

Prairie-Hills Elementary School District 144
Curriculum Map
6th GRADE HEALTH

STATE GOAL	Learning Standard- Objective	Skill/ Strategy	Instructional Resources	Assessments
WEEK #				
Week 1 22A,23C 3 Parts of Health	Identify the 3 parts of health Explain difference between health and wellness Explain the role of the environment in your total health Identify ways to avoid risk	Describe choices that reduce health risks (3parts of health) Understand how to make healthy choices	Chapter 1	3 parts of health quiz Healthy Steps Project
Week 2 24b,24a	Students can apply decision-making skills related to the promotion and protection of individual health. Students can demonstrate procedures for communicating in positive ways, resolving differences, and preventing conflict.	Understand the components of decision making process. (Goal setting)	Chapter 2	DECIDE Worksheet
Week 3 24A	Explain what character is. Identify ways of good behavior	Students will be able to identify the 6 traits of character when given different situations.	Chapter 2	Group project on the 6 character traits
Week 4 24C	Students will be able to identify various child lures and how to handle the situation.	Describe the different type of child lures and how to avoid those situations.	Child Lure DVD	Child Lure Activity and Worksheet
Week 5	Students will able to identify risk behaviors and how it affects your health.	Describe the different type of risk behaviors and how to avoid these behaviors.	Chapter 2	Risk Behavior Worksheet and Quiz
Week 6 24.A.3b	Students will be able to identify various ways to handle bullying and how to avoid it.	How to identify the signs of bullying and apply coping mechanisms to deal with bullying.	Chapter 2 Monsters University DVD	Monsters University Essay

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7th GRADE HEALTH

STATE GOAL WEEK #	Learning Standard- Objective	Skill/ Strategy	Instructional Resources	Assessments
Week 1 23b	Students can explain the effects of health related actions on the body systems.	Evaluate a personal daily diet. (food pyramid) Predict what will happen if someone eats too many high calorie foods.	Chapter4 Brain pop website internet video. Super-size me (video)	Nutrition Daily Log Nutrition/ Quiz/Test
Week 2-3 22A,23B,23C	Students can identify influences on food choices. Students can use myplate.gov to make helpful food choices Students will discuss the dangers of eating disorders and list tips for maintaining a healthy weight.	Use strategies to help someone who is suffering from an eating disorder Students will create a healthy meal plan for a full week.	Chapter 4 lesson 2 & 6 PP Presentation	Meal Plan Activity and Quiz
Week 4-5 24.A.3b	Students Identify appropriate feelings and behaviors to help set classroom norms. Students will identify appropriate ways to deal with suicidal thoughts.	Use strategies to cope with different types of emotions and what is the normal way to handle different types of situations.	Inside Out Movie Inside Out themed Lessons	Inside Out Movie questions Emotion essay
Week 6 24c, 23 c	Students can demonstrate skills essential to enhancing health and avoiding Tobacco, E-Cigs and Alcohol	Demonstrate refusal skills within the context of dangerous situations (alcohol, tobacco and e-cigs)	Chapter 8,9,10	Role playing activity Anti-Tobacco, E-Cig and Alcohol Project

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8th GRADE HEALTH

STATE GOAL WEEK #	Learning Standard- Objective	Skill/ Strategy	Instructional Resources	Assessments
Week 1-2 23A, 23b	<p>Students can describe and explain the structure and functions of the human body systems and how they interrelate.</p> <p>Students can explain the effects of health related actions on the body system</p>	<p>Recognize that all of the body systems interrelate and impact each other. Describe the effects of nutrition, stress, substances, and disease on the body's system.</p> <p>Know the effects that disease can have on the body system.</p>	<p>Chapter 3, 12</p> <p>Internet</p>	<p>Body Systems project/Report</p>
Weeks 3-4 22B	<p>Students will identify what a communicable disease is and how different diseases affect the body.</p> <p>Students will identify what an STD is and how different STD's affect the body.</p>	<p>Recognize different communicable diseases and how easily these diseases can be spread through a school.</p> <p>Understand how easily STD's can be spread. (Dice Game)</p> <p>STD research project in which groups get an STD to research and teach the class.</p>	<p>Chapter 13</p> <p>Cdc.gov</p>	<p>Research Project</p> <p>Reproductive system quiz/test</p>
Week 5-6 22A,23B	<p>Students can identify risks associated with drug use.</p> <p>Students can explain how drugs can affect the body and the reason why drug use is harmful</p>	<p>Describe different drugs and how they can affect the body including various steroids.</p> <p>Describe why peers may use drugs and how to say "No".</p> <p>Recognize how drugs can ruin your life (Drug Strip Activity)</p>	<p>Chapter 10</p> <p>PP Presentation</p>	<p>Drug Behavior Project</p>