 6-8.7.3	Breakfast Daily Plan Snacks Fast Food Food Choice	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Study Day (1 day)	All standards covered in the unit.	All keys terms with addition to vocabulary.	Small groups for cooperative learning.	Students will ask the teacher to review questions/answer with the class. Students will then work in small groups to check their answers and sentence structure.	Study Guides Class Power Point Canvas Textbook Internet

Test Day (1 day)	All standards covered in the unit.	All keys terms with addition to vocabulary.	Test that covers key terms through matching, multiple choice, True or False, and some short response.	Test will include multiple choice, matching, true or false, and short answer. Study guides are due. Students may ask final questions.	Student Test Student Answer Sheet Study Guide
Grade Day and Start First Aid and Safety and Intro to First Aid (1 day)	All standards covered in the unit.	All keys terms with addition to vocabulary.	Students grade their tests and are able to get immediate feedback. They are able to ask		Red Pen Answer Key Textbook Canvas Test
Unit/Topic: Unit 1: Review Study Guide over Concepts from 6th Grade					
Essential Question(s): What makes up our health? What are the influences on our health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
			questions. I can reteach material.		

Unit/Topic: First Aid and Safety					
Essential Questions: Can accidents be prevented? What can you do if accidents and injuries occur?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**

Lesson 1: Injury Prevention at Home and School (2 days)	6-8.1.1 6-8.1.4 6-8.1.8 6-8.2.3 6-8.2.9 6-8.2.10 6-8.3.2 6-8.3.4 6-8.4.4 6-8.8.1 6-8.8.2 6-8.8.3 6-8.8.4 6-8.4.6 6-8.4.7 6-8.5.2 6-8.5.3 6-8.5.4 6-8.6.4 6-8.7.1 6-8.7.2 6-8.7.3	Accident Electrical Shock Poisoning Safety Rules and Equipment Violence Gun Safety Plan to Avoid Accidents	Teacher led class discussions over notes and reading in every lesson. Small group cooperative learning.	Students will be given a test upon completion of the unit. Study guides will help prepare and offer as a check point.	Class Power Point Canvas Textbook Internet Teacher Student Notebook Laptops
Lesson 2: Fire Safety (1 day)	6-8.1.4 6-8.1.8 6-8.2.10 6-8.3.2 6-8.5.3 6-8.5.4 6-8.7.1 6-8.7.2 6-8.7.3 6-8.8.1 6-8.8.2 6-8.8.3 6-8.8.4	Smoke Detector Fire Extinguisher Carbon Monoxide Evacuation Plan Emergency Numbers	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 3: Safety on the Road (1 day)	6-8.1.1 6-8.1.3 6-8.1.4 6-8.1.8 6-8.2.10 6-8.5.3 6-8.7.2 6-8.7.3 6-8.8.1 6-8.8.2 6-8.8.3 6-8.8.4	Pedestrian Cyclist Seat Belt Air Bag Bus Safety	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide

Unit/Topic: First Aid and Safety					
Essential Questions: Can accidents be prevented? What can you do if accidents and injuries occur?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
				and share their answers aloud.	

Lesson 4: Outdoor Safety (2 days)	6-8.1.1 6-8.7.2 6-8.1.3 6-8.7.3 6-8.1.4 6-8.8.1 6-8.1.8 6-8.8.2 6-8.2.10 6-8.8.3 6-8.3.2 6-8.8.4 6-8.5.3 6-8.5.4 6-8.7.1	Hypothermia Hyperthermia Frostbite Heat Exhaustion Heatstroke Poisonous Bites and Stings Sunscreen Hydration	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 5: Natural Disasters (1 Day)	6-8.1.3 6-8.7.1 6-8.1.8 6-8.7.2 6-8.2.10 6-8.7.3 6-8.5.3 6-8.8.3 6-8.5.4	Earthquake Tornado Hurricane Flood Emergency Kit	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 6: Giving First Aid (1 day)	6-8.1.4 6-8.5.2 6-8.2.10 6-8.5.3 6-8.3.1 6-8.5.4 6-8.4.1 6-8.6.4 6-8.4.7 6-8.7.2 6-8.4.8 6-8.8.3	3 Cs- Check Call Care Emergency Phone Call	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 7: Abdominal Thrusts and CPR (1 day)	6-8.1.4 6-8.7.1 6-8.2.10 6-8.7.2 6-8.4.1 6-8.7.3 6-8.5.3 6-8.8.3 6-8.5.4 6-8.8.4 6-8.7.1 6-8.7.2 6-8.7.3 6-8.8.1 6-8.8.2	Heimlich Maneuver Abdominal Thrusts Infants Chocking Airway Cardiopulmonary Resuscitation Chest	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Unit/Topic: First Aid and Safety					
Essential Questions: Can accidents be prevented? What can you do if accidents and injuries occur?					

Lesson & Duration	Standards & Objectives	Key Terms	Activities (formative)	Assessment (summative)	Resources
	6-8.8.3	Compressions			
Lesson 8: First Aid for Injuries (2 days)	6-8.1.4 6-8.8.2 6-8.5.2 6-8.8.3 6-8.5.3 6-8.8.4 6-8.5.4 6-8.7.1 6-8.7.2 6-8.7.3	Bleeding Burns Poisoning Fractures Dislocations Shock Spinal Injury	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Study Day (1 day)	All standards covered in the unit.	All keys terms with addition to vocabulary.	Small group cooperative study.	Students will ask the teacher to review questions/answer with the class. Students will then work in small groups to check their answers and sentence structure.	Study Guide Class Power Point Canvas
Test Day (1 day)	All standards covered in the unit.	All keys terms with addition to vocabulary.	Test that covers key terms through matching, multiple choice, True or False, and some short response.	Test will include multiple choice, matching, true or false, and short answer. Study guides are due. Students may ask final questions.	Student Test Student Answer Sheet Study Guide
Grade Day (1 Day)		All keys terms with addition to vocabulary.	Students grade their tests and are able to get immediate feedback. They are able to ask questions. I can reteach material.	Students are allowed to ask and discus questions over incorrect responses.	Red Pen Answer Key Textbook Canvas

Unit/Topic: Human Growth and Reproductions "Sex Ed"					
Essential Questions: Who can be guilty or a victim of sexual harassment? How does a baby develop during pregnancy? What are the consequences to teen pregnancy?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
Lesson 1: Sexual Harassment (20-30 minutes)	6-8.1.1 6-8.1.4 6-8.1.8 6-8.2.3 6-8.2.5 6-8.4.1 6-8.4.2 6-8.4.3 6-8.4.4 6-8.4.6 6-8.4.9 6-8.5.3	Sexual Harassment Victim Guilty	Teacher led class discussions over notes and reading in every lesson. Small group cooperative learning.	No test. Purpose is to present sensitive information important to understand human growth and reproduction.	Class Power Point Canvas Textbook Internet Teacher Student Notebook Laptops
Lesson 2: Pregnancy (20-30 minutes) (1/2 day)	6-8.3.2 6-8.3.3 6-8.3.4	Trimester Sperm Egg Fetus	No graphics, just discussion.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 3: Consequences of Teen Pregnancy (20-30 minutes) (1/2 day)	6-8.1.1 6-8.1.2 6-8.1.4 6-8.1.7 6-8.1.8 6-8.2.1 6-8.2.4 6-8.2.5 6-8.5.6 6-8.3.3 6-8.3.4 6-8.4.1 6-8.4.2 6-8.4.3 6-8.4.5 6-8.5.3 6-8.5.5 6-8.7.1 6-8.8.2 6-8.8.3 6-8.8.4	Financial Education Responsibility STD-Sexually Transmitted Diseases	No graphics, just discussion.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide

Lesson 4: HIV/AIDS (20-30 minutes) (2-3 class days)	6-8.1.1 6-8.5.2 6-8.1.4 6-8.5.3 6-8.1.7 6-8.5.6 6-8.1.8 6-8.2.9 6-8.3.2 6-8.3.3	Immune System Transmission White Blood Cell Diagnosis Symptoms Treatment	No graphics, just discussion.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud.	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide

6th Grade Units for Nine Weeks

Unit/Topic: Unit 1: Health and Self-Esteem					
Essential Question(s): What makes up our health? What are the influence on out health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
Welcome to Health Class. Go over class routines and expectations. (2 days)	6-8.1.1 6-8.2.8 6-8.1.2 6-8.1.7 6-8.1.8 6-8.2.1 6-8.2.5	4 parts of Health Syllabus Notebook Organization Expectations	Introduce the class and the teacher. Develop relationships through class discussion. Notebook set up.	Check Notebooks and Syllabus.	Power Point Presentation Class Syllabus
Pre-Test and Grade Day (2-3 days)	6-8.1.1 6-8.5.2 6-8.1.7 6-8.6.3 6-8.1.8 6-8.2.1 6-8.2.3 6-8.2.4 6-8.2.5	Test allows student to get a preview of what Health is about. Many terms are learned and discussed.	Pre-Test	Test to evaluate student prior knowledge of Health and sample writing ability.	Test

Liscense Plate Activity (2 days)	6-8.1.8 6-8.2.6 6-8.2.1 6-8.2.7 6-8.2.3 6-8.2.8 6-8.2.4 6-8.4.4 6-8.2.5 6-8.5.1 6-8.6.1	Self-Concept Health	Students introduce themselves to the class. Focusing on things that make up our Health.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Included in Power Point Presentation
Unit 1: Health and Self-Esteem; Chapters 1 and 3. (2 days)	6-8.1.1 6-8.6.7 6-8.1.2 6-8.7.1 6-8.2.5 6-8.7.2 6-8.5.1 6-8.7.3 6-8.5.2 6-8.8.1 6-8.5.3 6-8.8.3 6-8.5.4 6-8.6.1 6-8.6.2 6-8.6.3	Wellness Heredity Environment Preventative Lifestyles Assessment Attitude Media Message Body Image Goal Setting	Teacher led class discussions over notes and reading in every lesson. Small group cooperative learning.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Class Power Point Canvas Textbook Internet Teacher Student Notebook Laptops

Unit/Topic: Unit 1: Health and Self-Esteem					
Essential Question(s): What makes up our health? What are the influence on out health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
	6-8.6.4 6-8.6.5 6-8.6.6	Decision Making Self-Esteem			

Lesson 1: 4 parts of Health (2 days)	6-8.1.1 6-8.1.2 6-8.1.5 6-8.1.7 6-8.1.8 6-8.2.8 6-8.2.9 6-8.3.1 6-8.3.3 6-8.4.1 6-8.4.2 	6-8.4.3 6-8.4.4 6-8.4.5 6-8.4.6 6-8.4.7 6-8.4.8 6-8.4.9 6-8.5.1 6-8.5.3 6-8.5.4 6-8.7.1 6-8.7.2 6-8.7.3 6-8.8.3 6-8.8.5 6-8.8.6 6-8.8.7	Physical Mental Social Emotional Wellness Hygiene Stress Communicate Character Health Assessment	Every lesson is teacher led. Students are encouraged to participate in the discussion.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 2: Influences on Health (2-3 days)	6-8.1.1 6-8.2.10 6-8.1.3 6-8.1.6 6-8.2.1 6-8.2.3 6-8.2.4 6-8.2.5	6-8.5.1 6-8.5.2 6-8.5.3 6-8.5.6 6-8.8.1 6-8.8.5 6-8.8.6 6-8.8.	Heredity Disease Disorders Environment Second-Hand Smoke Pollution	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 3: Making Good Choices (2 days)	6-8.1.1 6-8.1.8 6-8.2.8 6-8.2.9 6-8.3.1 6-8.3.4 6-8.4.2	6-8.5.1 6-8.5.2 6-8.5.3 6-8.5.4 6-8.5.5 6-8.6.6 6-8.8.3 6-8.8.5	Lifestyles Attitude Decisions Preventive Health Care Personal Responsibility	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide

Unit/Topic: Unit 1: Health and Self-Esteem
Essential Question(s): What makes up our health? What are the influence on out health?

Lesson & Duration	Standards & Objectives	Key Terms	Activities (formative)	Assessment (summative)	Resources
Lesson 4: Nine Life Skills for Better Health (2 days)	6-8.1.1 6-8.4.4 6-8.1.2 6-8.4.5 6-8.2.1 6-8.5.1 6-8.2.3 6-8.5.2 6-8.2.4 6-8.5.3 6-8.2.5 6-8.5.4 6-8.2.9 6-8.6.2 6-8.3.1 6-8.6.3 6-8.4.1 6-8.6.4 6-8.4.2 6-8.6.5 6-8.4.3 6-8.7.1 6-8.8.3 6-8.8.4 6-8.8.5 6-8.8.6 6-8.8.7	Evaluate Assess Progress Decision Making Setting Goals Refusal Skills Communication Coping Media Messages Wise Consumer Practice Wellness	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 5: Self-Esteem affect Life/Health (2-3 days)	6-8.1.1 6-8.8.1 6-8.2.1 6-8.8.3 6-8.2.3 6-8.8.5 6-8.2.4 6-8.8.6 6-8.2.6 6-8.8.7 6-8.7.3	High Self-Esteem Low Self-Esteem Benefits Influences Media Body Image	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide

Lesson 6: Self-Concept (1 day)	6-8.1.1 6-8.2.7 6-8.4.4	Self-Concept Academic Social Physical Strengths Weakness	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide Textbook Student Notebook Canvas Power Point Presentation of class notes

Unit/Topic: Unit 1: Health and Self-Esteem					
Essential Question(s): What makes up our health? What are the influence on out health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
					Student Study Guide
Lesson 7: Keys to Health Self-Esteem (1-2 days)	6-8.1.5 6-8.6.1 6-8.2.4 6-8.6.2 6-8.3.2 6-8.6.3 6-8.4.1 6-8.6.4 6-8.4.2 6-8.6.5 6-8.4.3 6-8.6.6 6-8.4.5 6-8.6.7 6-8.4.6 6-8.4.7 6-8.5.3 6-8.5.3 6-8.5.6	Integrity Honesty Respect Assertive Qualities Talent/Skill Goals Mindset Mentor Volunteer Community Sense of Humor	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide

Study Day (1-2 days)	All standards covered in the unit.	All keys terms with addition to vocabulary.	Small groups for cooperative learning.	Students will ask the teacher to review questions/answer with the class. Students will then work in small groups to check their answers and sentence structure.	Study guides Canvas Text Book
Test Day (1 day)	All standards covered in the unit.	All keys terms with addition to vocabulary.	Test that covers key terms through matching, multiple choice, True or False, and some short response.	Study guide is due before the test. Students have 10 minutes to ask any final questions. Test will include multiple choice, matching, true or false, and short answer.	Test
Grade Day and Intro Decision Making and Goals Setting	All standards covered in the unit.	All keys terms with addition to vocabulary.	Students grade their tests and are able to get immediate	Students are allowed to ask and discus questions	Red Pen Answer Key Textbook Canvas

Unit/Topic: Unit 1: Health and Self-Esteem					
Essential Question(s): What makes up our health? What are the influence on out health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
(1 day)			feedback. They are able to ask questions. I can reteach material.	over incorrect responses.	
Unit/Topic: Unit 2: Decision Making and Goal Setting;					
Essential Question(s): How and why do we make a good decision? What are influences on our decisions? Why are goals important? How do we set and reach goals?					

Lesson & Duration	Standards & Objectives	Key Terms	Activities (formative)	Assessment (summative)	Resources
Lesson 1: Decisions have Consequences (2 days)	6-8.1.1 6-8.1.7 6-8.1.8 6-8.2.9 6-8.5.1 6-8.5.2 6-8.5.3 6-8.5.4	Consequence Positive Negative Neutral	Teacher led class discussions over notes and reading in every lesson. Small group cooperative learning.	Every unit has a Study Guide and a Unit Test. Study guides will be used as check points.	Class Power Point Canvas Textbook Internet Teacher Student Notebook
Lesson 2: Plan to making a Good Decision (2-3 days)	6-8.1.1 6-8.4.4 6-8.2.1 6-8.4.5 6-8.2.8 6-8.5.1 6-8.2.9 6-8.5.2 6-8.3.3 6-8.5.3 6-8.3.4 6-8.5.4 6-8.4.1 6-8.4.2 6-8.4.3	Identify Consider Values Options Brainstorming Risks Benefits Act Evaluate	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 3: Influences on Decisions (2 days)	6-8.1.1 6-8.2.7 6-8.1.3 6-8.5.1 6-8.1.6 6-8.5.2 6-8.2.1 6-8.5.3 6-8.2.3 6-8.5.4 6-8.2.4 6-8.2.5	Family Environment Peer Pressure Media Influence Research Learn Information	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 4: Setting Goals (2 days)	6-8.2.8 6-8.6.1 6-8.4.6 6-8.6.2 6-8.5.2 6-8.6.3	Goal Values Interests	Bell work is to get the study guide out and go to the	Students will be answering questions on their	Textbook Student Notebook Canvas

Unit/Topic: Unit 1: Health and Self-Esteem					
Essential Question(s): What makes up our health? What are the influence on out health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**

	6-8.5.3 6-8.6.4 6-8.5.4 6-8.6.5 6-8.5.6 6-8.6.6	Short-Term Long-Term Relationships	page at the end of the question we left off on. Class discuss led by the teacher.	study guide with the teacher. Students will be asked to participate and share their answers aloud	Power Point Presentation of class notes Student Study Guide
Lesson 5: Plan to Reach Goals (1 day)	6-8.1.7 6-8.5.3 6-8.3.2 6-8.6.4 6-8.5.2 6-8.6.5 6-8.5.3 6-8.6.7	Success Persistence Perseverance Mistakes	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 6: Why Goals Change (1 day)	6-8.3.2 6-8.5.4 6-8.5.1 6-8.6.3 6-8.5.2 6-8.6.7 6-8.5.3	Progress Coping Flexibility Setbacks	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 7: Communication Skills (2 days)	6-8.1.1 6-8.4.9 6-8.3.2 6-8.5.2 6-8.4.1 6-8.5.3 6-8.4.2 6-8.5.4 6-8.4.3 6-8.5.5 6-8.4.4 6-8.5.6 6-8.4.5 6-8.4.6 6-8.4.7 6-8.4.8	Express Thoughts Clearly Active Listening Open-Minded Care Body Language Refusal Resistance Peer Pressure	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Study Day (1 day)	All standards covered in the unit.	Cooperative Learning. Working with Others towards a goal.	Small group for cooperative learning.	Students will ask the teacher to review questions/answer with the class.	Teacher Canvas Textbook

Unit/Topic: Unit 1: Health and Self-Esteem					
Essential Question(s): What makes up our health? What are the influence on out health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
		Personal Responsibility.		Students will then work in small groups to check their answers and sentence structure.	
Test Day (1day)	All standards covered in the unit.	All keys terms with addition to vocabulary.	Study guide is due before the test. Students have 10 minutes to ask any final questions. Study guide is due before the test. Students have 10 minutes to ask any final questions.	Test will include multiple choice, matching, true or false, and short answer.	Test
Grade Day and Intro Alcohol and Tobacco (1 day)		All keys terms with addition to vocabulary.	Grade test together. Students are encouraged to ask questions and clarifications.	Students are allowed to ask and discus questions over incorrect responses.	Red Pen Answer Key Textbook Canvas
Unit/Topic: Unit 3: Alcohol and Nicotine (Smoking and Vaping)					
Essential Question(s): What is a drug? What are the consequences of using or abusing alcohol and nicotine?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
Lesson 1: What kind of drug is in Alcohol and Nicotine. What a drug does. (1/2 day)	6-8.2.3 6-8.2.6 6-8.5.2 6-8.5.3 6-8.5.4 6-8.5.5 6-8.5.6	Depressant Stimulant Physiological	Teacher led class discussions over notes and reading. Small group cooperative learning.	Students will be given a test upon completion of the unit. Study guides will help prepare and offer as a check point.	Class Power Point Canvas Textbook Internet Teacher Student Notebook

Lesson 2: Why is the drinking and smoking age 21 (1 day)	6-8.1.1 6-8.5.6 6-8.1.8 6-8.2.7 6-8.2.9 6-8.5.3 6-8.5.4 6-8.5.5	Brain Development Addiction Overdose Alcohol Poisoning Laws/Fines	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class	Students will be answering questions on their study guide with the teacher. Students will be asked to participate	Textbook Student Notebook Canvas Power Point Presentation of class notes

Unit/Topic: Unit 1: Health and Self-Esteem					
Essential Question(s): What makes up our health? What are the influence on out health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
			discuss led by the teacher.	and share their answers aloud	Student Study Guide
Lesson 3: Why do teens drink and smoke/vape. (1/2 day)	6-8.1.1 6-8.2.8 6-8.1.3 6-8.2.9 6-8.1.6 6-8.4.5 6-8.2.1 6-8.4.6 6-8.2.3 6-8.4.7 6-8.2.4 6-8.5.1 6-8.5.3 6-8.5.5 6-8.5.6 6-8.6.3	Role Models Media Peers Family Coping with Stress	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 4: Alcohol effects on the Body (1 day)	6-8.1.1 6-8.1.8 6-8.5.1 6-8.5.2 6-8.5.3 6-8.5.6 6-8.6.3	Cirrhosis Liver Cardiovascular Cancer FAS Accidents Intoxication Reaction Time	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide

Lesson 5: Social effects of Alcohol (1/2 day)	6-8.1.1 6-8.5.3 6-8.1.8 6-8.5.4 6-8.2.7 6-8.5.6 6-8.5.1	Relationships Abuse Legal Consequences	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 6: Alcoholism. (1/2 day)	6-8.1.1 6-8.1.8 6-8.3.3 6-8.3.4 6-8.5.1 6-8.5.2 6-8.5.3 6-8.5.6	Tolerance Withdrawal Addiction Mental Emotional Physical Binge Drinking Decision Making	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide

Unit/Topic: Unit 1: Health and Self-Esteem					
Essential Question(s): What makes up our health? What are the influence on out health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
Lesson 7: Other ways to have fun and reduce stress (1/2 day)	6-8.1.1 6-8.5.1 6-8.1.5 6-8.5.2 6-8.2.4 6-8.5.5 6-8.2.9 6-8.5.6 6-8.3.4	Communication Activity Hobbies	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide

Lesson 8: What is nicotine and the 3 most harmful substances in tobacco smoke. (1/2 day)	6-8.1.8 6-8.3.2 6-8.3.3 6-8.3.4 6-8.5.3 6-8.5.5 6-8.5.6	Tar Carbon Monoxide Nicotine	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 9: Affects of smoking and vaping on the body. (1/2 day)	6-8.1.1 6-8.1.8 6-8.3.1 6-8.3.3 6-8.5.2 6-8.5.3 6-8.5.6	Cancer Heart Disease Cardiovascular Emphysema Bronchitis SIDS Non-smokers Appearance	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 10: Smokeless tobacco and other Tobacco products. (1/2 day)	6-8.1.8 6-8.3.3 6-8.5.2 6-8.5.3 6-8.5.6	Pipes Vaping Chewing Tobacco Snuff	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 11: Addiction (1/2 day)	6-8.1.1 6-8.5.2 6-8.3.3 6-8.5.3 6-8.4.6 6-8.5.4	Tolerance Withdrawal Addiction	Bell work is to get the study guide out and go to the	Students will be answering questions on their	Textbook Student Notebook Canvas

Unit/Topic: Unit 1: Health and Self-Esteem					
Essential Question(s): What makes up our health? What are the influence on out health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**

	6-8.4.7 6-8.5.6 6-8.4.9		page at the end of the question we left off on. Class discuss led by the teacher.	study guide with the teacher. Students will be asked to participate and share their answers aloud	Power Point Presentation of class notes Student Study Guide
Lesson 12: Getting Help to Quit Nicotine. (1/2 day)	6-8.1.1 6-8.4.5 6-8.1.5 6-8.4.6 6-8.3.3 6-8.4.7 6-8.4.1 6-8.4.8 6-8.4.3 6-8.4.9 6-8.5.3 6-8.5.1	Nicotine Replacement Communication	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Lesson 13: How to Say No to Peer Pressure and ways to relax/deal with stress. (1/2 day)	6-8.1.1 6-8.4.5 6-8.1.5 6-8.4.7 6-8.1.7 6-8.5.2 6-8.2.4 6-8.5.3 6-8.2.8 6-8.5.5 6-8.4.1 6-8.5.6 6-8.4.3 6-8.6.3	Refusal Assertive Curiosity Role Model Leaders Self-Esteem Brainstorm	Bell work is to get the study guide out and go to the page at the end of the question we left off on. Class discuss led by the teacher.	Students will be answering questions on their study guide with the teacher. Students will be asked to participate and share their answers aloud	Textbook Student Notebook Canvas Power Point Presentation of class notes Student Study Guide
Study Day (1 day)	All standards covered in the unit.	All keys terms with addition to vocabulary.	Teacher open review for any questions. Students work in cooperative learning groups to check answers and sentence structure. Peer editing.	Students will ask the teacher to review questions/answer with the class. Students will then work in small groups to check their answers and sentence structure.	Student Study Guide
Test Day (1 day)	All standards covered in the unit.	All keys terms with addition to vocabulary.	Study guide is due before the test. Students have 10 minutes to ask any final questions.	Test will include multiple choice, matching, true or false, and short answer.	Test Student Answer Sheet
Unit/Topic: Unit 1: Health and Self-Esteem					

Essential Question(s): What makes up our health? What are the influence on out health?					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**
Grade Day (1 day)	All standards with addition to vocabulary.	All keys terms with addition to vocabulary.	Students grade their tests and are able to get immediate feedback. They are able to ask questions. I can reteach material.	Students are allowed to ask and discus questions over incorrect responses.	Red Pen Answer Key Textbook Canvas

Unit/Topic:					
Essential Question(s):					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**

Unit/Topic:					
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Unit/Topic:					
Essential Question(s):					
Lesson & Duration	**Standards & Objectives**	**Key Terms**	**Activities (formative)**	**Assessment (summative)**	**Resources**