Department: Physical Education
Course Title: Health 1
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Date: 3/7/2025

Unit Title	Unit Length (weeks)	Dates of Unit (Month - Month)	Essential Questions	Topics to be Covered Texts Used	Skills to be Assessed	Standard Alignment	Formative Assessments	Summative Assessments
Wellness	2	August - September	What is wellness? What are health related life skills? How does wellness affect overall health?	- Wellness continuum - Leading causes of death -Health Related Life skills	- analyze data - compare/contrast controllable/uncontrollable risk factors - define wellness	-CT Standard 1, Standard 7	- class discussions - ted talk response	- environmental health assessment - healthy school design -personalized wellness plan
Nicotine	2-3	September	-What are the risks of nicotine products to an individual and others? -What information do consumers have/not have regarding nicotine products? -What influences a person's attitudes/beliefs about nicotine?	- Health risks/SHS - Marketing tactics/lawsuits -Nicotine product comparison	- analyze influencing factors - accessing valid information - communicate effectively/advocate for nicotine awareness	-CT Standard 1, Standard 2, and Standard 8	- class discussions - close reading/critical thinking responses	- persuasive essay - nicotine brochure
Alcohol	2-3	September-October	-What are the risks of alcohol to an individual and others? -What information do consumers have/not have regarding alcohol products? -What influences a person's attitudes/beliefs about alcohol?	-Short term/long term risks, Fetal Alcohol Syndrome -Drinking & Driving -Binge drinking/Problem Drinking/Alcoholism	- Explain how alcohol affects the body/brain - Recognize signs of alcohol poisoning and alcoholism - Examine the impact alcohol can have on others - Review strategies for getting help and staying safe - Advocate for alcohol awareness	-CT Standard 1, 2, 8	- class discussions - close reading/critical thinking responses	-alcohol awareness flyer
Substance Abuse	3	November	- Why do people use drugs? -What are the risks and effects on others? -What strategies are effective in preventing drug use? -How do people overcome addiction? -What are the state and federal marijuana laws, and why do they differ?	- drug classifications -risk associated with drug use -refusal strategies -marijuana state/federal laws	-analyze influences -access valid information -advocate for personal and community health -goal setting	-CT Standard 1, 2, 3	- Documentary reflection - critical thinking responses and small group discussions	-Substance Abuse Slideshow/Presentation
Nutrition	4	December-January	- What are nutrients? -How can I assess my nutritional health? -What influences nutritional choices/accessibility?	- Nutrient classes -Personal meal analysis -Nutrition in schools -Eating Disorders -Body Image	- analyze influences -access valid information -assess one's health -access community resources	-CT Standard 1, 2, 4	- Meal analysis reflection -Class discussions -Critical thinking/close reading responses	- Healthy School Lunch Menut -School Nutrition Essay -Body Image Project