

DEPARTMENT NAME :
Health and Wellness
Health Education

GRADE LEVEL: 10

YEAR AT A GLANCE
Student Learning Outcomes by Marking Period
2017-2018

FIRST TERM		
Dates	Overarching/general themes	Textual References
To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):		
Marking Period Starts: 9/7/17 Suggested Completion Date: 10/13/17	Unit: Healthy Balance Unit Title: Nutrition Education and Physical Activity Unit Skills: Accessing Resources, Goal Setting	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> • Locate resources from home, school and community that provide valid information about nutrition information and physical wellness (10.AR.S4, NHES 3.12.2) <i>MM Unit 3 NPA Lesson 1,2</i> • Describe nutrition practices important to the health of a pregnant woman and her baby (10.AR.K4a, NHES 3.12.2) <i>MM Unit 3 NPH Lesson 1,2</i> • Distinguish between myths and facts regarding nutrition practices and physical performance (10.GM.K4b) <i>MM Unit 3 NPA Lesson 1,2</i> • Develop a personal plan for improving nutrition and physical activity (10.GM.S3, NHES 6.12.2) <i>MM Unit 3 NPA Lesson 6, 9</i>
Suggested Completion Date: 11/19/17	Unit: Healthy Body/Safe Body Unit Title: First Aid and Safety Unit Skills: Goal Setting	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> • Describe situations in which CPR is needed (10.GM.K6a) • Develop a plan to gain CPR skills (10.GM.S5, NHES 6.12.4) • Demonstrate appropriate CPR skills (10.GM.S2, NHES 6.12.2) • Use knowledge and skills gained to respond effectively to an emergency situation (10.DM.S5, NHES 6.12.1)
First Marking Period Ends: 11/9/17 Assessments During This Period: Michigan Model for Health: Maximizing the Benefits – Nutrition Recommendations: Self-Assessment Checklist and Rubric, Peer Assessment Checklist, Analytic Assessment Rubric; Goal Setting Self-Assessment Checklist and Rubric, Assessment Checklist and Rubric; American Red Cross CPR certification		

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SECOND TERM		Overarching/general themes
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Marking Period Starts: 11/13/17 Suggested Completion Date: 1/26/18	Unit: Healthy Body/Safe Body Unit Title: Sexual Health Education Unit Skills: Analyzing Influences, Interpersonal Communication	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> • Analyze influence of friends, family, culture and media on the expression of gender and identity (10.AI.K1a,b, NSES PD.12.INF.1) <i>Get Real Lesson 2, 11</i> • Compare the advantages and disadvantages of abstinence and other contraceptive methods, including condoms (10.AI.K2b, NSES PR.12.CC.1) <i>Get Real Lesson 3</i> • Explain and give examples to show an understanding of the word consent (10.IC.K4b, NSES HR.12.CC.3) <i>Get Real Lesson 7</i> • Demonstrate effective ways to communicate personal boundaries (10.IC.S2, NSES HR.12.IC.2) <i>Get Real Lesson 7</i> • Analyze factors, including alcohol, that can affect the ability to give or perceive the giving of consent (10.AI.K2, NSES HR.12.INF.2) • Describe ways to express affection within healthy relationships (10.IC.K2b, NSES HR.12.CC.3) <i>Get Real Lesson 7</i> • Describe the benefits of communicating with trusted adults about sexual health issues (10.IC.K4c, NSES PS.12.IC.1) <i>Get Real Lesson 8</i>
Second Marking Period Ends: 1/26/18 Assessments During This Period: Teacher Observation; Assessment Checklists and Rubrics		

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THIRD TERM	Overarching/general themes	
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):
<p>Marking Period Starts: 1/29/18</p> <p>Suggested Completion Date: 4/13/18</p>	<p>Unit: Healthy Body/Safe Body</p> <p>Unit Title: Sexual Health Education (continued)</p> <p>Unit Skills: Accessing Resources</p>	<p>Content/skill SWBAT statement (corresponding standards):</p> <ul style="list-style-type: none"> • Identify local resources where adolescents can access sexual health services (10.AR.S3, NSES PR.12.AI.1) <i>Get Real Lesson 8</i> • Describe the signs of pregnancy (10.AR.K2a, NSES PR.12.CC.4) <i>Get Real Lesson 9</i> • Access medically-accurate information about pregnancy and pregnancy options (10.AR.K2a, NSES PR.12.AI.3) <i>Get Real Lesson 3, 8</i> • Describe prenatal practices that contribute to a healthy pregnancy (10.AR.K2c, NSES PR.12.CC.5) • Assess the skills and resources needed to become a parent (10.AR.K3a, 10.AR.K3c, NSES PR.12.DM.2) • Identify qualities and traits of a healthy family (10.GM.K2a, NHES 6.12.1)
<p>Third Marking Period Ends: 4/13/18</p> <p>Assessments During This Period: Teacher Observation; Assessment Checklists and Rubrics</p>		

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FOURTH TERM		Overarching/general themes	
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will.... (with eligible content references):	
Marking Period Starts: 4/23/18 Suggested Completion Date: 6/20/18	Unit: Healthy Mind Unit Title: Social and Emotional Health Health Education Skills: Interpersonal Communication, Health Advocacy SEL Skills: Self Awareness, Self-Management, Decision Making	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> • Identify how to recognize stress and describe strategies for managing stress (10.HA.K6a) <i>MM Unit 2 SE Lesson 2,3</i> • Assess personal ability to manage stress, including anger management (10.HA.S5) <i>MM Unit 2 SE Lesson 3</i> • Advocate for improving personal, family and community skills in managing stress (10.HA.S5, NHES 8.12.2) <i>MM Unit 2 SE Lesson 2</i> • Describe warning signs and risk factors of destructive behavior (10.IC.K2c) <i>MM Unit 2 SE Lesson 4</i> • Evaluate the effectiveness of different responses when dealing with other’s emotions (10.IC.S5, NHES 5.12.7) <i>MM Unit 2 SE Lesson 5</i> • Identify ways adolescents could respond when someone is being bullied or harassed (10.IC.K6, NHES 4.12.2) <i>MM Unit 2 SE Lesson 8</i> 	
Fourth Marking Period Ends: 6/20/18 Assessments During This Period: Michigan Model for Health: Stress Management - Self Assessment Checklist and Rubric, Peer Assessment Checklist, Analytic Assessment Rubric; Empathy - Self Assessment Checklist and Rubric, Peer Assessment Checklist, Analytic Assessment Rubric; Bullying – Self-Assessment Rubric, Assessment Rubric			