Health – High School – 1-5 Weeks Last Updated: 2/1/2024

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **NYS Performance** | **Indicators Objectives** | **Text Resources** | **Resources (Suggested Activities)** | **Cross-Curriculum Connections** | **Assessment Items** |
| [HPF.HE.1.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) | . | What Are Health and Wellness?* Define Health, Wellness, and Well-being.
* Analyze how the physical, mental, emotional, and social dimensions of health are interrelated.
 | Goodheart-Willcox 2023Lesson 1.1 | Case Study pg. 7Research in Action- The areas of health affect each other. Pg. 10 |  | Lesson 1.1 Review  |
| [HPF.HE.1.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  |  Factors Affecting Health and Wellness* Explain how risk and protective factors impact health.
* Identify Genetic Factors; and describe the impact that behavioral choices and lifestyle have on health and wellness.
 | Goodheart – Wilcox 2023 Lesson 1.2 |  Real Worl Health Skills. Pg. 18  |  | Lesson 1.2 Review |
| [SHE. HE. 1. 3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  |  Environmental Factors Affecting Health and Wellness* Summarize how factors in a person’s physical environment influence health.
* Analyze the importance of social environment.
 | Goodheart – Wilcox 2023 Lesson 1.3 |  Warm–up activity pg. 19: You and the Environment.  |  | Lesson 1.3 Review  |
| [RM. HE. 1. 4](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Understand the importance of | Goodheart-Willcox 2023 |  |  | Lesson 1.3 Review  |
|  |  | health literacy.* Assess the impact of media and technology on teens; and describe how economic environment affects health.
* Realize that students’ own actions and attitudes are the final detriments of their own well-being and impact their own life span.
 | Lesson 1.3 | How has Technology Affected Health? Pg. 24 |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| [RM. HE. 1. 2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | * List reasons why health assessment is important and carry out a health assessment self-test.
 | Goodheart-Willcox 2023Lesson 2.1 | Self-assessment pg. 32 |  | Self-Assessment pg. 32 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| [HPF. HE. 1. 3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Making Decisions and Setting Goals* Explain the importance of taking responsibility for your health and wellness.
 | Goodheart-Willcox 2023 | SMART goals pg. 39 |  | Lesson Review 2.1 |
|  |  | * Use the decision-making process to solve problems and make healthy choices; and develop and plan to achieve short and long-term SMART goals.
 | Lesson 2.1 |  |  |
| [RM. HE. 1. 2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Using Health Information  | Goodheart-Willcox 2023 | Research in Action: Debunking Health Claims pg. 43 |  | Worksheet: How to Evaluate Health Websites.Lesson 2.2 Review  |
|  |  | * Explain how to locate reliable sources of health information.
* Use Criteria to evaluate whether a source of health information is reliable.
* Apply reliable health information to make healthy decisions
 | Lesson 2.2 | Analyzing Health Advertisements pg. 47 |  |
| [RM. HE. 1. 3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  |  Accessing Health Services | Goodheart-Willcox 2023 | Skills for Health and Wellness: Creating a Health Management Plan pg. 53 |  | Lesson 2.3 review |
|  |  | * Summarize how people access health services in the United States.
* Analyze the importance of getting regular checkups and screenings.
* Identify when health services are needed to treat a health condition, and the steps in seeking treatment.
 | Lesson 2.3 |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
| [RM. HE. 1. 5](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Advocating for Community and Public Helth | Goodheart-Willcox 2023 |  |  |  |
|  |  | * Analyze the influences affecting community health.
* Advocate for community health by identifying community resources.
* Identify public health goals and organizations.
 | Lesson 2.4 | Evaluating Environmental Factors in your community. Pg.59 | Lesson 2.4 Review |
| [HPF. HE. 1. 2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Communicating Effectively  | Goodheart-Willcox 2023 | Quiz: What Kind of Communicator are you? Pg. 76 |  | Lesson 3.1 Review |
|  |  | * Differentiate between verbal and non-verbal communication.
* Analyze how active listening improves communication.
* Explain the importance of clearly expressing needs and being assertive.
* Identify strategies for communicating effectively online.
 | Lesson 3.1 |  |  |
| [SHE. HE. 1. 2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  |  Resolving Conflicts* Describe factors that cause conflict.
* Analyze the importance of addressing and resolving conflicts.
* Explain the steps in effectively resolving a conflict; and assess how mediation aids in conflict resolution.
 | Goodheart-Willcox 2023Lesson 3.2 | Skills for Health and Wellness: Solve a Conflict with a Friend. Pg. 85 |  | Lesson 3.2 Review |
| [SHE. HE. 1. 2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Resisting Pressure * Define Pressure
* Explain the difference between positive and negative peer pressure.
* Identify effective strategies for resisting negative peer pressure; and use refusal skills to protect your health.
 | Goodheart-Willcox 2023Lesson 3.3 | Health in the Media: The power of virtual peer pressure. Pg. 88Case Study: Peer Pressure in action Pg. 90 |  | Lesson 3.3 Review |
| [HPE. HE. 1. 2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Mental and Emotional Health and Well-Being  | Goodheart-Willcox 2023Lesson 4.1 | Check your Health and Wellness Skills. Pg. 100Skills for Health and Wellness: Mental and emotional Health Checkup. Pg 110 |  | Lesson 4.1 Review  |
|  |  | * Recognize the characteristics of mental and emotional health.
* Explain how mental and emotional health a continuum is.
* Identify factors affecting mental and emotional health.
* Assess your own mental and emotional health.
 |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
| [HPF. HE. 1. 1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Embracing Your Identity* Explain the importance of self-discovery.
* Describe the various parts of a person’s identity; and take steps to discover and embrace your own unique identity.
 | Goodheart-Willcox 2023Lesson 4.2 |  Case Study: Who You Are Pg. 118 |  | Lesson 4.2 Review  |
| [HPF. HE. 1. 2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Building Your Self- Esteem* Describe the difference between self-image and self-esteem.
* Explain the importance of self-esteem.
* Assess the characteristics of people with health vs. wow self-esteem.
* Identify factors that influence self-esteem and employ strategies for improving your self-esteem.
 | Goodheart-Willcox 2023Lesson 4.3 |  Quiz: How Healthy is Your Self-Esteem? Pg. 124 |  | Lesson 4.3 Review  |
|  |  | Expressing Your Emotions | Goodheart-Willcox 2023 |  |  | Lesson 4.4 Review |
| [SHE. HE. 1. 3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | * Describe how to understand and uncover your emotions.
* Identify defense mechanisms people use to cope with their emotions.
* Assess strategies for identifying how you are feeling.
* Explain the importance of accepting your emotions.
* Discuss healthy ways of expressing your emotions.
 | Lesson 4.4 | Warm-Up Activity: Tally Your Emotions Pg. 128Health in the Media: The Rapid Spread of Negative Emotions. Pg. 131 |  |
| [SHE. HE. 1.3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Understanding Happiness* Explain what happiness is and is not.
* Identify the factors that influence happiness.
* Explain why happiness is a way of thinking and acting; and demonstrate skills to improve happiness.
 | Goodheart-Willcox 2023Lesson 5.1 | Local and Global Health: Describing Happiness Around the World. Pg. 146 |  | Lesson 5.1 Review  |
|  |  |  |  |  |  |
| [HPE. HE. 1. 4](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Establishing a Positive Mindset * Summarize how mind-set influences happiness.
* Explain the difference between optimism and pessimism.
* Identify the benefits of an optimistic outlook.
 | Goodheart-Willcox 2023Lesson 5.2 | Case Study: Social Media Envy Pg. 153 |  | Lesson 5.2 Review  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Developing Empathy and Resilience  | Goodheart-Willcox 2023 | Quiz: How Much Empathy Do You Have? Pg. 163 |  | Lesson 5.3 Review |
| [HPF. HE. 1. 1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | * Identify the benefits of empathy
* Take steps to become more empathetic.
* Explain the value of resilience; and demonstrate skills to build resilience.
 | Lesson 5.3 |  |  |  |
|  |  |  |  |  |  |  |
| [SHE. HE. 1. 3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) | What is Stress?* Define Stress
 | Goodheart-Willcox 2023 | Quiz: What is your level of stress? Pg. 179 |  | Lesson 6.1 Review  |
|  |  | * Differentiate between eustress and distress.
* Explain the difference between acute, chronic, major, and minor stressors.
* Describe how the body responds to stress.
 | Lesson 6.1 |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| [SHE. HE. 1. 3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Health Effects of Stress* Explain how long-term stress affects the body systems.
* Describe the cognitive effects of stress.
* Discuss how stress affects people’s emotions.
* Identify mental health conditions associated with stress.
 | Goodheart-Willcox 2023Lesson 6.2 | Research in Action: Can Stress Be Passed Through Generations? Pg. 189 | Health/Science: Physiology | Lesson 6.2 Review |
| [SHE. HE. 1. 1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Managing Stress* Identify ways of reducing stress by managing commitments, time, and thoughts.
* Describe the importance of expressing your feelings during a stressful situation.
 | Goodheart-Willcox 2023Lesson 6.3 | Case Study: Stressful Situations Pg. 194 |  | Lesson 6.3 Review |
|  |  | * Use mindfulness-based stress reduction strategies.
* Analyze the importance of taking care of yourself; and assess when it is necessary to seek professional help.
 |  |  |  |
| [HPF. HE. 1. 1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | What Are Mental Illnesses?Define mental illness. * Analyze individual and environmental factors that influence whether a person develops a mental illness.
 | Goodheart-Willcox 2023Lesson 7.1 | Research in Action: Mental Illnesses: Biology and Psychology Pg. 211 |  | Lesson 7.1 Review |
|  |  | * Explain how anxiety disorders are different from normal anxiety.
* Assess the impact of different types of mood disorders.
* Identify types of personality and behavioral disorders.
* List the symptoms of schizophrenia spectrum disorders; and explain how substance-related and addictive disorders develop.
 |  |  |  |  |
| [HPF. HE. 1. 2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Getting Help for Mental Illnesses* Identify signs that a person needs to seek mental health treatment.
* Summarize ways to locate mental health services
* Explain how therapy is used to treat mental illnesses.
* Identify types of mental health medication.
* Describe why a person might need inpatient mental health treatment.
* Assess strategies for overcoming barriers to treatment; and analyze strategies for helping someone with a mental illness.
 | Goodheart-Willcox 2023Lesson 7.2 | Case Study: Mental Health Medical Record Profiles. Pg. 227 |  | Lesson 7.2 Review  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| [SHE. HE. 1. 1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Preventing and Coping with Suicide | Goodheart-Willcox 2023 | Health in the Media: Media Representations of Suicide. Pg. 235 |  | Lesson 7.3 Review |
|  |  | * Explain why suicide is not an effective solution to the challenges in a person’s life.
* Identify factors that affect whether a person will attempt suicide.
* Describe strategies for preventing suicide.
* Explain the importance of getting help in response to warning signs of suicide; and analyze ways of coping with suicide and supporting survivors.
 | Lesson 7.3 |  |  |