

HS Health Cycle 3

Huntingdon Area School District

UNITS (2/2 SELECTED)

- Unit 1: Growth and Development
- Unit 2: Promoting Safe and Healthy Relationships

SUGGESTED DURATION

16 lessons

16 lessons

Unit 1: Growth and Development

HS Health Cycle 3

UNIT OVERVIEW

Students will learn concepts of human development, genetic diseases and disorders related to pregnancy, analyze life choices on growth and development, identify changes during stages of life and development, and analyze lifestyle behaviors that promote health and prevent disease throughout the lifespan.

STANDARDS/EXPECTATIONS

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

10.1.12.A

10.1

10

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

BIG IDEAS

Big Ideas

- There are many facets to fetal development that impact physical, mental, emotional, and social health and how to care for mother throughout the process
- Identify and explain stages of development in adolescents, teens, young adults, and older adults

ESSENTIAL QUESTIONS

Essential Questions

- what are the risks to pregnancy and what behaviors can support a healthy pregnancy?
- what developmental tasks and physical/mental/social changes occur from birth to death?

Unit 1: Growth and Development

HS Health Cycle 3

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
explain fetal development from conception through pregnancy and birth	chapter test on vocabulary, content and life application
recognize how nutrients and other substances are transferred from a pregnant female to her fetus	chapter test on vocabulary, content and life application
analyze how harmful effects of tobacco, alcohol, and other substances can harm the fetus	chapter test on vocabulary, content and life application
explain the role of genetics and the role in fetal development, particularly in identifying common disorders	chapter test on vocabulary, content and life application
identify and explain the developmental tasks of childhood	chapter test on vocabulary, content and life application
evaluate positive effects of peers, family, and friends on physical and emotional health	chapter test on vocabulary, content and life application
distinguish between a dating relationship and marriage	chapter test on vocabulary, content and life application
identify and analyze lifestyle behaviors that promote health and prevent disease	chapter test on vocabulary, content and life application

Unit 1: Growth and Development

HS Health Cycle 3

EVIDENCE OF LEARNING & ASSESSMENT

Name of Assessment	Type (formative, summative, project-based, diagnostic)	Description
Chapter 18 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 19 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 20 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 18 Homework	formative	EdPuzzle on Male and Female Reproductive Systems
Chapter 19 Homework	formative	Quizizz on prenatal development
Chapter 20 Homework	formative	Kahoot on Adolescence and the Life Cycle

Unit 2: Promoting Safe and Healthy Relationships

HS Health Cycle 3

UNIT OVERVIEW

Students will identify types of relationships, apply techniques and skills to promote a variety of healthy relationships, develop refusal skills and conflict resolution strategies, and apply these skills to scenarios and examples.

STANDARDS/EXPECTATIONS

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

10.1.9.A

10.1.9.E

10.2

10.2.9.A

10.2.9.C

10.2.9.D

10.3.9.C

10.3.9.D

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

10.1.12.E

10.2

10.2.12.B

10.2.12.C

BIG IDEAS

Big Ideas

- Identify character traits, empathy, conflict resolution skills, decision making skills, and strategies to improve and analyze relationships whether in person peers or online connections
- Communication skills can have a positive or negative impact on relationships and can affect one's physical, mental, emotional, and social health

ESSENTIAL QUESTIONS

Essential Questions

- what are the skills necessary to developing and maintaining healthy relationships?
- where are positive and negative effects of peers and friends on one's physical/mental/emotional/social health?

Unit 2: Promoting Safe and Healthy Relationships

HS Health Cycle 3

LEARNING TARGETS: KNOWLEDGE & SKILLS

Knowledge	Skills
Students will know (Acquired Knowledge)	Students can do (Acquired Skill)
identify the qualities and character traits that promote healthy relationships with friends	chapter test on vocabulary, content, and life application
describe how to promote health and reduce risks	chapter test on vocabulary, content, and life application
demonstrate empathy towards others	chapter test on vocabulary, content, and life application
recognize the need of avoiding judgement on other groups of people	chapter test on vocabulary, content, and life application
understand the value in accepting diversity	chapter test on vocabulary, content, and life application
identify the positive and negative effects of peers and friends on physical, mental/emotional, and social health	chapter test on vocabulary, content, and life application
analyze and apply strategies for avoiding violence	chapter test on vocabulary, content, and life application
demonstrate and be able to avoid and reduce threatening situations	chapter test on vocabulary, content, and life application
recognize the possible risks involved with online communications	chapter test on vocabulary, content, and life application
demonstrate refusal and conflict resolution skills	chapter test on vocabulary, content, and life application
identify decision-making skills that promote a healthy lifestyle	chapter test on vocabulary, content, and life application

Unit 2: Promoting Safe and Healthy Relationships

HS Health Cycle 3

EVIDENCE OF LEARNING & ASSESSMENT

Name of Assessment	Type (formative, summative, project-based, diagnostic)	Description
Chapter 10 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 11 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 12 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 13 Test	summative	multiple choice, vocabulary matching, modified true false, open ended application questions
Chapter 10 Homework	formative	vocabulary review and application in student created story
Chapter 11 Homework	formative	health family history
Chapter 12 Homework	formative	random acts of kindness
Chapter 13 Homework	formative	public service announcement posters