

**Rogers Public Schools Instructional Alignment  
Physical Education - High School Health**

Q1/ Q3	Q2/ Q4	CCSS Reading	CCSS Writing	Essential Learning	SLE Number	AR Department of Education Student Learning Expectations (SLE)	Objective	Task Analysis	Essential Vocabulary	Materials/Resources	Instruction Strategies	Assessme
	x	RST.11-12.1	WHST:9-10.2	Alcohol, Tobacco, and Other Drugs	ATOD.5.HW.4	Evaluate personal use and the effects of prescription and non-prescription drugs (e.g. abuse, dependency, financial costs, misuse, side effects)	Evaluate personal usage and effects of prescription and non-prescription drugs or over-the-counter medicine (e.g., abuse, misuse, combining medications, dependency, side effects, financial costs)	*Develop a pamphlet to educate others about the best ways of getting nutrients needed for good health. *Students will go to Health. Glencoe.com and complete the eye on the media act. For Ch. 23. *Discuss knowledge of steroids. *Research antibiotic resistance.	Analgesics Additive Interaction, Antagonistic Interaction, Drugs, Vaccines Synergistic Effects Side Effects Medicines	Glencoe Health - Chap 23		
	x	RST.11-12.1	WHST:9-10.2	Alcohol, Tobacco, and Other Drugs	ATOD.5.HW.2	Evaluate the harmful effects of tobacco use: -Cardiovascular disease -Second-hand smoke -Cancer -Emphysema -Gum disease  Financial cost	Evaluate the harmful effects of tobacco use: -Cardiovascular disease -Second-hand smoke -Cancer -Emphysema -Gum disease  Financial cost	*Students will calculate the cost of smoking one pack of cigarettes a day beginning at age 15-65. *Name steps to be taken to protect children from exposure to environmental tobacco smoke.	Environmental tobacco smoke Mainstream Smoke Side stream Smoke	Glencoe Health - Chap 21 Various Diagrams Visuals (lungs, smoking manikin, etc.) Video - "Truth About Smoking" Bev. Henderson - guest speaker/Jones Center		
	x	RST. 11-12.1	WHST. 9-10.2	Alcohol, Tobacco, and Other Drugs	ATOD.5.HW.3	Appraise methods for cessation of tobacco use (e.g., patch, gum, treatment programs)	Appraise methods for cessation of tobacco use (e.g., patch, gum, treatment programs)	*Identify three sources of help for people who want to quit tobacco use; Doctor, tobacco cessation program, American Lung Association CDC, Prevention	Withdrawal Nicotine substitute Cessation	Glencoe Health - Chap 21 Various Diagrams Visuals (lungs, smoking manikin, etc.) Video - "Truth About Smoking" Bev. Henderson - guest speaker/Jones Center		
	x	RST.11-12.1	WHST. 9-10.2	Alcohol, Tobacco, and Other Drugs	ATOD.5.HW.1	Investigate the effects of alcohol abuse (e.g., death, DUI, high risk behaviors, physical symptoms of alcohol poisoning): - liver disease: - fetal alcohol syndrome (FAS) - relationship dynamics - binge drinking	Investigate the effects of alcohol abuse: -Liver disease -Fetal alcohol syndrome (FAS)  Relationship dynamics	*Compare the components of a healthy liver with the liver that has been damaged by alcohol use. *Explain the effect of FAS on the fetus	Cirrhosis of the liver Alcohol Hepatitis FAS	Glencoe Health - Chap 22 Videos on Alcohol Officer Bruster/RPD		
	x	RST.11-12.1 RST.11-12.2	WHST. 9-10.2	Alcohol, Tobacco, and Other Drugs	ATOD.5.HW.5	Assess the effects of legal and illegal drugs on the body: -Short term -Long term -Physiological  Physiological	Assess the effects of legal and illegal drugs on the body: -Short term -Long term -Physiological  Physiological	*Retell the reason for, and the correct position of the recovery position. *List the effects of drugs on the body, short and long term.	Overdose Tolerance Withdrawal Addiction	Glencoe Health - Chap 23 Videos on each drug discussed in text: marijuana, LSD, inhalants, etc.		
	x	RST.11-12.1	WHST. 9-10.2	Alcohol, Tobacco, and Other Drugs	ATOD.5.HW.6	Investigate treatment options for alcohol and drug abuse (e.g., AA, resident treatment centers, detoxification centers)	Investigate treatment options for alcohol and drug abuse (e.g., AA, resident treatment centers, detoxification centers)	*Identify specific people who can help if a friend or family member is using drugs.	Outpatient treatment Short term treatment Maintenance Therapy Therapeutic Community	Glencoe Health - Chap 23		
	x	RST.11-12.1 RST.11-12.2	WHST. 9-10.2	Alcohol, Tobacco, and Other Drugs	ATOD.5.HW.7	Design and implement a personal action plan for avoiding the use of harmful products (e.g., personal journal, research paper, counseling, personal health behavior contract)	Design and implement a personal action plan for avoiding the use of harmful products (e.g., personal journal, research paper, counseling, personal health behavior contract)	*Locate as many community resources as possible. *Consider strategies to help others make responsible choices about alcohol.	Alcohol Abuse Intoxication Environmental tobacco smoke	Glencoe Health - Chap 21 Chap 22 Chap 23		

	x	WHST.9-10.2	RST.11-12.2	Community Health Promotion	CHP.3.HW.1	Access resources that aid an individual in maintaining a healthy lifestyle (e.g., American Red Cross, American Heart Association, Health Department, Department of Human Services, hospitals, HIV/AIDS clinics, emergency management teams, mental health agencies, State Dental Associations, school)	Identify resources in the community that will aid an individual in maintaining a healthy lifestyle (e.g., Health Department, Department of Human Services, hospitals, HIV/AIDS clinics, American Red Cross, American Heart Association, emergency management teams, State Dental Associations, mental health agencies)	*Construct an index card for each stationary phone with phone numbers of all emergency organizations in the area. *List the services the Red Cross provides.*List National Health Agencies	Public Health Advocacy Preventive Care Health Care System Health Insurance	Glencoe Health - Chap 3 Guest Speakers - various topics: eating disorders, school nurse, dietician from St. Mary's, etc) Various videos on topic		
	x	WHST.9-10.1	RST.11-12.2	Community Health Promotion	CHP.3.HW.2	Examine factors that influence choices related to current health products (e.g., culture, family, food labels, media, peers)	Examine wellness plans dealing with health and fitness: -school -local -state -federal	*State Home test approved by the FDA	Consumer Advocate Primary Care physician Malpractice Health Fraud	Glencoe Health - Chap 3 Guest Speakers - various topics: eating disorders, school nurse, dietician from St. Mary's, etc) Various videos on topic		
	x	WHST.9-10.2	RST.11-12.1	Community Health Promotion	CHP.3.HW.4	Analyze the impact of the environment on personal and community health: access to recreational facilities, quality of air and water, smoke free environment	Evaluate factors for environmental hazards. Describe the government organizations and their role in environmental safety.	Research laws requiring smoke free environments. Research what are recyclable products and how long the product would take to break down if left in landfill.	Recycling, Landfill, Clean Air Act, Clean Water safety,	Glencoe Health-- Chapter 28-- Environment		
	x	WHST.9-10.1	RST.11-12.6	Community Health Promotion	CHP.3.HW.3	Analyze the validity of advertisements surrounding health supplements, food products, and gimmicks (e.g., billboards, books, magazines, media, Internet)	Discuss the validity of advertisements surrounding health supplements, food products, and gimmicks	*Collect articles on general interest in women's magazines. *Compare information and knowledge of nutrition with fad diets.	Fraud Online Shopping	Glencoe Health - Chap 3 Guest Speakers - various topics: eating disorders, school nurse, dietician from St. Mary's, etc) Various videos on topic		
	x	WHST.9-11.2	RST.11-12.7	Community Health Promotion	CHP.3.HW.5	Describe the procedure to become an organ and tissue donor (e.g., Arkansas Regional Organ Recovery Agency [ARORA)	Describe the procedure to become an organ donor through various organizations such as Arkansas Regional Organ Recovery Agency (ARORA)	Research criteria needed to be an organ donor.	Blood Pressure Rejection Anti-Rejection			
	x	WHST.9-10.2	RST.11-12.2	Disease Prevention	DP.2.HW.1	Compare and contrast communicable and non-communicable diseases (e.g., STIs, HIV/AIDS, bacterial/viral infections, heredity, lifestyle, environment): symptoms causes risk factors	Analyze communicable diseases as being viral or bacterial diseases	*List the diseases found in the virus category. *List the diseases found in the bacteria category	Communicable disease Bacteria Virus Toxin	Glencoe Health - Chap 24 & 25 Video: "Infectious Diseases"		
	x	WHST.9-10.1	RST.11-12.8	Disease Prevention	DP.2.HW.2	Research practices of early detection and disease prevention: health screenings proper diet regular physical activity self-exams vaccinations	Identify ways to prevent and treat communicable diseases(e.g., vaccines, medications)	*List strategies for preventing communicable diseases. *Describe vaccines to aid the body's defenses.	Live virus vaccines Killed virus vaccines Toxoids	Glencoe Health - Chap 24 & 25		
	x	WHST.9-10.2	RST.11-12.1	Disease Prevention	DP.2.HW.4	Compare and contrast methods of disease transmission: airborne animals direct contact food-borne indirect contact vectors (insects) water-borne	Identify how diseases are transmitted: -Direct contact -Indirect contact -Airborne -Food-borne -Water-borne -Animals -vectors (insects)	*Analyze the difference between direct contact and airborne transmissions. *Discuss how some diseases can be spread in more than one way.	Pathogen Phagocyte Antibody Immune System Antigen Toxin	Glencoe Health - Chap 24 & 25		

	x	WHST.9-10.1	RST.11-12.8	Disease Prevention	DP.2.HW.3	Discuss methods to prevent, reduce, and treat communicable and non-communicable diseases(e.g., abstinence, diet, exercise, medications, refrain from risky behaviors, vaccines	Examine practices of early disease prevention and detection measures: -regular physical activity -proper diet -self exams -health screenings -vaccinations	*Restate the benefits of regular weight bearing activities. *Discuss the importance of enough fiber in diet. *Explain the importance of regular physical examination.	Vitamins Minerals Lipids roteins Fiber Carbohydrates Water	Glencoe Health - Chap 4: Phys. Activity Chap 5: Nutrition Chap 25: Prevention Chap 26 Speaker: Breast Cancer and Testicular Cancer Tools for practicing self-exams		
	x	WHST.9-10.2	RST.11-12.6	Disease Prevention	DP.2.HW.5	Review methods of HIV/STI transmission and contraction	Review methods of HIV/STI (Sexually Transmitted Infection) transmission and contraction	*Explain the problems that antibiotic-resistant STD's pose to individuals and society.	STI STD	Glencoe Health - Chap 24 & 25		
	x	WHST.9-10.2	RST.11-12.2	Disease Prevention	DP.2.HW.6	Investigate treatments involved with STI(e.g., counseling, medications, vaccines)	Investigate symptoms and treatments involved with STI(e.g., initial symptoms, long-term effects, HIV/AIDS, hepatitis, vaccines, medications, counseling)	*Describe the cause and ramifications of PID. *List the current treatments for STDs.	PID Antibiotics Antiviral medicines Medicated	Glencoe Health - Chap 24 & 25		
	x	WHST.9-10.1	RST.11-12.2	Disease Prevention	DP.2.HW.7	Analyze the effects of family history and lifestyle choices on personal health(e.g., cancer, diabetes, epilepsy, heart disease, obesity)	Examine the causes of chronic diseases(e.g., obesity, underweight/underweight, heredity, chemicals, drug use, life-style, sun exposure)	*Research and calculate the amount of vitamin E that has been correlated with lower incident of heart disease. *Explain that the term CVD refers to a whole group of diseases affecting the cardiovascular system.	CVD/UV light Genetics	Glencoe Health - Chap 4: Physical Activity Chap 5: Nutrition Chap 6: Managing Weight/Body Composition Chap 8: Managing Stress/Anxiety Chap 16: Cardi/Respiratory Chap 26		
	x	WHST.9-10.1	RST.11-12.1	Human Growth and Developm	HGD.1.HW.3	Compare and contrast abstinence to other forms of contraception to reduce the risks of unintended pregnancy	Assess different kinds of contraceptions, evaluate their reliability as opposed to practicing abstinence	*Construct a chart based on reliability of birth control, who administers birth control, how it is used (physical or chemical barrier),	Physical Barriers, chemical barriers, abstinence, family planning method	Glencoe Health - Chap 3, Chapter19, Chapter 20, Chapter 26		
	x	WHST.9-10.2	RST.11-12.2	Human Growth and Developm	HGD.1.HW.2	Describe behaviors and methods for pregnancy prevention, including abstinence	Assess different kinds of contraceptions, evaluate their reliability as opposed to practicing abstinence	*Construct a chart based on reliability of birth control, who administers birth control, how it is used (physical or chemical barrier),	Physical Barriers, chemical barriers, abstinence, family planning method, refusal skills	Glencoe Health - Chap 3, Chapter19, Chapter 20, Chapter 26		
	x	WHST.9-10.2	RST.11-12.9	Human Growth and Developm	HGD.1.HW.4	Examine factors related to prenatal care, pregnancy, and child birth: - drug risks - Fetal Alcohol Syndrome (FAS) - low birth weight - nutrition (e.g., adequate folic acid, iron, calcium, protein) - regular check-ups	Examine factors related to prenatal care, pregnancy, and child birth: -Rh Factor -low birth weight -regular check-ups -Fetal Alcohol Syndrome (FAS) -Nutrition(e.g., adequate folic acid, iron, calcium, protein) -drug risks	*Describe how harmful substances taken during pregnancies affect the fetus. *Explain the importance of medically supervised pre-natal check-ups.	Pre-Natal Care Risk FAS Genetic Disorder Heredity hormones	Glencoe Health - Chap 19		
	x	WHST.9-10.2	RST.11-12.1	Human Growth and Developm	HGD.1.HW.1	Analyze the growth patterns and developmental changes in humans throughout the life-cycle (e.g. emotional, intellectual, mental, physical, social) infancy-childhood adolescence-teen years, young adult-middle age, senior-death and dying.	*List the average range for each human life-style increment. *Describe developmental task for each age range. *Discuss how elementary schools are designed to meet the developmental needs of late childhood.	Emotional Maturity Physical Maturity Cognition Hormones		Glencoe Health - Chap 19 & 20 Video: "The Miracle of Life" Torsos Growth/Dev. Charts		

x		WHST.9-10.2	RST.11-12.1	Healthy Life Skills and Relationships	HLSR.4.HW.2	Evaluate positive and negative effects of various relationships on all aspects of health(e.g., family, friendships, peers)	Evaluate positive and negative effects of various relationships on physical and emotional health(e.g., peers, family, friendships)	*Have students write a story about a fictional family undergoing a major change in their family. *Have students address how the family deals with the change (or changes) in circumstances while maintaining a healthy family. *Suggest that students interview adults who have adopted new roles. *Have students list all the roles they play in their relationships during an average week.	Neglect Cycle of Violence Mediator Communication Empathy Evaluate Prejudice Tolerance Refusal Skills	Glencoe Health - Chap 11 & 12		
x		WHST.9-10.1	RST.11-12.1	Healthy Life Skills and Relationships	HLSR.4.HW.3	Analyze the dynamics of family roles and responsibilities relating to healthy behavior(e.g., communication skills, cultural diversity, family finances, family history, role models)	Analyze the dynamics of family roles and responsibilities relating to healthy behavior(e.g., family finances, role models, communication skills, cultural diversity, family history)	*From Magazines that feature one or more stories about a particular family or family life, have students read the articles about the family and ask them to circle information in the articles about the following: Sharing, culture and traditions, communication, family rules and responsibilities, and family crisis, and coping with crisis. *Have students interview someone they know about the roles and responsibilities in that person's family. *Encourage Students to listen carefully to at least one member of the family or household each day, and putting themselves in that family member's position.	Extended family Sibling Affirmation Separation Divorce Custody	Glencoe Health - Chap 11 & 12		
x		WHST.9-10.2	RST.11-12.5	Healthy Life Skills and Relationships	HLSR.4.HW.4	Apply a variety of strategies and/or skills to demonstrate respect for and responsibility to self and others	Develop a variety of strategies and/or skills to demonstrate respect for and responsibility to self and others	*Research using online and print resources to find out more about the cycle of violence and how it can be broken. *List neighborhood crime prevention programs.	Assertive Self Defense Prejudice Abuse Physical abuse Verbal abuse Stalking	Glencoe Health - Chap 11: Family Relationships Chap 12: Peer Relationships Chap 13: Violence Prevention		
x		WHST.9-10.2	RST.11-12.9	Healthy Life Skills and Relationships	HLSR.4.HW.5	Apply a decision making process to various life situations (e.g., addictions, drug use, immunizations, medical check-ups, oral health, sexual activity, teen pregnancy)	Discuss immediate and long-term impacts of health decisions on the individual, family, and community(e.g., sexual activity, teen pregnancy, oral health, immunizations, drug use, addictions, medical check-ups)	*Explain that one way for an individual to have a positive effect on community health is to become involved in a community project. *Identify mentoring programs in the community. *Identify situations outside the school environment where they can make responsible contributions appropriate to their age, talents, and interests	Health Wellness Prevention Health Education Healthy People 2010 Health Literacy	Glencoe Health - Chap 1: Living a Healthy Life Chap 10: Skills for Healthy Relationships Chap 11: Family Relationships		
x		WHST.9-10.1	RST.11-12.2	Healthy Life Skills and Relationships	HLSR.4.HW.6	Analyze the importance of sexual abstinence and other forms of contraception in teen relationships (e.g., confidentiality, emotional issues, social stigmas)	Analyze the importance of sexual abstinence in teen relationships (e.g., disease prevention, pregnancy prevention, emotional issues)	*Discuss the importance of abstinence in promoting good mental/emotional and social health. *Discuss the benefits of developing feelings of love, trust, and friendship while practicing abstinence from sexual activity.	Abstinence Epidemics STI's STD's	Glencoe Health - Chap 7: Mental Health Chap 12: Peer Relationships		

x		WHST.9-10.2	RST.11-12.5	Healthy Life Skills and Relationships	HLSR.4.HW.1	Identify healthy and unhealthy behaviors in relationships (e.g. communication skills, controlling, co-dependency, jealousy)	Recognize the different types of abuse...sexual, physical, verbal, emotional	Define date rape. Define acquaintance rape. Define marital rape. Describe the effects of date rape, acquaintance rape, marital rape. Identify and describe the legal consequences and the emotional consequences of rape. Identify the date rape drugs.	Date Rape, Acquaintance Rape, marital Rape, Rohypnol, GHB	Glencoe Health - Chap 10: relationship skills Chap 11: family Chap 12: peer Chapter 13 Chapter 22, Chapter 23, Chapter 24		
x		WHST.9-10.2	RST.11-12.1	Healthy Life Skills and Relationships	HLSR.4.HW.8	Utilize effective coping strategies and other refusal skills (e.g. guided practice, role playing)	Develop strategies for eliminating high-risk behaviors associated with sexual activity(e.g., abstinence, contraception, refusal skills, risky behaviors)	*Investigate and analyze the effectiveness and ineffectiveness of barrier protection and other contraceptive methods including the prevention of HIV and STD's	AIDS HIV Opportunistic Infections Asymptomatic Stage Symptomatic	Glencoe Health - Chap 12		
x		WHST.9-10.2	RST.11-12.6	Healthy Life Skills and Relationships	HLSR.4.HW.7	Examine short-term and long-term responsibilities and consequences of sexual behaviors(e.g., contraception, pregnancy, medical tests)	Analyze the social and legal implications of living with an STI or HIV/AIDS(e.g., testing, confidentiality, social stigmas)	*Discuss the impact of the availability of health services. *Explain that HIV is transmitted only through particular behaviors.	Epidemic Genital herpes Gonorrhea Syphilis	Glencoe Health - Chap 12: peers Chap 25: STIs		
x		WHST.9-10.2	RST.11-12.1	Nutrition	N.7.HW.1	Evaluate personal eating habits for the inclusion of adequate nutrients(e.g., ChooseMyPlate, nutrition labels, personal food journal, United States Department of Agriculture [USDA])	Analyze personal food intake or eating habits for the inclusion of adequate nutrients to avoid common chronic diseases(e.g., MyPyramid, personal food journal, nutrition labels)	*Research sedentary lifestyle and inadequate calcium intake in relation to the increase of the risk of Osteoporosis. *Research the role of vitamin E in reducing heart disease	Nutrition Calories Appetite Hunger Fiber Carbohydrates Proteins	Glencoe Health - Chap 5: Nutrition and Your Health Chap 6: Managing Weight/Body Composition		
x		WHST.9-10.2	RST.11-12.7	Nutrition	N.7.HW.6	Analyze health consequences associated with eating disorders: anorexia, binge eating, bulimia	Analyze and appraise health consequences associated with eating disorders: -bulimia -anorexia -compulsive overeater	*List the health consequences of Bulimia Nervosa. *Describe the food choices people make when they are angry, sad, or frustrated. *Describe the food choices people make when they are happy, excited, or content.	Fad Diet Eating Disorder Weight Cycling	Glencoe Health - Chap 5: Nutrition and Your Health Chap 6: Managing Weight/Body Composition		
x		WHST.9-10.1	RST.11-12.1	Nutrition	N.7.HW.3	Compare and contrast personal eating habits with "Dietary Guidelines for Americans" analyzing nutritional value(Refer to USDA)	Evaluate personal healthy-eating plan as compared to "Dietary Guidelines for Americans"(e.g., MyPyramid, weight management)	*Investigate local fast food restaurants to see how they have responded to people's increasing concerns about healthful food choices. *Analyze the specific nutritional needs of individuals during various stages of life.	Obesity Overweight Underweight BMI Body Image	Glencoe Health - Chap 5: Nutrition and Your Health Chap 6: Managing Weight/Body Composition		
x		WHST.9-10.2	RST.11-12.2	Nutrition	N.7.HW.2	Discuss appropriate eating patterns to promote a healthy lifestyle	Identify appropriate eating patterns to promote a healthy lifestyle	*Analyze the differences in the number of recommended servings for foods from the major groups. *Determine whether vitamin supplements are necessary for healthy individuals.	Nutrient Dense foods Dietary Guidelines for Americans	Glencoe Health - Chap 5: Nutrition and Your Health Chap 6: Managing Weight/Body Composition		
x		WHST.9-10.2	RST.11-12.1	Nutrition	N.7.HW.5	Analyze the importance of appropriate hydration in maintaining health	Understand the importance of appropriate hydration in maintaining health	*Determine the role of sports drinks in replacing salts lost in perspiration. *Explain how antioxidants are chemical compounds.	Re-hydration Electrolytes Heat Stroke	Glencoe Health - Chap 4: Phys. Activity Chap 5: Nutrition		
x		WHST.9-10.2	RST.11-12.8	Nutrition	N.7.HW.4	Analyze the relationship between caloric intake and daily physical activity (e.g. FITT formula for nutrition)	Compare a variety of diets with the "Dietary Guidelines for Americans" analyzing nutritional value	*Investigate approaches to weight management such as diet candies, diet pills, liposuction, liquid meals, weight loss clubs, and gastric bypass surgery.	MyPyramid Food allergies Food additives	Glencoe Health - Chap 5: Nutrition		

x		WHST.9-10.2	RST.11-12.1	Personal Health and Safety	PHS.6.HW.1	Reinforce and practice habits that promote personal hygiene	Reinforce and practice habits that promote personal hygiene	*Discuss suggestions for proper brushing and flossing of teeth. *Explain that pink eye or conjunctivitis may result from allergic reactions, exposure to cosmetics, chlorinated water, bacterial infection or virus. *Describe the steps to take if infected with conjunctivitis.	Astigmatism Strabismus Conjunctivitis Macular	Glencoe Health - Chap 14: Personal Care/Healthy Behaviors		
x		WHST.9-10.2	RST.11-12.1	Personal Health and Safety	PHS.6.HW.2	Analyze the importance of personal hygiene:ears eyes piercings skin, hair, and nails tattoos teeth and mouth	Discuss the importance of personal care of the body focusing on the following: -skin, hair, and nails -teeth and mouth -eyesears	*Examine ads for toothpaste and mouthwashes and read the labels of various brands in stores; *Research the positive and negative effects of above.	Hair Follicle Dandruff Sclera Cornea Auditory	Glencoe Health - Chap 14: Personal Care/Healthy Behaviors		
x		WHST.9-10.2	RST.11-12.9	Personal Health and Safety	PHS.6.HW.3	Evaluate the effects of the following on oral health: nutrition oral care oral diseases piercing tobacco products	*Discuss with a local dentist the most common dental problems seen in teen patients. *Discuss the role that good dental hygiene plays in overall health. Describe the relationship between oral diseases and other diseases that affect the body.	Plaque Halitosis Periodontal Pulp List the common problems of the teeth and mouth Discuss the relationship between poor oral care, and other medical problems	Tartar Malocclusion Root Canal Gingivitis	Glencoe Health - Chap 14: Personal Care/Healthy Behaviors		
x		WHST.9-10.2	RST.11-12.1	Personal Health and Safety	PHS.6.HW.6	Design a personal action plan for various emergency situations (e.g., natural disasters, fire, medical)	Draw up a plan for various emergencies that may arise around the household and community.	Design an escape plan for fires at home. Design a plan for accidental poisoning. Create an emergency phone list to be displayed in your home.	Smoke Detector, Fire extinguisher, Carbon Monoxide Detector, Poison Antedote	Glencoe Health - Chap 28-First Aid and Emergencies		
x		WHST.9-10.2	RST.11-12.6	Personal Health and Safety	PHS.6.HW.4	Discuss proper usage of appropriate protective equipment in emergency and non-emergency situations (e.g. eye protection, gloves, helmets, mask, survival kit)	Demonstrate proper use of protective equipment in an emergency situation (e.g., gloves, mask, survival kit)	*Explain why it is vital to wash hands after administering first aid even if gloves are worn. *Explain the allergic reaction to latex in disposable gloves by some people- vinyl gloves are an alternative.	Universal precautions First Aid EMT	Glencoe Health - Chap 28: First Aid & Emergencies		
x		WHST.9-10.2	RST.11-12.6 RST.11-12.3	Personal Health and Safety	PHS.6.HW.5	Practice the psychomotor skills used for basic life support and first-aid procedures(e.g., AED, CPR, choking, poisonings)	Demonstrate basic life support procedures used in an emergency situation (e.g., CPR, AED, choking, poisonings)	*Explain the physiology of chest compression. *Explain the steps of first aid for choking. *Explain the steps of the recovery position.	Chain of survival Defibrillator R.I.C.E.	Glencoe Health - Chap 28: First Aid & Emergencies		
x		WHST.9-10.2	RST.11-12.2	Personal Health and Safety	PHS.6.HW.7	Identify physical, emotional, and legal consequences of abusive and risky situations (e.g., bullying, cyber-bullying, date rape, DUI, Internet dangers, sexual abuse, teen pregnancy, seat belts, sexting)	Identify physical, emotional, and legal consequences of abusive and risky situations (e.g., teen pregnancy, sexual abuse, date rape, DUI, seat belts, Internet dangers)	*Discuss the components of the current television rating system. *Research the rise of random violence in our current society. *Explain how an individual may experience violence because of an untrue rumor.	Assailant Prejudice Assault Random Violence Sexual Violence	Glencoe Health - Chap 13: Violence Prevention		
x		WHST.9-10.1	RST.11-12.1	Personal Health and Safety	PHS.6.HW.8	Determine safe and unsafe situations at home, at school, and in the community: -fire safety -food handling safety -gun safety -home safety -Internet safety -traffic safety	Determine safe and unsafe situations at home, at school, and in the community: -fire safety -traffic safety -Internet safety -gun safety -food handling safety -home safety	*Examine the causes of violence, how to prevent it, and how to protect against it. *List the factors that may contribute to violence in our society.	Gangs Bullying Homicide	Glencoe Health - Chap 27: Injury Prevention/Safe Behaviors		

x		WHST.9-10.2	RST.11-12.1	Personal Health and Safety	PHS.6.HW.9	Compare and contrast short-term and long-term effects of stress and depression (e.g., appetite change, low activity level, personality change, sleep patterns)	Identify healthy and unhealthy behaviors in relationships (e.g., jealousy, communication skills, controlling, co-dependency)	*Discuss general strategies for choosing friends with shared values. *Discuss how listening and empathizing with one another can minimize conflict and stress among family members		Glencoe Health - Chap 7: Mental Health Chap 10: relationship skills		
x		WHST.9-10.2	RST.11-12.2	Personal Health and Safety	PHS.6.HW.10	Identify risk factors associated with suicide(e.g., depression, destructive behaviors, feelings of hopelessness, poor coping skills, poor self-concept, social isolation)	Recognize the signs of depression that may lead to possible suicide. Recognize the signs for potential suicide.	List the signs of depression. List the signs of potential suicide. Write a scenario of communication skills and prevention methods for a friend that appears suicidal.	Depression, Suicide, grief/losses, mental disorders	Glencoe Health - Chap 9-13-Mental and Emotional Problems		
x		WHST.9-10.2	RST.11-12.2	Personal Health and Safety	PHS.6.HW.11	Identify intervention strategies and sources of professional intervention(e.g., counselor, crisis center, emergency numbers, hotlines, self-help programs)	Identify sources to ask for help in an emergency and a non-emergency (e.g., crisis center, hotlines, emergency numbers, counselor, self-help programs)	*List the local agencies that work with the national level to protect health. *List the local resources that deal with social crises	Public Health Epidemiology Suicide	Glencoe Health - Chaps 9-13 Chap 27: Injury Prevention/Safe Behaviors		