



# Grand Island Central School District Curriculum Map < Health Grades9-12 >

Units of Study (Duration)	NYS Standards	Common Core Standards	Vocabulary <ul style="list-style-type: none"> <li>Content</li> <li>Process</li> </ul>	Essential/Guiding Questions	Essential Skills	Assessment(s)	Resources <ul style="list-style-type: none"> <li>Texts</li> <li>Tech Integration</li> </ul>
Diseases (3 Weeks)	SM.C.1-6 PAN.C.5 PAN.C.6 PAN.C.8 PAN.C.9 ORH.C.5-6 ST.C.1-8 CM.C.5 CM.C.6 CM.C.9 AD.C.1-8  NYS Health Standard1,2,3	RST.11-12. 1,2,4,6 WHST.11-12.4,7 SL.11-12. 1	<ul style="list-style-type: none"> <li>Bacteria</li> <li>Cancer</li> <li>Communicable</li> <li>Non-Communicable</li> <li>Heart Disease</li> <li>Diabetes</li> <li>Risk Factors</li> <li>Pathogen</li> <li>Stroke</li> <li>Virus</li> <li>Vaccination</li> </ul>	<ul style="list-style-type: none"> <li>In what ways might decisions that you make today impact your future?</li> <li>How might you enhance your health status?</li> <li>In what ways do attitude and behaviors influence health and wellness?</li> <li>Why do people make poor decisions about their health and welfare in spite of being well informed of the consequences?</li> <li>How can you make a difference in your role as emerging, educated young adult?</li> <li>Do any diseases run in your family and how can you advocate for them?</li> </ul>	<ul style="list-style-type: none"> <li>Self-Management</li> <li>Stress Management</li> <li>Communication</li> <li>Advocacy</li> </ul>	<ul style="list-style-type: none"> <li>Advocacy Project</li> <li>Worksheets</li> <li>Tests</li> <li>Quizzes</li> <li>Group Work</li> <li>Self-Assessments</li> </ul>	<ul style="list-style-type: none"> <li>Videos</li> <li>Articles</li> <li>PowerPoint</li> <li>HealthSmart Digital Text (Pending Board Approval)</li> </ul>

<p>STDs/ Sexual Health (3 Weeks)</p> <p>*New Unit Pending Board Approval*</p>	<p>HIV.C1-9 SR.C.1-13 SM.C.1-4 DM.C.1-8</p> <p>NYS Health Standard1,2, 3</p>	<p>RST.11-12. 1,6 SL.11-12. 1</p>	<ul style="list-style-type: none"> <li>• Abstinence</li> <li>• HIV/AIDS</li> <li>• Contraception /Birth Control</li> <li>• STD</li> <li>• Chlamydia</li> <li>• Syphilis</li> <li>• Gonorrhea</li> <li>• Herpes</li> <li>• HPV</li> </ul>	<ul style="list-style-type: none"> <li>• In what ways might decisions that you make today impact your future?</li> <li>• How can one resist internal and external pressures?</li> <li>• How does the media influence sexual ethics?</li> <li>• What are the symptoms and treatments of each STDs?</li> <li>• What are the different ways to protect yourself during sexual contact?</li> </ul>	<ul style="list-style-type: none"> <li>• Commun ication</li> <li>• Decision Making</li> <li>• Relations hip Manage ment</li> <li>• Self- Manage ment</li> </ul>	<ul style="list-style-type: none"> <li>• Worksheets</li> <li>• Quizzes</li> <li>• Group Work</li> <li>• Self- Assessment s</li> </ul>	<ul style="list-style-type: none"> <li>• Videos</li> <li>• Articles</li> <li>• PowerPoint</li> <li>• HealthSmart Digital Text</li> </ul> <p>(Pending Board Approval)</p>
<p>Family Life (2-3 Weeks)</p> <p>*New Unit Pending Board Approval*</p>	<p>FLS.C.1-10 VP.C. 1-13 ORH.C.2 RM.C.1-10 CM.C.1-9 DM.C.1-8</p> <p>NYS Health Standard1,2</p>	<p>*New Unit Pending Board Approval*</p>	<ul style="list-style-type: none"> <li>• Bullying</li> <li>• Hazing</li> <li>• Dating/ Relationship Violence</li> <li>• Sexual Harassment</li> <li>• Communication Skill</li> <li>• Conflict Resolution</li> <li>• Inter-personal Behaviors</li> <li>• Intra-personal Behaviors</li> <li>• Non-Verbal Communication</li> <li>• Personal Support</li> </ul>	<ul style="list-style-type: none"> <li>• How can one reduce the risk of violence by using acquired skills and knowledge?</li> <li>• How can one demonstrate positive interpersonal and intra-personal relationships?</li> <li>• What is the difference between healthy and unhealthy relationships?</li> <li>• In what ways can you apply effective verbal and non-verbal communication skills?</li> <li>• How can you identify</li> </ul>	<ul style="list-style-type: none"> <li>• Self- Manage ment</li> <li>• Relations hip Manage ment</li> <li>• Commun ication</li> <li>• Decision Making</li> <li>• Stress Manage ment</li> </ul>	<ul style="list-style-type: none"> <li>• Tests</li> <li>• Quizzes</li> <li>• Worksheets</li> <li>• Group Work</li> <li>• Self- Assessment s</li> </ul>	<ul style="list-style-type: none"> <li>• Videos</li> <li>• Articles</li> <li>• PowerPoint</li> <li>• HealthSmart Digital Text</li> </ul> <p>(Pending Board Approval)</p>

			System	warning signs that a relationship is potentially unhealthy or abusive?			
Tobacco (2 Weeks)	TB.C.1-5 ORH.C.3 DM.C.1-8 SM.C. 1,2,7 DM.C. 1-8  NYS Health Standard1,2	RST.11-12. 1-7, 9 WHST.11-12.1,9 SL.11-12. 1	<ul style="list-style-type: none"> <li>Nicotine</li> <li>Carbon Monoxide</li> <li>Tar</li> <li>Second/Third Hand Smoke</li> <li>E-cigarettes</li> <li>Hookah</li> <li>Smokeless Tobacco</li> <li>Cigars</li> <li>Bronchitis</li> </ul>	<ul style="list-style-type: none"> <li>How can tobacco affect my personal health?</li> <li>What are the negative effects of the different tobacco products and e-cigarettes?</li> <li>What are the negative effects of tobacco products?</li> <li>What are healthy strategies you can use to stop smoking tobacco?</li> </ul>	<ul style="list-style-type: none"> <li>Decision Making</li> <li>Self-Management</li> </ul>	<ul style="list-style-type: none"> <li>Test</li> <li>Group Work</li> <li>Worksheets</li> </ul>	<ul style="list-style-type: none"> <li>Videos</li> <li>Articles</li> <li>PowerPoint</li> <li>HealthSmart Digital Text (Pending Board Approval)</li> </ul>
Alcohol (2-3 Weeks)	AOD.C.1-15 UI.C.1-2 VP.C. 5  NYS Health Standard1,2	RST.11-12. 1,2,3,4,6 WHST.11-12.1,9 SL.11-12. 1	<ul style="list-style-type: none"> <li>Social Drinking</li> <li>Proof</li> <li>BAC</li> <li>Intoxication</li> <li>Hangover</li> <li>Diuretic Effect</li> <li>Problem Drinking</li> <li>Alcoholism</li> <li>Cirrhosis</li> <li>Al-teen</li> <li>Al-Anon</li> <li>FAS</li> </ul>	<ul style="list-style-type: none"> <li>How can alcohol affect my personal health?</li> <li>What are the negative effects of alcohol?</li> <li>How do my peers influence my choice to use or not use alcohol?</li> <li>How can goal setting help me to make healthy decisions regarding alcohol and its consumption?</li> <li>How can a family member's drinking affect your mental and emotional health?</li> </ul>	<ul style="list-style-type: none"> <li>Self-Management</li> <li>Goal Setting</li> <li>Decision Making</li> </ul>	<ul style="list-style-type: none"> <li>Test</li> <li>Quiz</li> <li>Group Work</li> <li>Worksheets</li> <li>Self-Assessment</li> <li>Analytical Chart</li> <li>Give a clear health enhancing stance presentation</li> </ul>	<ul style="list-style-type: none"> <li>Videos</li> <li>Songs</li> <li>Articles</li> <li>PowerPoint</li> <li>HealthSmart Digital Text (Pending Board Approval)</li> </ul>

				<ul style="list-style-type: none"> <li>How can a mother's use of alcohol affect her unborn child?</li> </ul>			
Drugs (2-3 Weeks)	PAN.C.7 AOD.C. 1-4, 12 UI.C.1 ORH.C.3 DM.C.1-8  NYS Health Standard1,2	RST.11-12. 1,7 WHST.11-12. 1,4,5,7,9 SL.11-12. 1,2,3,4,6	<ul style="list-style-type: none"> <li>Addiction</li> <li>Rehab</li> <li>THC</li> <li>Marijuana</li> <li>Cocaine</li> <li>Crack</li> <li>Heroin</li> <li>LSD</li> <li>Crystal Meth</li> <li>Steroids</li> <li>Acid</li> <li>Prescription Drugs</li> <li>Inhalants</li> <li>Ecstasy</li> <li>Depressants</li> <li>Stimulants</li> </ul>	<ul style="list-style-type: none"> <li>How can drugs affect my personal health?</li> <li>What are the negative effects of drugs?</li> <li>What are the legal consequences of using prescription or illegal drugs?</li> <li>How do my peers influence my choice to use or not to use drugs?</li> <li>How does someone become addicted to drugs and what are the signs of addiction?</li> <li>How can goal setting help me to be drug free?</li> </ul>	<ul style="list-style-type: none"> <li>Self-Management</li> <li>Goal Setting</li> <li>Decision Making</li> </ul>	<ul style="list-style-type: none"> <li>Marijuana Debate</li> <li>Quiz</li> <li>Group Work</li> <li>Worksheets</li> <li>Self-Assessments</li> <li>Risk Assessment</li> </ul>	<ul style="list-style-type: none"> <li>DrugFreeWorld.org</li> <li>Articles</li> <li>Computer Lab for Research</li> <li>Videos</li> <li>PowerPoint</li> </ul>
First Aid (1 week)	UI.C. 3-8 ORH.C. 4,7  NYS Health Standard1,2	RST.11-12. 1 SL.11-12. 1	<ul style="list-style-type: none"> <li>CPR</li> <li>Good Samaritan Law</li> <li>4 C's of First Aid</li> <li>Cuts</li> <li>Burns</li> <li>Sprains</li> <li>Strains</li> <li>Breaks</li> <li>RICE</li> <li>Stroke</li> <li>EPI-Pen</li> </ul>	<ul style="list-style-type: none"> <li>How can I avoid dangerous situations?</li> <li>Why is it important to know basic first response procedures?</li> <li>What is my personal responsibility to fellow citizens in critical emergency situations?</li> <li>How to recognize and respond to an</li> </ul>	<ul style="list-style-type: none"> <li>Self-Management</li> <li>Communication</li> <li>Decision Making</li> </ul>	<ul style="list-style-type: none"> <li>Test</li> <li>Self-Assessment</li> </ul>	<ul style="list-style-type: none"> <li>Videos</li> <li>PowerPoint</li> </ul>

			<ul style="list-style-type: none"> <li>• Heat Exhaustion</li> <li>• Heat Stroke</li> <li>• Shock</li> <li>• Laceration</li> <li>• Choking</li> <li>• Consent</li> <li>• ABC's of CPR</li> </ul>	emergency situation?			
<p>Nutrition/ Fitness (1-2 weeks)</p> <p>*New Unit Pending Board Approval*</p>	<p>PAN.C.1-4 ORH.C. 2 SM.C.8-9</p> <p>NYS Health Standard1,2, 3</p>	*New Unit Pending Board Approval*	<ul style="list-style-type: none"> <li>• Calories</li> <li>• Carbohydrates</li> <li>• Proteins</li> <li>• Nutrients</li> <li>• Food Pyramid</li> <li>• Fats</li> <li>• Vitamins</li> <li>• Minerals</li> <li>• Anorexia</li> <li>• Bulimia</li> <li>• Binge Eating</li> <li>• Fad Dieting</li> </ul>	<ul style="list-style-type: none"> <li>• What can I do to be physically healthy?</li> <li>• How does what I eat affect my physical health?</li> <li>• How can being overweight or obese affect my overall health?</li> <li>• What role does exercise play in physical fitness?</li> <li>• What are the dangers or extreme eating disorders?</li> <li>• How can goal setting influence personal fitness levels?</li> <li>• What diseases can be prevented through proper nutrition and exercise?</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Management</li> <li>• Decision Making</li> <li>• Planning and Goal Setting</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Assessment</li> <li>• Personal Nutrition Plan</li> <li>• Worksheets</li> <li>• Test</li> </ul>	<ul style="list-style-type: none"> <li>• Articles</li> <li>• Videos</li> <li>• PowerPoint</li> <li>• HealthSmart Digital Text (Pending Board Approval)</li> </ul>