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

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| **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 2023  Lesson 1.1 | Case Study pg. 7  Research 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 |  |

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| [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 2023  Lesson 2.1 | Self-assessment pg. 32 |  | Self-Assessment pg. 32 |
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| [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 |  |  |

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| [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 2023  Lesson 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 2023  Lesson 3.3 | Health in the Media: The power of virtual peer pressure. Pg. 88  Case 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 2023  Lesson 4.1 | Check your Health and Wellness Skills. Pg. 100  Skills 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. |  |  |  |

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| [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 2023  Lesson 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 2023  Lesson 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. 128  Health 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 2023  Lesson 5.1 | Local and Global Health: Describing Happiness Around the World. Pg. 146 |  | Lesson 5.1 Review |
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| [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 2023  Lesson 5.2 | Case Study: Social Media Envy Pg. 153 |  | Lesson 5.2 Review |

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|  | | 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 |  |  |  |
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| [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 |  |  |

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| [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 2023  Lesson 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 2023  Lesson 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 2023  Lesson 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 2023  Lesson 7.2 | Case Study: Mental Health Medical Record Profiles. Pg. 227 |  | Lesson 7.2 Review |

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| [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 |  |  |