**MP1a-Healthy Decision-Making**

Content Area: **P.E. & Health**
Course(s): **Health 1**
Time Period: **Marking Period 1**
Length: **MP1**
Status: **Published**

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| **Essential Questions** |
| * What are some healthy short and long term goals?
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| **Big Ideas** |
| * Effective decision-making skills foster healthier lifestyle choices.
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| **Enduring Understandings** |
| **2.2.B. Decision-Making and Goal Setting**2.2.2.B.1[M]      Explain what a decision is and why it is advantageous to think before acting.2.2.2.B.2[M]      Relate decision-making by self and others to one’s health.2.2.2.B.3[M]      Determine ways parents, peers, technology, culture, and the media influence health decisions. 2.2.2.B.4[M]      Select a personal health goal and explain why setting a goal is important.  |

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| **Core Lessons** |
| * KidsHealth in the Classroom, The Nemours Foundation:  http://kidshealth.org/classroom

               Personal Health>Fitness & Fun>Screen Time* Nourish Interactive: http://www.nourishinteractive.com

               Free Printables>Healthy Goals Pledge Sheets |

**MP1b-Safety**

Content Area: **P.E. & Health**
Course(s): **Health 1**
Time Period: **Marking Period 1**
Length: **MP1**
Status: **Published**

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| **Essential Questions** |
| * What behaviors help us stay safe?
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| **Big Ideas** |
| * Using personal safety strategies reduces the number of injuries to self and others.
* Effective communication may be a determining factor in the outcome of health and safety-related situations.
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| **Safe Touch** |
| **Erin's Law**  Students will watch the following two videos and have a discussion about stranger safety and unsafe touches.https://www.youtube.com/watch?v=SY7RhBszp0khttps://www.youtube.com/watch?v=zNTUMNKSNwk |
| **Enduring Understandings** |
| **2.1.D. Safety*** N.J.S.A. 18A:6-2: Accident and Fire Prevention

2.1.2.D.1[M]      Identify ways to prevent injuries at home, school, and in the community (e.g., fire safety, poison safety, accident prevention).2.1.2.D.2[M]      Differentiate among the characteristics of strangers, acquaintances, and trusted adults and describe safe and appropriate behaviors/touches.2.1.2.D.3[M]      Identify procedures associated with pedestrian, bicycle, and traffic safety.**2.2.A. Interpersonal Communication**2.2.2.A.1[M]      Express needs, wants, and feelings in health- and safety-related situations.   |
| **Core Lessons** |
| * KidsHealth in the Classroom, The Nemours Foundation:  http://kidshealth.org/classroom

               Personal Health>Safety>Fire Safety               Personal Health>Safety>Strangers and 911               Personal Health>Safety>Bike Safety               Personal Health>Growing Up & Emotions>Feelings  |
| **Supplemental Lessons** |
| * BrainPop, Jr.: https://jr.brainpop.com

               Health>Safety>Safety Signs |

**MP2-Medicines**

Content Area: **P.E. & Health**
Course(s): **Health 1**
Time Period: **Marking Period 2**
Length: **MP2**
Status: **Published**

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| **Essential Questions** |
| * What is the difference between drugs that help us and drugs that hurt us?
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| **Big Ideas** |
| * Medicines come in a variety of forms and are used for numerous reasons, and should be taken as directed in order to be safe and effective.
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| **Enduring Understandings** |
| **2.3.A. Medicines**2.3.2.A.1[M]      Explain what medicines are and when some types of medicines are used.2.3.2.A.2[M]      Explain why medicines should be administered as directed. |

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| **Core Lessons** |
| * KidsHealth in the Classroom, The Nemours Foundation:  http://kidshealth.org/classroom

               Health Problems>Alcohol, Tobacco & Other Drugs>Drugs |
| **Supplemental Lessons** |
| * BrainPop, Jr.: https://jr.brainpop.com

               Health>Drugs>Medicine |

**MP3-Health Risks**

Content Area: **Music**
Course(s): **Health 1**
Time Period: **Marking Period 3**
Length: **MP3**
Status: **Not Published**

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| **Essential Questions** |
| * What are some bad behaviors that cause health problems?
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| **Big Ideas** |
| * Use of drugs in unsafe ways is dangerous and harmful.
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| **Enduring Understandings** |
| **2.3.B. Alcohol, Tobacco, and Other Drugs*** N.J.S.A. 18A:40A-1  Drugs, Alcohol, Tobacco, Controlled Dangerous Substances, and Steroids

2.3.2.B.1[M]      Identify ways that drugs can be abused. 2.3.2.B.2[M]      Explain effects of tobacco use on personal hygiene, health, and safety. 2.3.2.B.3[M]      Explain why tobacco smoke is harmful to nonsmokers.2.3.2.B.4[M]      Identify products that contain alcohol. 2.3.2.B.5[M]      List substances that should never be inhaled and explain why. **2.3.C. Dependency/Addition and Treatment**2.3.2.C.1[M]      Recognize that some people may have difficulty controlling their use of alcohol, tobacco, and other drugs. 2.3.2.C.2[M]      Explain that people who abuse alcohol, tobacco, and other drugs can get help. |
| **Core Lessons** |
| * KidsHealth in the Classroom, The Nemours Foundation:  http://kidshealth.org/classroom

               Health Problems>Alcohol, Tobacco & Other Drugs>Alcohol               Health Problems>Alcohol, Tobacco & Other Drugs>Smoking* KidsHealth for Kids, The Nemours Foundation:  http://kidshealth.org/kids

               People, Places & Things That Help> Things> What Medicines Are and What They Do |
| **Supplemental Lessons** |
| * BrainPop, Jr.: https://jr.brainpop.com

               Health>Drugs>Smoking |