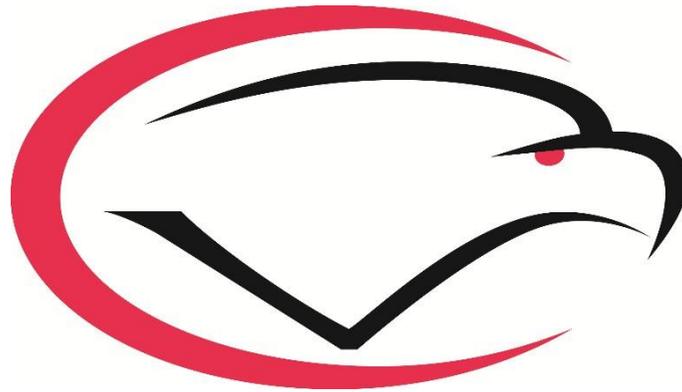


# Secondary Curriculum Maps



Cumberland Valley School District  
Soaring to Greatness, Committed to Excellence

Middle School Health

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## CVSD Health Curriculum Map for 10.1.9.A ~ 8th Grade

<b>CV Priority Standard/PA Academic Standard</b>	
10.1.9.A. Analyze factors that impact growth and development between adolescence and adulthood. • relationships (e.g., dating, friendships, peer pressure) • abstinence • STD and HIV prevention • community	
<b>Taught in Unit(s)</b>	
Human Sexuality and Communicable Diseases	
<b>Explanation/Example of Standard</b>	
Health concepts are essential for wellness and a health enhancing lifestyle.	
<b>Common Misconceptions</b>	
A person can not get pregnant the first time having sexual intercourse. A person cannot get a sexually transmitted disease if they do not have sexual intercourse. A person will not get pregnant if she uses birth control. Most high school students are engaging in sexual intercourse.	
<b>Big Idea(s)</b>	<b>Essential Question(s)</b>
Your well-being is linked to responsible healthy choices and habits.	How can the choices you make today, influence your future health and happiness?  How are your present choices connected to your health throughout your adult life?
<b>Assessments</b>	
See unit map for specific unit common assessment.	
<b>Concepts</b> (what students need to know)	<b>Skills</b> (what students must be able to do)
Late adolescence and early adulthood are impacted by a variety of factors (ex: interpersonal communication, STD transmission, relationships, etc.) that can enhance or be harmful to our health.  Maintaining optimal health is often a result of personal choices.  Responsible decision-making provides control of your own well-being.	Examine how personal choices (such as the decision to engage in sexual activity), life skills and media will affect optimal health throughout adulthood.  Examine the factors that influence adolescent health information, practices and personal choices.

## CVSD Health Curriculum Map for 10.1.9.E ~ 8th Grade

<b>CV Priority Standard/PA Academic Standard</b>	
10.1.9.E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.	
<b>Taught in Unit(s)</b>	
Cardiovascular System	
<b>Explanation/Example of Standard</b>	
Health concepts are essential for wellness and a health enhancing lifestyle.	
<b>Common Misconceptions</b>	
<p>Food high in fat are bad for you.</p> <p>My decisions about food and exercise at my age will not make a difference in my health.</p> <p>Health problems are more of a problem when I get older.</p> <p>Most risk factors of cardiovascular disease are not under my control, it is due to family history.</p>	
<b>Big Idea(s)</b>	<b>Essential Question(s)</b>
<p>Your safety and health are influenced by how personal decisions are made.</p> <p>Your well-being is linked to responsible healthy habits.</p>	<p>What can you observe and infer about the way your personal choices affect the functioning of the body?</p> <p>What choices should you make to act and grow responsibly?</p> <p>What can we do to improve our personal health?</p>
<b>Assessments</b>	
See unit map for specific unit common assessments.	
<b>Concepts</b> (what students need to know)	<b>Skills</b> (what students must be able to do)
<p>Many diseases can be prevented or eliminated by healthy life choices such as moderate diet, exercise and personal choices.</p> <p>Late adolescence and early adulthood are impacted by a variety of lifestyle factors (such as diet and exercise) that can enhance or be harmful to our health.</p> <p>Maintaining optimal health is often a result of personal choices.</p> <p>Responsible decision-making provides control of your own well-being.</p>	<p>Select healthy attitudes and habits that promote individual growth and responsible decision making.</p> <p>Examine how personal choices, life skills and various risk factors will affect optimal health throughout adulthood.</p> <p>Clarify the relationship among personal choices such as diet and exercise with well-functioning body systems and disease prevention.</p>

## CVSD Health Curriculum Map for 10.3.6.B ~ 8th Grade

<b>CV Priority Standard/PA Academic Standard</b>	
<b>10.3.6.B Know and apply appropriate emergency responses. • basic first aid • Heimlich maneuver • universal precautions</b>	
<b>Taught in Unit(s)</b>	
<b>First Aid and Safety</b>	
<b>Explanation/Example of Standard</b>	
Knowing and applying emergency responses positively impacts individual and community well-being.	
<b>Common Misconceptions</b>	
If I help someone in an emergency situation, they could sue me if something goes wrong.	
<b>Big Idea(s)</b>	<b>Essential Question(s)</b>
Knowing emergency procedures and basic first aid can be used for safety and basic health care of self and others.	What are some choices and actions I can use to be safe in the home, school and community?
<b>Assessments</b>	
<b>See unit map for specific unit common assessment.</b>	
<b>Concepts</b> (what students need to know)	<b>Skills</b> (what students must be able to do)
Safe practices can be used to keep you from being injured in the home, school and community.	Demonstrate how to use safe practices such as basic first aid, Heimlich maneuver and universal precautions in the home, school and community.

## CVSD Health Curriculum Map for 10.1.9.A ~ 7th Grade

<b>CV Priority Standard/PA Academic Standard</b>	
10.1.9.A Analyze factors that impact growth and development between adolescence and adulthood.	
<b>Taught in Unit(s)</b>	
General Health Concepts	
<b>Explanation/Example of Standard</b>	
Health concepts are essential for wellness and a health enhancing lifestyle.	
<b>Common Misconceptions</b>	
My decisions at my age will not make a difference in my health. Health problems may prove more of a problem when I get older.	
<b>Big Idea(s)</b>	<b>Essential Question(s)</b>
Growth and Development Self Protection	What factors can influence individual growth and development?
<b>Assessments</b>	
See unit map for specific unit common assessments.	
<b>Concepts</b> (what students need to know)	<b>Skills</b> (what students must be able to do)
Know: Analyze the different factors that could influence growth and development	Do: TSW engage in a variety of activities that will enhance their understanding of factors that could impact growth and development

## CVSD Health Curriculum Map for 10.1.9 .D ~ 7th Grade

<b>CV Priority Standard/PA Academic Standard</b>	
10.1.9.D Explain factors that influence childhood and adolescent drug use. Peer influence, body image (e.g., steroids, enhancers, social acceptance, stress, media influence, decision making/refusal skills, rules, regulations and laws, consequences.	
<b>Taught in Unit(s)</b>	
Addiction	
<b>Explanation/Example of Standard</b>	
Health concepts are essential for wellness and a health enhancing lifestyle.	
<b>Common Misconceptions</b>	
How influential are your peers and the media over your decision making. Addiction is easily conquered.	
<b>Big Idea(s)</b>	<b>Essential Question(s)</b>
Alcohol, Tobacco, and Other Drugs	How can drug use impact your health?
<b>Assessments</b>	
See unit map for specific unit common assessments.	
<b>Concepts</b> (what students need to know)	<b>Skills</b> (what students must be able to do)
Know: Students will identify the factors that influence drug use	Do: Students will make a poster, collage, or power point which identifies the factors which influence drug use

## CVSD Health Curriculum Map for 10.1.9 .E ~ 7th Grade

<b>CV Priority Standard/PA Academic Standard</b>	
10.1.9.E Identify health problems that can occur throughout life and describe ways to prevent them. Diseases (e.g., cancer, diabetes, STD/HIV/AIDS, cardiovascular disease) preventions (i.e. do not smoke, maintain proper weight, eat a balanced diet, practice sexual abstinence, be physically active)	
<b>Taught in Unit(s)</b>	
General Health Concepts	
<b>Explanation/Example of Standard</b>	
Health concepts are essential for wellness and a health enhancing lifestyle.	
<b>Common Misconceptions</b>	
<b>Big Idea(s)</b>	<b>Essential Question(s)</b>
Personal and Community Health Healthful Living	How are germs spread? What are health care products and services that impact adolescents health practices?
<b>Assessments</b>	
See unit map for specific unit common assessments.	
<b>Concepts</b> (what students need to know)	<b>Skills</b> (what students must be able to do)
Know: Students will be able to list common communicable diseases Students will be able to name controllable risk factors for various diseases Students will be able to create a plan detailing a lifestyle that will help them be healthy and fit.	Examine how personal choices (such as the decision to avoid tobacco, eat properly, & live an active lifestyle) can affect optimal health throughout adulthood.

	<p>Examine the factors that influence adolescent health information, practices and personal choices.</p>
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## CVSD Health Curriculum Map for 10.1.6.A ~ 6th Grade

<b>CV Priority Standard/PA Academic Standard</b>	
<p>10.1.6.C. Analyze nutritional concepts that impact health.</p> <ul style="list-style-type: none"> <li>• caloric content of foods</li> <li>• relationship of food intake and physical activity (energy output)</li> <li>• nutrient requirements</li> <li>• label reading</li> <li>• healthful food selection</li> </ul>	
<b>Taught in Unit(s)</b>	
Nutrition	
<b>Explanation/Example of Standard</b>	
Health concepts are essential for wellness and a health enhancing lifestyle.	
<b>Common Misconceptions</b>	
<p>Eating foods that are high in fat is bad for you.            Reading nutrition labels is difficult and unuseful.            Eating healthy is boring and expensive.            Making small changes in my diet and lifestyle will not make a difference in my health.</p>	
<b>Big Idea(s)</b>	<b>Essential Question(s)</b>
<p>Nutritional factors, such as food selection and caloric content, have a major impact on one's health.</p> <p>Many diseases can be prevented or eliminated by healthy life choices such as moderate diet, exercise and not smoking.</p> <p>Your well-being is linked to responsible healthy habits.</p>	<p>What can you observe and infer about the way your personal choices affect the functioning of the body?</p> <p>What choices should you make to act and grow responsibly?</p>
<b>Assessments</b>	
See unit map for specific unit common assessment.	
<b>Concepts</b> (what students need to know)	<b>Skills</b> (what students must be able to do)
<p>Many diseases can be prevented or eliminated by healthy life choices such as moderate diet.</p> <p>Your safety and health are influenced by how personal decisions are made.</p>	<p>Select healthy attitudes and habits that promote individual growth and responsible decision making.</p> <p>Clarify the relationships among nutritional factors and personal choices such as healthy food choices</p>

	with well-functioning body systems and disease prevention.
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