

Southern Cayuga Central School District – Curriculum Map

Subject: High School Health

School Year: 22-23

Title or Topics w/ NYS Standards	Essential Questions & Vocabulary	Content Skills (Activities to cover Essential Questions)	Major Assessments (Tests, Project, etc.)	Time Frame
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 *speaker *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 *lecture *presentations *inventory *speaker *video clip *Soloist	*Quiz *inventory summary *vocabulary *theorist test *stress test	2 weeks

	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 *family interview *speaker *video clip *Contagion	*family health history *Disease project *presentation	6 weeks

<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 *speaker *video clips 	<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 *lecture *anonymous Q & A 	<ul style="list-style-type: none"> *worksheet *test 	<p>4 weeks</p>

	<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 *video clips *worksheets *peer research</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 *online test/research</p>	<p>*test *skill demo</p>	<p>1 week</p>

<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>*lecture *speaker</p>		
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