

Southern Cayuga Central School District – Curriculum Map

Subject: _____ High School Health _____

School Year: ___ 21-22 _____

| Title or Topics w/ NYS Standards | Essential Questions & Vocabulary | Content Skills (Activities to cover Essential Questions) | Major Assessments (Tests, Project, etc.) | Time Frame |
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| Social Health #1,2,3 *communication *cyber safety *relationships | *How does communication affect our health and wellness? *How does our type of communication affect our relationships with others? *Why does the way we communicate reflect on ourselves? VOCAB: Mediation Tolerance Consumer Validity | *Discussion *worksheet *article reviews *role play *video clips | *quiz vocab *article summary | 2 weeks |
| Mental/Emotional Health #1, 2, 3 *personality *maslow/erikson/freud *stress *mental illness *suicide | *How does mental health affect your physical health? *How do relationships affect mental health? *How can stress impact your health? *Why is it important to understand mental health and wellness? *What are resources available to help care for mental health/illness? VOCAB: Cognitive Neuro Phobia Epinephrine | *Discussion *worksheets *article review-suicide awareness *lecture *presentations *inventory-personality website *speaker-kevin hines *video clip-kevin hines *Soloist | *Quiz *inventory summary *vocabulary *theorist test *stress test | 2 weeks |

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| | Homeostasis Resilience Eustress Mutual Actualization Psychoanalysis | | | |
| Physical Health #1,2, 3 *family health history *disease process *immune system *nutrition/exercise | *How does our family health history impact our own health? *What is the link between the disease process and the way it affects our body? *What is the relationship between our physical health and our daily practice? *What role does our immune system play in our physical health? VOCAB: Pandemic Epidemic Signs Symptoms(asymptomatic) Congenital Diagnosis Prognosis Chronic Acute Pathogen Incubation Virus Bacteria Infectious(contagious) -itis, hep-, card- | *Discussion *lecture *worksheet *online research-disease project, validate sites *family interview-health history *video clip *Contagion | *family health history *Disease project *presentation | 6 weeks |
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| <p>Sexual Health #1,2, 3</p> <ul style="list-style-type: none"> *gender role/identity *HIV/AIDS *STI's *communication *safety | <ul style="list-style-type: none"> *How important is our sexual health to our physical/mental health? *What is the difference between gender role and identity? *Why do STI's effect males and females differently? *What is the relationship between STI's and sexual health/future? *What is the role of communication in sexual health? <p>VOCAB:</p> <ul style="list-style-type: none"> Transmitted Inflammatory Prophylaxis Sexuality Sterility Fertility Orientation | <ul style="list-style-type: none"> *Discussion *online research *worksheet *lecture *peer project-STI's *video clips-birth | <ul style="list-style-type: none"> *Test HIV/AIDS *quiz vocab *STI project/pres | <p>3 weeks</p> |
| <p>Reproduction/Pregnancy #1,2, 3</p> <ul style="list-style-type: none"> *Physical Anatomy *abstinence/prevention *pregnancy/delivery *birth to 1 yr | <ul style="list-style-type: none"> *What are the functions of the male/female reproductive systems? *How can understanding the systems improve my overall health? *What are the options for maximizing my reproductive health? *What is the role of the reproductive system in pregnancy? *What is a health pregnancy/delivery? *What are some potential | <ul style="list-style-type: none"> *discussion *worksheets *peer work-cost of pregnancy, raising child to age 1 *lecture *anonymous Q & A | <ul style="list-style-type: none"> *worksheet *test | <p>4 weeks</p> |

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| | <p>negative outcomes of pregnancy? *What are some expectations of raising a child to 1yr of age? VOCAB: Ectopic Pelvic Uterine Embryo Caesarian Ligation Contraception Conception</p> | | | |
| <p>Drugs #1,2, 3 *depressants *stimulants *OTC/prescription *opiates *abuse/misuse *alcohol *tobacco/vaping/chew</p> | <p>*How do drugs differ? *What is the difference between use/misuse/abuse? *How can learning about drugs/drug use enhance my overall health? *In what ways does opiate addiction impact society? *What are resources available for addiction? VOCAB: Binge Detoxification Stimulant Depressant Tolerance Threshold</p> | <p>*discussion *demonstration/lecture *speaker-Joe Zirbel *video clips *worksheets *peer research-drug presentation</p> | <p>*test *presentation</p> | <p>2 weeks</p> |
| <p>Safety #1,2, 3 *first aid *vehicle safety</p> | <p>*What are basic first aid skills that all people should know?</p> | <p>*discussion *task practice-hands only cpr, choking, bandaging</p> | <p>*test *skill demo</p> | <p>1 week</p> |

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| <p>*personal safety/self defense *identity protection</p> | <p>*What are some behaviors that make vehicles unsafe? *What are some steps to take to protect my identity? *What are some behaviors that improve my personal safety? VOCAB: Samaritan</p> | <p>*online test/research-american red cross *lecture *speaker</p> | | |
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