



High School Health

Reading and Writing Standards

Marking Period	Reading Standards	Writing Standards
1	Research and presentation on physical activity opportunities for student fitness	Food logs with nutrition reflection
2	Research and presentation on sun safety, oral health, sleep, and avoiding infectious diseases	Which of the four health topics is the most important to you. Develop a SMART goal and steps for completing your goal.

Scoring Guide for Written Work

<https://docs.google.com/document/d/1QLgHLdX9LRX1mNsy0cF40v-cbIX8lH-9lh0pI85imJ4/edit>



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Content Topics and Pacing

Topic	Duration	Guiding Questions	Reading/Writing Assignments
7 Health Skills For Success <ul style="list-style-type: none">• Accessing Information• Analyzing Influences• Goal Setting• Decision Making• Interpersonal Communication• Self Management• Advocacy	3 weeks	Which of the 7 health skills are the most important on the impact of your personal health? Develop a rationale as to why we need to study health.	Reading: Develop an advocacy project on a health skill Writing: What health skill is most important to you and how to use it on a daily basis.
Social Emotional Health	2 weeks	Name the difference between bullying and harassment	Reading: research and advocacy
Physical and Nutritional Health	2 weeks	How do you read a food label?	Reading: Reading food labels in class Writing: Food logs with reflection
Safety	2 weeks	What is distracted driving and why is it the leading cause of death of teens?	Reading: Research and advocacy of distracted driving Writing: Reflection questions of safety
Alcohol, Tobacco, and Other	3 weeks	What are the main problems	Reading: Research and advocacy for a



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Drug Use		teens have when it comes to Alcohol, Tobacco and Other Drugs	drug free school environment Writing:
Personal History	3 weeks	What is the importance of knowing your family's medical history	Reading: Research and advocating on sun safety, oral health, sleep, and avoiding infectious diseases.
Healthy and Responsible Relationships	3 weeks	How do to build healthy and responsible relationships while avoiding risky situations	Reading: Healthy relationship characteristics. Research on teen pregnancy Writing: Relationship advice