

Massachusetts Performance Standards

The students will:

- 2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.
- 8.14 Identify positive health behaviors that reduce the risk of disease
- 8.15 Learn how to use effective physical self-examination procedures and at what age they become necessary
- 8.19 Explain the prevention and control of common communicable infestations, diseases, and infections
- 12.11 Explain when and how to use self-care or professional health care services
- 12.13 Describe the various methods for gaining access to health care and health insurance

UNIT

Personal Health and Consumer Health

Objectives (Students will be able to...)

- Identify what takes place during a typical physical exam
- Identify sources of information on health insurance for teens who have none
- Identify symptoms which should prompt them to seek health care
- Identify preventive health care steps for eyes, ears, teeth, nails, skin and hair
- Identify preventive health care steps regarding viral and bacterial infections
- Explain the importance of adequate rest regarding the functioning of the brain, the immune system
- Identify methods of analyzing personal rest needs and for getting a good nights sleep

Essential Question

Mission and Expectations

Health & Wellness

- Understands the fundamental wellness and fitness concepts and the skills which foster healthy habits and behaviors
- Make healthy –enhancing decisions by assessing risks and considering potential consequences.

Autonomous Learning Skills

- Takes responsibility for his/her learning
- Is a lifelong learner
- Can set priorities and identify

Personal and Social Responsibility

- Takes responsibility for his/her learning
- Respects himself/herself and others

Teacher Resources

1. Flip charts, markers, white board and markers
2. Health and Wellness textbook
3. Internet-based sites with articles, exercises re: personal health

Media and Technology Resources

1. Health and Wellness textbooks (Chaps. 30-32)
2. DVD from Health and Wellness text, incl .videos and PowerPoint prsntns

Evaluation/Activities

Lecture/Demonstration: Each concept/topic will be introduced by the teacher using any resources that are available.

Class work: To be done on each topic/concept as needed for understanding.

Homework: To be given daily on each introduced topic as determined by the teacher.

Review: All weekly concepts will be reviewed and connections to concepts should be made by the students.

Quiz: Formal assessments will be given as warranted by the curriculum.

Lesson Completion Date:

Technology Used/ Date Used:

Completed By:

Comments:

