

# HS Health Cycle 1

## Huntingdon Area School District

UNITS (2/2 SELECTED)

- Unit 1: Physical Activity and Nutrition
- Unit 2: Injury Prevention and Environmental Health

SUGGESTED DURATION

*18 lessons*  
*15 lessons*

# Unit 1: Physical Activity and Nutrition

## HS Health Cycle 1

### UNIT OVERVIEW

Students will learn importance of fitness and healthy eating and the impact on one's lifespan.

### STANDARDS/EXPECTATIONS

#### Pennsylvania - Grade 12 - Health, Safety, and Physical Education

10.1.12.B

10.3.12.D

10.4.12.A

10.4.12.B

10.4.12.C

10.4.12.D

10.4.12.E

10.4.12.F

10.5.12.D

#### Pennsylvania - Grade 9 - Health, Safety, and Physical Education

10.4.9.B

10.4.9.C

10.4.9.D

10.4.9.E

10.4.9.F

10.5.9.A

10.5.9.D

### BIG IDEAS

#### Big Ideas

- physical activity is important through one's life
- nutritional choices impact one's health in positive or negative ways
- maintaining a healthy weight can influence all three sides of the health triangle

### ESSENTIAL QUESTIONS

#### Essential Questions

- how can physical activity (or inactivity) impact one's social, emotional, and physical health?
- how can nutritional choices impact one's social, emotional, and physical health?
- how can weight management and diets influence one's social, emotional, and physical health?

# Unit 1: Physical Activity and Nutrition

## HS Health Cycle 1

### LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know . . . . (Acquired Knowledge)	Students can do . . . . (Acquired Skill)
-understand the importance of regular physical activity	chapter test on vocabulary, content, and life application
-examine the effects of regular physical activity on body systems	chapter test on vocabulary, content, and life application
-discover ways to incorporate physical activity into daily life	chapter test on vocabulary, content, and life application
-understand how to improve each of the five health areas of health-related fitness	chapter test on vocabulary, content, and life application
-learn to set realistic fitness goals	chapter test on vocabulary, content, and life application
-analyze strategies for preventing and responding to accidental injuries related to physical activity	chapter test on vocabulary, content, and life application
-explain the differences between nutrition, quality of life, and disease	chapter test on vocabulary, content, and life application
-describe the six basic nutrients in maintaining health	chapter test on vocabulary, content, and life application
-evaluate the concepts of variety and moderation using dietary guidelines by the USDA	chapter test on vocabulary, content, and life application
-learn how to utilize the information on food labels	chapter test on vocabulary, content, and life application
-examine the relationship between body composition, diet, and fitness	chapter test on vocabulary, content, and life application
-describe healthy ways to lose weight	chapter test on vocabulary, content, and life application
-describe the causes, symptoms, and treatments of eating disorders	chapter test on vocabulary, content, and life application

# Unit 1: Physical Activity and Nutrition

## HS Health Cycle 1

### EVIDENCE OF LEARNING & ASSESSMENT

Name of Assessment	Type (formative, summative, project-based, diagnostic)	Description
Chapter 4 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 5 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 6 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 4 Homework/Calorie Project	formative	tracking calories exerted/intake from your own diet over 2 days
Chapter 5 Homework	summative	create a detailed/creative restaurant menu
Chapter 6 Homework	summative	create a healthy diet that sounds like a fad diet

### ATTACHMENTS

 Ch\_4\_Caloric\_Expenditure\_HW.docx

 Ch\_5\_Restaurant\_Menu\_HW.docx

 Ch\_6\_Diet\_HW\_Poster.docx

# Unit 2: Injury Prevention and Environmental Health

## HS Health Cycle 1

### UNIT OVERVIEW

Students will learn strategies to prevent accidental injury, respond to emergencies, and connect how health is impacted by environmental issues

### STANDARDS/EXPECTATIONS

#### Pennsylvania - Grade 12 - Health, Safety, and Physical Education

10.1.12.E

10.2.12.B

10.2.12.C

10.2.12.D

10.2.12.E

10.3.12.A

10.3.12.B

10.3.12.C

10.3.12.D

#### Pennsylvania - Grade 9 - Health, Safety, and Physical Education

10.2.9.C

10.2.9.D

10.2.9.E

10.3.9.A

10.3.9.B

10.3.9.C

10.3.9.D

### BIG IDEAS

#### Big Ideas

- accidents can happen at home, work, and during recreational activities
- first aid and CPR are important skills to saving a life
- environmental health can be impacted by human choices

### ESSENTIAL QUESTIONS

#### Essential Questions

- how can accidents (at home, work, recreational) be prevented?
- how can first aid and CPR save lives?
- what are strategies to conserve resources and protect the environment?

# Unit 2: Injury Prevention and Environmental Health

## HS Health Cycle 1

### LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know . . . . (Acquired Knowledge)	Students can do . . . . (Acquired Skill)
demonstrate knowledge of strategies to prevent accidental injuries at home and work	chapter test on vocabulary, content and life application
analyze strategies for preventing accidental injuries that occur during recreational activities	chapter test on vocabulary, content and life application
associate risk taking during recreational activities with consequences, such as accidental injuries	chapter test on vocabulary, content and life application
analyze strategies for preventing accidental injuries during severe weather and natural disasters and demonstrate the ability to communicate safety procedures during such events	chapter test on vocabulary, content and life application
relate the nation's goals and objectives to individual, family, and community health	chapter test on vocabulary, content and life application
understand the nation's goals and objectives to individual, family, and community health and how to apply appropriate first aid procedures	chapter test on vocabulary, content and life application
understand the importance of learning first aid	chapter test on vocabulary, content and life application
identify appropriate first aid for responding to life-threatening emergencies	chapter test on vocabulary, content and life application
relate the nation's environmental health goals and objectives to individual, family, and community health	chapter test on vocabulary, content and life application
identify sources of air pollution and strategies for reducing it	chapter test on vocabulary, content and life application
evaluate information relating to a variety of critical environmental health issues, such as strategies to reduce land and water pollution	chapter test on vocabulary, content and life application
learn how to influence the laws on health-related environmental issues	chapter test on vocabulary, content and life application
identify strategies for conserving resources, pre-cycling, and recycling	chapter test on vocabulary, content and life application

## Unit 2: Injury Prevention and Environmental Health

### HS Health Cycle 1

Knowledge	Skills
describe a variety of community and world environmental protection programs	chapter test on vocabulary, content and life application

#### EVIDENCE OF LEARNING & ASSESSMENT

Name of Assessment	Type (formative, summative, project-based, diagnostic)	Description
Chapter 27 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 28 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 29 Pathways Project	summative	pre-test, selection of activities for student choice and voice
Chapter 27 Homework	formative	posters - public service announcements
Chapter 28 Homework	formative	dealing with emergencies - scenario worksheet to apply information from lessons to real life situations
Chapter 29 Homework	formative	note packet graphic organizers

#### ATTACHMENTS

 Chapter\_29\_Pathway\_Smorgasbord\_2022.docx