

# HS Health Cycle 2

## Huntingdon Area School District

UNITS (2/2 SELECTED)

SUGGESTED DURATION

- Unit 1: Personal Care and Body Systems
- Unit 2: Unit 2: Tobacco, Alcohol, and Other Drugs

*22 lessons*  
*13 lessons*

# Unit 1: Personal Care and Body Systems

## HS Health Cycle 2

### UNIT OVERVIEW

Students will examine body systems structure and anatomy and analyze the impact of disease.

### STANDARDS/EXPECTATIONS

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

10.1.9.B 10.1.9.E 10 10.1 10.2 10.2.9.A 10.2.9.B 10.2.9.E

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

10.1 10.1.12.A 10.1.12.B 10.1.12.C 10 10.1.12.D 10.1.12.E 10.2 10.2.12.A

10.2.12.B 10.2.12.C 10.2.12.D 10.2.12.E 10.4.12.B 10.4.12.C

### BIG IDEAS

#### Big Ideas

- life choices can impact human body systems as well as mental and emotional health
- all body systems work together to sustain life
- drugs and alcohol can negatively impact all body systems

### ESSENTIAL QUESTIONS

#### Essential Questions

- how do disease and disorders impact body systems and how can health decisions affect this impact?
- how do drugs and alcohol impact one's health?
- how do body systems depend on each other to function?
- how does addiction influence health action in communities?

# Unit 1: Personal Care and Body Systems

## HS Health Cycle 2

### LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know . . . . (Acquired Knowledge)	Students can do . . . . (Acquired Skill)
examine structure and function of skin	chapter test on vocabulary, content and life application
recognize early warning signs that lead to detection of skin diseases	chapter test on vocabulary, content and life application
identify parts of the tooth	chapter test on vocabulary, content and life application
examine the effects of health behaviors on prevention of diseases of the mouth and teeth	chapter test on vocabulary, content and life application
identify the parts of the eye and ear	chapter test on vocabulary, content and life application
examine the effects of health behaviors on the eye and ear	chapter test on vocabulary, content and life application
describe, identify, and explain the functions of the skeletal system	chapter test on vocabulary, content and life application
describe, identify, and explain the functions of the muscular system	chapter test on vocabulary, content and life application
differentiate between the central and peripheral nervous systems	chapter test on vocabulary, content and life application
examine the effects of health behaviors on the central nervous system	chapter test on vocabulary, content and life application
identify the structures and functions of the cardiovascular system	chapter test on vocabulary, content and life application
identify the structures and functions of the respiratory system	chapter test on vocabulary, content and life application
examine the effects of health behaviors on the cardiovascular system	chapter test on vocabulary, content and life application
examine the effects of health behaviors on the respiratory system	chapter test on vocabulary, content and life application

# Unit 1: Personal Care and Body Systems

## HS Health Cycle 2

Knowledge	Skills
identify the structures of the digestive system and how personal health relates to digestion	storybook project
identify the structures and functions of the urinary system	storybook project

### EVIDENCE OF LEARNING & ASSESSMENT

Name of Assessment	Type (formative, summative, project-based, diagnostic)	Description
Chapter 14 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 15 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 16 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 17 Project	summative	Digestive System Storybook
Chapter 14 Homework	formative	posters - public service announcements
Chapter 15 Homework	formative	quizizz
Chapter 16 Homework	formative	EdPuzzles on Heart and Respiratory Systems
Chapter 17 Homework	formative	WebQuest Search

### ATTACHMENTS

 Chapter\_17\_Storybook\_Project.docx

# Unit 2: Unit 2: Tobacco, Alcohol, and Other Drugs

## HS Health Cycle 2

### UNIT OVERVIEW

Students will analyze the impact of various drugs and alcohol on all body systems as well as all aspects of health (physical, mental/emotional, and social health) consequences.

### STANDARDS/EXPECTATIONS

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

10 10.1 10.1.12.B 10.1.12.A 10.1.12.D 10.1.12.E 10.2 10.2.12.A 10.2.12.B  
10.2.12.C 10.2.12.D 10.2.12.E 10.3.12.C 10.4.12.C 10.4

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

10.1 10.1.9.D 10.1.9.E 10.2 10.2.9.A 10.2.9.B 10.2.9.C 10.2.9.D 10.2.9.E  
10.3.9.C

### BIG IDEAS

#### Big Ideas

- overview of substances and nature of those chemicals
- impact of abuse of drugs and alcohol on different body systems
- life choices from abuse and addiction can impact all aspects of health
- review techniques and resources for addiction and abuse
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### ESSENTIAL QUESTIONS

#### Essential Questions

- what impacts do drugs, tobacco, and alcohol have on individual health as well as society? how might those impacts drive policy or funding?
- how could addiction and abuse affect relationships (family, work, friendship, etc)?
- in what way are body systems impacted by the choice to use or refrain from drugs and alcohol?

## Unit 2: Unit 2: Tobacco, Alcohol, and Other Drugs

### HS Health Cycle 2

#### LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know . . . . (Acquired Knowledge)	Students can do . . . . (Acquired Skill)
describe the harmful substances contained in tobacco and tobacco smoke	chapter test on content, vocabulary, and life application
examine the harmful effects of tobacco use on the body systems	chapter test on content, vocabulary, and life application
analyze the harmful effects of tobacco, such as physical, mental, social, and legal consequences	chapter test on content, vocabulary, and life application
identify factors that influence decisions	chapter test on content, vocabulary, and life application
analyze the harmful effects of alcohol	chapter test on content, vocabulary, and life application
explain the role that alcohol plays in unsafe situations	chapter test on content, vocabulary, and life application
develop strategies for preventing the use of alcohol	chapter test on content, vocabulary, and life application
demonstrate refusal strategies	chapter test on content, vocabulary, and life application
analyze the importance of alternatives to substance abuse	chapter test on content, vocabulary, and life application
examine the short-term effects of alcohol use	chapter test on content, vocabulary, and life application
recognize the dangers of alcohol/drug interactions	chapter test on content, vocabulary, and life application
examine the effects of alcohol on body systems	chapter test on content, vocabulary, and life application
identify health related services for prevention and treatment	chapter test on content, vocabulary, and life application
identify the difference between prescription and over the counter drugs	chapter test on content, vocabulary, and life application
analyze the harmful effects of marijuana, inhalents, steroids, and other substances	chapter test on content, vocabulary, and life application
examine the harmful effects of psychoactive drugs	chapter test on content, vocabulary, and life application
describe the harmful substances in marijuana, inhalents, steroids, and other substances	chapter test on content, vocabulary, and life application

## Unit 2: Unit 2: Tobacco, Alcohol, and Other Drugs

### HS Health Cycle 2

Knowledge	Skills
describe the harmful substances in psychoactive	chapter test on content, vocabulary, and life application

#### EVIDENCE OF LEARNING & ASSESSMENT

Name of Assessment	Type (formative, summative, project-based, diagnostic)	Description
Chapter 21 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 22 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 23 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 21 Homework	formative	kahoot
Chapter 22 Homework	formative	worksheets: advertisement, vocabulary, quick check quiz
Chapter 23 Homework	formative	worksheets: bumper sticker, advice column action plan