**MP1a-Healthy Decision-Making**

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

|  |
| --- |
| **Essential Questions** |
| * What are some healthy short and long term goals? |
| **Big Ideas** |
| * Effective decision-making skills foster healthier lifestyle choices. |

|  |
| --- |
| **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. |

|  |
| --- |
| **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**

|  |
| --- |
| **Essential Questions** |
| * What behaviors help us stay safe? |
| **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. |

|  |
| --- |
| **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=SY7RhBszp0k  https://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**

|  |
| --- |
| **Essential Questions** |
| * What is the difference between drugs that help us and drugs that hurt us? |

|  |
| --- |
| **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. |

|  |
| --- |
| **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. |

|  |
| --- |
| **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**

|  |
| --- |
| **Essential Questions** |
| * What are some bad behaviors that cause health problems? |

|  |
| --- |
| **Big Ideas** |
| * Use of drugs in unsafe ways is dangerous and harmful. |

|  |
| --- |
| **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 |