

STRATFORD PUBLIC SCHOOLS

Health Department – Health 1

Curriculum Scope and Sequence

Grade	Concept/Units	Application - Students will:
9	Communication Skills	<ul style="list-style-type: none">• Learn about different communication styles and how they impact our interactions with one another.• Examine the impact on oneself and on others when responding to anger positively/negatively.• Learn how to use the “I” statement to improve interpersonal communication.
	Fitness & Nutrition	<ul style="list-style-type: none">• Differentiate between aerobic and anaerobic exercise.• Examine the impact of culture, media, peers and family on health behaviors.
	Health and Wellness	<ul style="list-style-type: none">• Differentiate between health and wellness.• Identify the components of physical, mental, emotional and social health.• Analyze the effects of behavior, heredity and environment on health and wellness.• Assess their overall health status.• Identify behavioral changes needed to improve personal health.
	Human Sexuality and Disease Prevention	<ul style="list-style-type: none">• Describe the functions of the parts of the male and female reproductive system.• Explain STI's / STD's and how they affect reproduction.• Discuss how the menstrual cycle relates to pregnancy.• Identify the effective ways to prevent pregnancy and prevent STI's.• Describe possible diseases of the reproductive system.• Analyze relationships and how they impact sexuality and vice versa.• Explore ways to use communication skills to avoid unwanted sexual activity.• Explore the demands and responsibilities of parenthood.• Distinguish between gender and sexual identity.• Identify sources of support and community services for reproductive health issues.
	Safety and Injury Prevention: First Aid	<ul style="list-style-type: none">• Identify the steps in Check, Call, Care.• Describe what is involved in Hands Only Adult CPR.• Become familiar with first aid skills to treat various injuries and illnesses.

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	Social and Emotional Health	<ul style="list-style-type: none">• Identify types of harassment and bullying.• Explore effective ways to stop harassment.• Analyze motivations for gang affiliations.• Develop decision-making skills.• Discuss stress management skills.
	Substance Use and Abuse Prevention	<ul style="list-style-type: none">• Identify the short and long term effects of vaping.• Be able to distinguish between OTC's, prescription and illegal drugs.• Demonstrate an understanding of physical and psychological addictions.• Explore the concepts of tolerance and withdrawal to enhance their knowledge of addiction.• Identify the effects of drug/alcohol abuse on the physical, mental/emotional and social health of teenagers.• Demonstrate knowledge of effective refusal skills.