

Southern Cayuga Central School District – Curriculum Map

Subject: High School Health

School Year: 2023-2024

Title or Topics w/ NYS Standards	Essential Questions	Content Skills (Activities to cover Essential Questions)	Major Assessments (Tests, Project, etc.)	Time Frame
Personal Health & Wellness #1,2,3 - 16 Personalities - Dimensions of Wellness - Risk Behaviors and Lifestyle Factors - Influences on Health - Goal Setting - Accessing Valid & Reliable Resources	- How does your personality impact your health decisions? -How does 'being healthy' differ from person to person? -What resources do I have access to for me to improve or maintain my health & wellness?	- Class Discussions - 16 Personality Inventory - Worksheets - Video Clips	- Vision Board - Adult Interview	4 weeks
Mental/Emotional Health #1, 2, 3 - Self-Esteem - Personal Identity & Character - Maslow's Hierarchy of Needs - Stress - Stress Management - Sleep - Suicide Prevention	- 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?	- Class Discussions - Worksheets - Presentations	- Mental Disorders One-Pager - Adult Interview - Mental Disorder Gallery Walk	8 weeks
Relationships #1,2, 3 - Building & Maintaining Effective Communication - Family Relationships - Peer Relationships - Friendships - Bullying		- Class Discussion - Worksheets - Guest Speaker - Video Clips	- Relationships Interpersonal Communication Dialogue	8 weeks

<ul style="list-style-type: none"> - Romantic Relationships - Unhealthy Romantic Relationships - Peer Pressure 				
Changes During the Life Cycle #1,2, 3 <ul style="list-style-type: none"> - Reproductive Systems - Fetal Development - Labor/Delivery - The First Years - Puberty - Gender Roles - Gender Identity - Aging, Death & Dying - Coping with Loss and Grief - Organ Donation 	<ul style="list-style-type: none"> - What are the functions of the male/female reproductive system? - How can understanding how these systems work improve my overall health? - What is the role of the reproductive system in pregnancy? - How important is our sexual health to our physical/mental health? - What is the role of communication in sexual health? 	<ul style="list-style-type: none"> - Class Discussion - Online research - Worksheet - Guest Speaker - Video Clips 	<ul style="list-style-type: none"> - Information Flier 	8 weeks
Harmful Substances #1,2, 3 <ul style="list-style-type: none"> - Addiction - Abuse/Misuse - Prescription Drugs - Decision Making - Analyzing the Influence - Refusal Skills 	<ul style="list-style-type: none"> - 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? 	<ul style="list-style-type: none"> - Dean Mayer's Party - Alcohol Stations - Drug Court - Research 	<ul style="list-style-type: none"> - Elevator Speech - Advocacy Project - Adult Interview 	6 weeks
Safety #1,2, 3 <ul style="list-style-type: none"> - First Aid - Hands-Only CPR 	<ul style="list-style-type: none"> - What are basic first aid skills that all people should know? 	<ul style="list-style-type: none"> - Class Discussion - Guest Speaker - Peer Presentations 	<ul style="list-style-type: none"> - Skill Demo 	1 week