

CCMS HEALTH EDUCATION CURRICULUM MAP

FIRST/THIRD MP:

Intro to Health:

- 6 health components
 - Health v.s Wellness
 - Maslow's Pyramid of Needs
- Assessment(s):
Quiz

Mental Health Unit:

- Brain functionality (basic)
 - Distress v Disorder
 - MH STIGMA
 - Personality/Character
 - Self-Esteem/Confidence
 - Stress
 - Body Image/Eating Disorders
 - Suicide
- Assessment(s)
Stress Pamphlet
Mental Health Flier
Mental Illness Project
Quiz

Emotional Health Unit:

- Decision Making
 - Defense Mechanisms
 - Goal Setting
 - Handling/Expressing Emotions
 - Relationships
- Assessment(s):
Quiz

- Standard 1: Personal Health & Fitness**
- Standard 2: A Safe & Healthy Environment**
- Standard 3: Resource Management**

SECOND/FOURTH MP:

Bullying:

- Why?
 - Traditional Bullying
 - Cyberbullying
 - Bystander/Personal responsibilities
 - Prevention/Intervention
- Assessment(s):
Quiz
Bullying Prevention Flier

Drugs/Alcohol/Vaping/Tobacco:

- Drug Methods of Use
 - Use/Misuse/Abuse
 - Categories of Drugs (Depr. Stim. Opioid OTCs)
 - Tobacco v Vaping
 - Marijuana
 - Alcohol
 - RX Drugs/Heroin/Fentanyl
- Assessment(s)
Quiz (Drug Methods)
Quiz (Alch, Vape, Marijuana)
Above Influence Drug Packet

Body Systems:

- Digestive, Muscular, Skeletal, Nervous, Respiratory, Circulatory, Endocrine.
- Assessment(s)
Body Systems presentations

Disease's:

- Communicable v Non-Communicable
- Prevention

Nutrition/Physical Fitness:

- Digestive System
 - 6 Essential Nutrients
 - Food Groups/Sources/Benefits
 - 5 components of Fitness
 - FITT Principle
- Assessment: Quiz

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Revised 22-23 School Year

Standard 1: Personal Health & Fitness
Standard 2: A Safe & Healthy Environment
Standard 3: Resource Management