Department: PE
Course Title: Health 2
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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
Lifestyle Diseases	2-3	September	-How can one's lifestyle contribute to cardiovascular disease, cancer, and diabetes? -How does one self-screen for (certain) cancers?	- CVD Disease - Type 2 Diabetes -Cancer	-accessing valid health information -knowledge of disease prevention and risk	CT Standards 1, 3	- class discussions - cancer stations -heart disease patient assessment	- Disease Trifold - Cancer Interview
First Aid/CPR	2-3	September - October	-When is basic first aid appropriate? -How do we seek help for minor/major trauma? -Why is CPR life saving? - How is hands-only CPR performed? -How are we distracted when we drive?	- Minor Trauma (burns, choking, sprains/strains, heat/cold emergencies - Hands-only CPR (American Heart Association) -Forms of distracted driving	- using community resources - accessing valid information -	-CT Standard 1, 3, 4, 5	- class discussions - close reading/critical thinking responses -first aid edpuzzle -concussions chart -choking, burns review	-First Aid Quick Reference
Prescription Drugs	2-3	October - November	-What does prescription drug use/abuse/misuse mean?Which medications are abused? -Why is it dangerous to abuse prescription drugs? -How does prescription drug abuse contribute to the opioid epidemic?	-Prescription Misuse vs Abuse -Factors considered before a doctor prescribes a medication -Breakdown of prescription drug abuse/overdose data as it applies to CT (counties/towns) -Narcan (CT app) /where to seek help	- Explain proper use of prescription medications vs unsafe/abuse -Ability to access resources for seeking help	-CT Standard 8	- class discussions - close reading/critical thinking responses -Prescription Drug Webhunt	-Prescription Drug Infographic
Mental Health	2 weeks	December	-How does mental health differ from mental illness? -How can I manage my own mental health? -What are some warning signs of mental illness struggles/suicide? -Where can I seek help for myself/others?	-Mental health applies to everyone -Examples of mental health management techniques/tools -Depression and anxiety disorders (symptoms, treatment options) -Suicide Prevention (warning signs, seeking help)	-Identify helpful mental health management strategies -Describe warning signs of suicide -	-CT Standard 1, 4, 8	-Disorder reviews	-Mental Health Storyboard

STIs, HIV/AIDS, Birth Control, Teen Parenting	2 weeks	December - January	-How could a person with an STI transmit an infection unknowingly to someone else? -What are some behaviors that place teens at higher risk for catching an STI? -How can pregnancy affect the lives of teen parents and babies of teens? -How do various birth control methods differ?	-Bacterial/viral infections (symptoms, transmission, treatment, prevention) -HIV/AIDS (affect on immune system, transmission, prevention) -Birth Control (options, including abstinence, rate of effectiveness, possible side effects) -Teen Parenting Challenges (education, finances, relationships)	-Explain how STIs are transmitted and prevented -Compare/contrast birth control options -Summarize the challenges teen parents face	-CT Standard 1, 3	-STI & HIV chapter review -Birth control chart -Birth control edpuzzle -Costs of teen parenting	
Healthy Relationships	2 weeks	January	-What is a healthy relationship? -How does one evaluate their personal relationships? -What are signs of unhealthy relationships/dynamics? -Where does one seek help for unhealthy relationships?	-Signs of a healthy/unhealthy relationship -Seeking help	-Identify aspects of a healthy relationship compared to unhealthy relationships -Explain steps to take to seek help or to help a friend	-CT Standard 4	-class discussions/scenarios	-Relationship Bill of Rights