

## Health Semester Plan: Fall 2004

	Week 1 9/6/04	Week 2 9/13/04	Week 3 9/20/04	Week 4 9/27/04
Topics	<ul style="list-style-type: none"> <li>Getting to know the class</li> <li>Classroom set up</li> <li>Current Events</li> </ul>	<ul style="list-style-type: none"> <li>Definition of Health</li> <li>Cell Review with diagram</li> </ul>	<ul style="list-style-type: none"> <li>Tissues</li> <li>Organs</li> <li>Body Systems</li> </ul>	<ul style="list-style-type: none"> <li>Integumentary System</li> <li>Personal hygiene</li> </ul>
Standards		1.2, 1.3, 3.1, 4.3	1.3	2.3, 3.3, 3.4, 6.1
Lecture Notes	<ul style="list-style-type: none"> <li>Classroom Contract</li> </ul>	<ul style="list-style-type: none"> <li>Definition of Health</li> <li>Cell Review</li> </ul>	<ul style="list-style-type: none"> <li>Tissues, organs, and body systems</li> </ul>	<ul style="list-style-type: none"> <li>Skin with diagram</li> </ul>
Classwork		<ul style="list-style-type: none"> <li>Pie of Health</li> </ul>	<ul style="list-style-type: none"> <li>Which system am I? Contest</li> </ul>	<ul style="list-style-type: none"> <li>Skin Deep worksheet</li> <li>What are this person's problems worksheet</li> </ul>
Homework	<ul style="list-style-type: none"> <li>Have course description signed by parent</li> </ul>	<ul style="list-style-type: none"> <li>Current Event #1</li> </ul>		<ul style="list-style-type: none"> <li>Current Event #2</li> </ul>
Labs and Projects			Group Project: Where do the organs go?	Lab: Investigating Your Epidermis
Video		Bill Nye- Cells		Bill Nye- Skin
Demos			Show organs and body systems using body model and posters	
Special Tests				Quiz 1- Definition of Health, Cells, tissues, organs, body systems
Points	<ul style="list-style-type: none"> <li>Homework: 5</li> </ul>	<ul style="list-style-type: none"> <li>Homework: 15</li> </ul>	<ul style="list-style-type: none"> <li>Project: 20</li> <li>Classwork: Extra Credit for winners</li> </ul>	<ul style="list-style-type: none"> <li>Quiz: 20</li> <li>Lab: 20</li> <li>Classwork: 10</li> <li>Homework: 15</li> </ul>

	Week 5 10/4/04	Week 6 10/11/04	Week 7 10/18/04	Week 8 10/25/04
Topics	<ul style="list-style-type: none"> <li>Acne</li> <li>Skin Problems</li> </ul>	<ul style="list-style-type: none"> <li>Teeth and Mouth</li> </ul>	<ul style="list-style-type: none"> <li>Digestion</li> <li>Problems of the digestive system</li> <li>Nutrition</li> </ul>	<ul style="list-style-type: none"> <li>Food Guide Pyramid</li> <li>Eating Disorders</li> </ul>
Standards	2.3, 3.3, 3.4, 6.1	2.3, 2.6, 3.3, 3.4	2.1, 3.4, 6.1, 6.6, 7.2, 7.6	1.1-1.4, 1.6, 1.7, 2.2, 2.3, 3.1, 3.3, 3.4, 6.1, 6.4, 6.6
Lecture Notes	<ul style="list-style-type: none"> <li>Problems of the Skin</li> </ul>	<ul style="list-style-type: none"> <li>Teeth and Mouth with diagram</li> </ul>	<ul style="list-style-type: none"> <li>Digestive System with diagram</li> </ul>	
Classwork	<ul style="list-style-type: none"> <li>Skin Eruptions worksheet</li> </ul>	<ul style="list-style-type: none"> <li>Tooth Sleuth worksheet</li> <li>Reading- Ch.7, Lesson 1; pg. 182 #1-10, 1-9, 1-4</li> </ul>	<ul style="list-style-type: none"> <li>Reading- Problems of the digestive system</li> </ul>	<ul style="list-style-type: none"> <li>Exercise Your Options pg 4-5</li> <li>Read disorders article and fill out chart</li> </ul>
Homework		<ul style="list-style-type: none"> <li>Current Event #3</li> </ul>	<ul style="list-style-type: none"> <li>Food Record (24 hours)</li> </ul>	<ul style="list-style-type: none"> <li>Current Event #4</li> </ul>
Labs and Projects			Discuss nutrition project due in week 11	Group Project- Become experts on a food group with presentations
Video	Newton's Apple- Acne	Newton's Apple- Cavities	<ul style="list-style-type: none"> <li>"Eat, Drink, and be Wary"</li> <li>Bill Nye- Nutrition</li> </ul>	
Demos			Show digestive system using body model and posters	Show food serving sizes using common foods.
Special		Tick Tack Tooth Game		
Tests	Quiz #2- Skin		Quiz #3- Teeth and Mouth	
Points	<ul style="list-style-type: none"> <li>Classwork: 10</li> <li>Quiz: 25</li> </ul>	<ul style="list-style-type: none"> <li>Homework: 15</li> <li>Classwork: 20</li> </ul>	<ul style="list-style-type: none"> <li>Homework: 10</li> <li>Quiz: 25</li> </ul>	<ul style="list-style-type: none"> <li>Homework: 15</li> <li>Classwork: 10</li> <li>Project: 15</li> </ul>

	Week 9 11/1/04	Week 10 11/8/04	Week 11 11/15/04	Week 12 11/22/04
Topics	<ul style="list-style-type: none"> <li>Counting Calories</li> <li>Basal Metabolic Rate</li> <li>Food Labels</li> </ul>	<ul style="list-style-type: none"> <li>Managing Weight</li> <li>Food and Emotions</li> </ul>	<ul style="list-style-type: none"> <li>Bones</li> <li>Muscles</li> </ul>	<ul style="list-style-type: none"> <li>Physical Fitness</li> </ul>
Standards	2.4, 6.1, 6.4, 6.6	1.7, 2.2, 2.3, 7.1	1.3, 1.6, 3.1, 3.4, 4.3, 6.1, 6.6	1.1-1.3, 1.6, 3.2-3.4, 6.4, 6.5
Lecture Notes	<ul style="list-style-type: none"> <li>BMR Formula</li> </ul>		<ul style="list-style-type: none"> <li>Skeletal System</li> <li>Muscular System</li> </ul>	
Classwork	<ul style="list-style-type: none"> <li>Page 38, 1-5</li> <li>Food Label worksheet (must bring in labels)</li> <li>Count Calorie Worksheet</li> </ul>	<ul style="list-style-type: none"> <li>Reading-pages 132-138</li> <li>Signs of stress worksheet</li> </ul>	<ul style="list-style-type: none"> <li>Read pages 345-357 with review questions</li> </ul>	<ul style="list-style-type: none"> <li>Exercise your Options-physical fitness section</li> </ul>
Homework		<ul style="list-style-type: none"> <li>Current Event #5</li> <li>Food and Commercials Worksheet</li> </ul>		<ul style="list-style-type: none"> <li>Current Event #6</li> </ul>
Labs and Projects			<ul style="list-style-type: none"> <li>Posture Lab</li> <li>Nutrition projects due</li> </ul>	Lab: Muscle Mania
Video			Bill Nye- Bones and Muscles	
Demos	Show nutrition label on overhead, pointing out important parts for classwork and everyday eating		Show muscular and skeletal systems using body model and posters	
Special		Review game for nutrition-Blackjack		Review game for bones and muscles
Tests	Quiz #4- Digestion	Quiz # 5- Nutrition		Quiz #6- Bones, Muscles, and Physical Fitness
Points	<ul style="list-style-type: none"> <li>Quiz: 35</li> <li>Classwork: 20</li> </ul>	<ul style="list-style-type: none"> <li>Homework: 20</li> <li>Quiz: 30</li> <li>Classwork: 20</li> </ul>	<ul style="list-style-type: none"> <li>Project: 100</li> <li>Lab: 20</li> </ul>	<ul style="list-style-type: none"> <li>Quiz: 20</li> <li>Lab: 20</li> <li>Classwork: 10</li> <li>Homework: 20</li> </ul>

	Week 13 11/29/04	Week 14 12/6/04	Week 15 12/13/04	Week 16 1/3/05
Topics	<ul style="list-style-type: none"> <li>Mental Health</li> <li>Suicide Prevention</li> <li>Depression</li> </ul>	<ul style="list-style-type: none"> <li>Respiration</li> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Alcohol</li> <li>Drugs</li> <li>Prescription</li> <li>Illegal</li> </ul>	<ul style="list-style-type: none"> <li>Cancer</li> <li>Other chronic illnesses</li> </ul>
Standards	1.2, 1.4, 5.2, 5.4, 6.7, 7.4, 7.6	1.3, 1.4, 1.7, 3.3, 3.4, 4.2, 6.1, 6.6, 7.2	1.3, 1.4, 2.4, 3.3, 6.1, 7.4	1.6, 1.8, 2.6, 4.3
Lecture Notes	<ul style="list-style-type: none"> <li>Mental Illnesses</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco's Effect on the body</li> <li>Respiratory system with diagram</li> </ul>	<ul style="list-style-type: none"> <li>Categories and effects of drugs</li> </ul>	<ul style="list-style-type: none"> <li>Development and treatment of cancer</li> </ul>
Classwork	<ul style="list-style-type: none"> <li>Reading- pgs 243-251 with review questions</li> </ul>	<ul style="list-style-type: none"> <li>Reading ch. 24, Lesson 3 with review questions</li> </ul>	<ul style="list-style-type: none"> <li>Reading pgs 562-567 with review questions</li> </ul>	
Homework	<ul style="list-style-type: none"> <li>One page report telling their feelings about guest speaker</li> </ul>	<ul style="list-style-type: none"> <li>Current Event #7</li> </ul>		<ul style="list-style-type: none"> <li>Current Event #8</li> <li>Interview a cancer survivor</li> </ul>
Labs and Projects		Make a class list of pros and cons of tobacco	Classroom debate on legalizing drugs	
Video		Bill Nye-Respiratory System	Drug Video	
Demos		Show respiratory system using body model and posters		
Special	Guest Speaker		Library trip to research drug debate	
Tests			Quiz #7- tobacco, alcohol, and drugs	
Points	<ul style="list-style-type: none"> <li>Classwork: 10</li> <li>Howework: 20</li> </ul>	<ul style="list-style-type: none"> <li>Homework: 15</li> <li>Classwork: 10</li> </ul>	<ul style="list-style-type: none"> <li>Project: 20</li> <li>Classwork: 10</li> <li>Quiz: 30</li> </ul>	<ul style="list-style-type: none"> <li>Homework: 35</li> </ul>

	Week 17 1/10/05	Week 18 1/17/05	Week 19 1/24/05	Week 20 1/31/05
Topics	<ul style="list-style-type: none"> <li>Infectious Diseases</li> </ul>	<ul style="list-style-type: none"> <li>Sexually Transmitted Diseases</li> <li>HIV and AIDS</li> </ul>	<ul style="list-style-type: none"> <li>Human Reproductive System</li> </ul>	<ul style="list-style-type: none"> <li>Wrap up</li> <li>Preparation for final exam</li> <li>Buffer Time</li> </ul>
Standards	1.3, 1.4, 1.7, 1.8, 3.1, 3.3, 3.4, 6.3	1.3, 2.6, 3.1, 3.3, 3.4, 5.6, 6.1, 6.2	1.2, 3.1, 3.4, 6.1, 6.6, 7.1, 7.3	
Lecture Notes	<ul style="list-style-type: none"> <li>Common Infectious Diseases</li> <li>Chain of Infection</li> </ul>	<ul style="list-style-type: none"> <li>List of STD's and symptoms</li> <li>HIV and AIDS</li> </ul>	<ul style="list-style-type: none"> <li>Male Reproductive System</li> <li>Female Reproductive System</li> </ul>	
Classwork	<ul style="list-style-type: none"> <li>Understanding the Cycle worksheet</li> <li>Invent a Disease worksheet</li> </ul>	<ul style="list-style-type: none"> <li>HIV AIDS worksheets</li> </ul>	<ul style="list-style-type: none"> <li>Review questions pgs. 450-451</li> </ul>	
Homework		<ul style="list-style-type: none"> <li>Current Event #9</li> <li>One page report on guest speaker</li> </ul>		
Labs and Projects		HIV AIDS group project		
Video		MTV- switched	The Truth About Sex	
Demos				
Special		Guest Speaker-Positively Speaking		
Tests	Quiz # 8- Communicable and non-communicable diseases		Quiz #9- Reproductive systems and STD's	
Points	<ul style="list-style-type: none"> <li>Classwork: 20</li> <li>Quiz: 30</li> </ul>	<ul style="list-style-type: none"> <li>Homework: 35</li> <li>Classwork: 10</li> </ul>	<ul style="list-style-type: none"> <li>Quiz: 30</li> <li>Classwork: 10</li> </ul>	