

Pacing Guide- Health

Encompass Academy

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Weeks	Unit	Standards	Common Core Connections & Assessments	Additional Instruction & Assessments
4	Intro to Health (Physical activity, nutrition, mental and physical health)	<i>Nevada Standards</i> PCE.HS.1 PCE.HS.6 ME.HS.1 ME.HS.2 NP.HS.1 NP.HS.2 AI.HS.1 DM.HS.3 GS.HS.1 SM.HS.1 SM.HS.2 SM.HS.3	Physical Activity Packet <ul style="list-style-type: none"> - How does mental health relate to physical activity? - How can you fit physical activity into your schedule? MyPlate Project <ul style="list-style-type: none"> - What healthy meals can you create within the MyPlate Chart? Maslow Class Discussion <ul style="list-style-type: none"> - How does Maslow’s hierarchy work? - Why is it important to know the order of needs? 	Weekly written check-ins to review content covered over week Risk behavior poster <ul style="list-style-type: none"> - shows understanding of importance of avoiding risk behaviors and how to encourage peers to do so Weekly Planner Project <ul style="list-style-type: none"> - helps students to identify when they can fit physical activity into their already existing schedule Food Safety Notes Public Health Notes + Project <ul style="list-style-type: none"> -Students identify and assess public health agencies Maslow Notes <ul style="list-style-type: none"> -Supports class discussion with research surrounding Maslow’s hierarchy. Unit Quiz
3	S.H.A.R.E	<i>Nevada Standards</i> PCE.HS.2 NP.HS.3 PS.HS.1 PS.HS.2 PS.HS.3 PS.HS.6 HRS.HS.2 HRS.HS.4a HRS.HS.4b HRS.HS.4d HRS.HS.5a,b,c,d HRS.HS.7 IC.HS.1 IC.HS.2	Sex-Driven Advertisements assessment <ul style="list-style-type: none"> - Students assess advertisements they have seen in order to recognize tactics used to exploit sexual feelings. Resource Agency Research Project <ul style="list-style-type: none"> - Connects students with local resources, localizing lessons about contraception. Consent Worksheets <ul style="list-style-type: none"> - Gives 10 real-world scenarios and students analyze whether or not consent is present, and suggest actions that victims could take to protect themselves. 	Abstinence worksheet (Mario + Daisy) <ul style="list-style-type: none"> - Students are faced with real-world decisions regarding abstinence SHARE Part 1 review packet <ul style="list-style-type: none"> - Clarifies understanding of contraception, sexting, and abstinence STD Group presentation <ul style="list-style-type: none"> - Students present findings on a specific STD to the class, putting findings into their own words. - Allows deeper dive into specific risks, in conjunction with high-level learning. Unit Quiz

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			<p>Series of SHARE Presentations/ Discussions</p> <ul style="list-style-type: none"> - Class discussions allow students to openly ask about heavy topics. 	
3	<p>Family, Safety, and Body Systems</p>	<p><i>Nevada Standards</i> PCE.HS.3 PCE.HS.4 PCE.HS.5 SUA.HS.1 SUA.HS.2 PS.HS.2,3 HRS.HS.1 HRS.HS.6 AF.HS.1 DM.HS.1 AV.HS.1</p>	<p>Research using familystructurestudies.com</p> <ul style="list-style-type: none"> - increases understanding of different family structures, normalizing all types of units <p>Peer Pressure Skits</p> <ul style="list-style-type: none"> - Small groups of students act out a peer pressure scenario that could be relevant in their life, showing appropriate responses to avoid the situation <p>DTA Worksheets</p> <ul style="list-style-type: none"> - Learn more in-depth risks of drugs, tobacco, and alcohol, not covered in risk behavior lessons. 	<p>Friendships and Dating Outline</p> <ul style="list-style-type: none"> - Students draw what a healthy relationship looks like <p>Anti- Bullying Poster</p> <ul style="list-style-type: none"> - Students make posters that could be hung in high-school hallways that put anti-bullying messages in language relevant to teams. <p>Body Systems Discussion/ Overview</p> <ul style="list-style-type: none"> - Gives high-level review of body systems, assessing greatest risks and ways to keep them healthy. - Ties risk behavior, DTA, and peer pressure lessons together for end-of-semester. <p>Unit Quiz</p>