

# WESTSIDE CURRICULUM MAP

**Westside Middle School**

**Teacher:** Engle

**Grade:** 7

**Content:** Health

**Revised Date:** 2/19/15

<b>Unit Goal:</b>		
<b>Frameworks / CCSS</b>	<b>Content</b>	<b>Skills</b>
<p>HW.11.7.1 Examine skills necessary to manage <i>mental and emotional health</i>:</p> <ul style="list-style-type: none"> <li>· defense mechanisms</li> <li>· self-talk</li> <li>· coping skills</li> <li>· <i>stress management</i></li> </ul> <p>HW.9.7.2 Develop solution skills for conflict:</p> <ul style="list-style-type: none"> <li>● avoidance</li> <li>● resolutions confrontation</li> </ul>	<p>(1)Total Health, Wellness, Mind-Body Connection (2)Media messages, Decision making skills, Goal setting,</p> <p>(3) Heredity,cultural background (4) Risks, prevention,Abstinence</p>	<p><i>The student will....able to identify the 3 parts of the health triangle. Students will also evaluate media messages such as commercials, internet, magazines and Radio.</i></p> <p>The student will be able to create and apply refusal skills that may be used when pressured by others to exhibit or display inappropriate behavior. Students will analyze their own heredity and Traits. Students will Identify Risk factors that affect their overall health.</p>
<b>Activities</b>		<b>Assessments</b>
<p>students develop their own health triangle. role play to help develop refusal skills. Group Discussions Student led Discussions 9/11 video showing mental and emotional stress management skills. coping skills and how how the body can be harmed by chemicals, Dust and Debris</p>		<p>Teacher evaluation Chapter Reviews Chapter tests Activity Sheets</p>
		<b>Resources</b>
		<p>Health Book: Ch. 1, Lessons 1-2 Ch. 1, Lessons 3-4 Activity sheets media (health videos)</p>

<b>Unit Goal:</b>			
<b>Frameworks / CCSS</b>	<b>Content</b>	<b>Skills</b>	
HW.10.7.6 Identify the legal issues and discuss the consequences of alcohol use and/or possession: <ul style="list-style-type: none"> <li>· under age</li> <li>· <i>blood alcohol concentration (BAC)</i></li> <li>· <i>driving under the influence (DUI)</i></li> </ul>	Alcohol use and abuse  alcohol use among teens Binge drinking, drunk driving, alternatives to drinking	<i>The student objective will be to learn about alcohol and how it affects their body. The difference in alcohol use and abuse. How alcohol affects family and relationships. The dangers of drinking and driving.</i>	
<b>Activities</b>		<b>Assessments</b>	<b>Resources</b>
Group discussions, individual stories related to alcohol, Field sobriety tests with drunk goggles Driving tests with golf cart and drunk goggles/Weather permitting. DWI videos depicting scenarios of drunk driving accidents.		Activity Sheet Field sobriety Test 9 step walk and turn Golf cart driving course Chapter reviews Chapter Tests	Health book Chapter 1, Lessons 1-3 Ch. 9, Lessons 4-5 advanced field sobriety training Instructor knowledge Law enforcement resources.

Unit Goal:			
Frameworks / CCSS	Content	Skills	
<p>HW.10.7.7 Identify the physical, emotional, and social effects of the following <i>drugs</i>:</p> <ul style="list-style-type: none"> <li>• <i>prescription drugs</i></li> <li>• crystal methamphetamine</li> <li>• “date-rape <i>drug</i>”</li> <li>• performance-enhancing <i>drugs</i></li> <li>• marijuana</li> <li>• over-the-counter drugs</li> <li>• other dangerous drugs</li> </ul> <p>HW.10.7.8 Discuss legal boundaries involved with the use and abuse of each <i>drug</i> category</p> <p style="text-align: right;">HW.10.7.9 Analyze the legal and social consequences of repetitive <i>illicit drug</i> offenses</p>	<p>Drugs, OTC, Tolerance, Overdose, Types of Drugs mental/emotional effects of drug use</p> <p>Consequences of drug use, legal issues, Drugs and Crime, alternatives to drug use.</p>	<p><i>The student will....be able to define otc, recognize the risk of using illegal drugs such as marijuana, amphetamines, Hallucinogens, and club drugs.</i></p> <p><i>students will also be able to discuss the legal consequences of using or possessing illegal drugs.</i></p>	
Activities		Assessments	Resources
<p>Guest speaker demonstrations K-9 demos Group discussions, Activity sheets of content Concept mapping Group work developing strategies to to stay drug free Group work developing a public service announcement to help your peers stay drug free. Drug free videos</p>		<p>Activity Sheets Group Discussions Chapter Reviews Chapter Tests Teacher reviews</p>	<p>Health Book: Ch. 1, Lessons 1-3 Ch. 10, Lessons 3-4 Guest Speakers Instructor knowledge Drug enforcement Law enforcement Experience Drug free videos</p>

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