

WESTSIDE CURRICULUM MAP Westside Middle School Teacher: Grade: Content:
Revised Date: 2019

Unit Goal:

Frameworks / CCSS Content (Noun) Skills (Verb)

HW.11.7.1 Examine skills necessary to manage mental and emotional health: . defense mechanisms

- self-talk
- coping skills
- *stress management*

HW.9.7.2 Develop solution skills for conflict:

- avoidance
- resolutions confrontation

The student will....able to identify the 3 parts of the health triangle. Students will also evaluate media messages such as commercials, internet, magazines and Radio. Chapter 1 Lessons 1-2 (1)Total Health,Wellness,Mind-Body Connection (2)Media messages,Decision making skills,Goal setting,

Chapter 1 Lessons 3-4

The student will be able to create and apply refusal skills that may be used (3) Heredity,cultural background

when pressured by others to exhibit or display inappropriate behavior.

(4) Risks, prevention,Abstinence

Students will analyze their own heredity and Traits. Students will Identify Risk factors that affect their overall health.

Activities Assessments Resources

students develop their own health triangle. role play to help develop refusal skills. Group Discussions Student led Discussions 9/11 video showing mental and emotional stress management skills. coping skills and how how the body can be harmed by chemicals, Dust and Debris

Teacher evaluation Chapter Reviews Chapter tests Activity Sheets

Health Book Activity sheets media (health videos)

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HW.10.7.6 Identify the legal issues and discuss the consequences of alcohol use and/or possession:

- under age
 - *blood alcohol concentration (BAC)*
- *driving under the influence (DUI)*

The student objective will be to learn about alcohol and how it affects their Chapter 1

body. Lessons 1-3

The difference in alcohol use and abuse. How alcohol affects family and Alcohol use and abuse relationships. The dangers of drinking and driving.

Lessons 4-5 alcohol use among teens Binge drinking, drunk driving, alternatives to drinking

Activities Assessments Resources

Group discussions, individual stories related to alcohol, Field sobriety tests with drunk goggles Driving tests with golf cart and drunk goggles/Weather permitting. DWI videos depicting scenarios of drunk driving accidents.

Activity Sheet Field sobriety Test 9 step walk and turn Golf cart driving course Chapter reviews Chapter Tests

Health book (chp9) advanced field sobriety training Instructor knowledge Law enforcement resources.

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HW.10.7.7

Identify the physical, emotional, and social effects of the following drugs:

- *prescription drugs*
- crystal methamphetamine
- “date-rape drug”
- performance-enhancing drugs

Chapter 1 Lessons 1-3 Drugs, OTC,Tolerance, Overdose, Types of Drugs mental/emotional effects of drug use

The student will....be able to define otc, recognize the risk of using illegal drugs such as marijuana, amphetamines, Hallucinogens, and club drugs.

- marijuana
- over-the-counter drugs
- other dangerous drugs

HW.10.7.8

Discuss legal boundaries involved with the use and abuse of each drug category

HW.10.7.9 Analyze the legal and social consequences of repetitive illicit drug offenses

Chapters 10 Lessons 3-4 Consequences of drug use, legal issues, Drugs and Crime, alternatives to drug use.

students will also be able to discuss the legal consequences of using or possessing illegal drugs.

Activities Assessments Resources

Guest speaker demonstrations K-9 demos Group discussions, Activity sheets of content Concept mapping Group work developing strategies to stay drug free Group work developing a public service announcement to help your peers stay drug free. Drug free videos

Activity Sheets

Health Book Chp 10 Group Discussions

Guest Speakers Chapter Reviews

Instructor knowledge Chapter Tests

Drug enforcement Teacher reviews

Law enforcement Experience Drug free videos

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Guest speaker demonstrations Group discussions, Activity sheets of content Concept mapping Group work developing strategies to to stay alcohol free Group work developing a public service announcement to help your peers stay alcohol free free. alcohol free videos

Activity Sheets Group Discussions Chapter Reviews Chapter Tests Teacher reviews concept mapping chapter quiz exit slips

Health Book Chp 9 Guest Speakers Instructor knowledge Advanced DWI instruction Law enforcement Experience Alcohol free videos

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