

# Wyoming Department of Education Required Virtual Education Course Syllabus

## Niobrara County School District # 1

Program Name	Wyoming Virtual Academy	Content Area	PE
Course ID	D-OTH-010V2-K	Grade Level	9-12
Course Name	Summit Skills for Health	# of Credits	0.5
SCED Code	08051G0.5011	Curriculum Type	K12 Inc

### COURSE DESCRIPTION

*Typically a 9-week course. This course focuses on important skills and knowledge in nutrition; physical activity; the dangers of substance use and abuse; injury prevention and safety; growth and development; and personal health, environmental conservation, and community health resources. The curriculum is designed around topics and situations that engage student discussion and motivate students to analyze internal and external influences on their health-related decisions. The course helps students build the skills they need to protect, enhance, and promote their own health and the health of others.*

### WYOMING CONTENT AND PERFORMANCE STANDARDS

STAND ARD#	<a href="#">BENCHMARK (Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets</a>
HE12.1.1	Locate and evaluate appropriate resources at school, in the community and beyond that help to enhance health (e.g., human resources, printed and electronic resources, equipment and facilitates, etc.). PA, PH, ME
HE12.1.2	Locate and evaluate appropriate resources at school, in the community and beyond that help to reduce health risks. (e.g., human resources, printed and electronic resources, equipment and facilitates, etc.). ATOD, SEXUALITY, PH
HE12.1.3	Use criteria to evaluate the validity of health information from a variety of sources (e.g., written, verbal, visual, electronic, etc.). ATOD, SEXUALITY, NUT
HE12.1.4	Use criteria to evaluate products that can enhance health and reduce health risks (e.g., Examine carefully performance supplements and make a judgment about the short and long term impact on an adolescent's health.). NUT, PA, ATOD
HE12.2.1	Analyze the types of decisions that would be appropriate for a specific health related situation (e.g., 1-step/automatic process appropriate for emergency, 5- step process appropriate for long-term decision). ATOD, SEXAULTY, IP/S
HE12.2.2	Apply a systematic decision making process that includes evaluation of consequences to enhance health (e.g., impact of decision on self, on others). SEXUALITY, IP/S, CEH
HE12.2.3	Apply a systematic decision making process that includes evaluation of consequences to reduce or avoid health risks. ATOD, SEXUALITY, IP/S
HE12.2.4	Evaluate how peers, culture, media and technology influence decisions students make about health practices and risk behaviors. SEXUALITY, ATOD, ME
HE12.2.5	Apply a systematic process to evaluate the evidence, claims, beliefs and/or points of view about non-familiar health related issues or problems. ATOD, PA, NUT

HE12.3. 1	Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to enhance health. PH, CEH, ME
HE12.3. 2	Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to reduce or avoid health risks. ATOD, SEXUALITY, VP/B
HE12.3. 3	Demonstrate the ability to use effective communication techniques to advocate for personal and community health. PH, CEH
HE12.3. 4	Demonstrate the ability to use refusal, negotiation and collaboration skills to enhance health. ME, CEH, VP/B
HE12.3. 5	Demonstrate the ability to use refusal, negotiation and collaboration skills to reduce or avoid health risks. ATOD, SEXUALITY, VP/B
HE12.3. 6	Demonstrate the ability to use strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. IP/S, VP/B, ME
HE12.3. 7	Delineate a speaker's health argument and specific claims, distinguishing health claims that are supported by reasons and evidence from health claims that are not supported by reasons and evidence. ANY CONTENT AREA
HE12.4. 1	Analyze the relationship between personal health and their effect on self, others, and society. CEH, PCD, PA
HE12.4. 2	Demonstrate the ability to use a strategic approach to manage health risks and enhance health. NUT, PA, ME
HE12.4. 3	Demonstrate an understanding of behaviors that prevent the spread of disease. SEXUALITY, ATOD, PCD
HE12.4. 4	Explain signs of stress and how stress can affect health status. ME, ATOD
HE12.4. 5	Analyze age appropriate factors that create good stress and bad stress. ME, ATOD, SEXUALITY
HE12.4. 7	Evaluate the appropriateness of various strategies for managing stress and avoiding stress overload in specific situations (e.g. regular exercise to deal with divorce, regular sleep prior to testing, etc.). PA, NUT, PH
HE12.4. 8	Use criteria to set a long-term personal health goal and make a plan for achieving it. ME, PA, NUT
HE12.4. 9	Monitor progress toward achieving a long-term personal health goal and evaluate the effectiveness of the plan for meeting the goal (e.g., a plan to meet the goal of reducing body fat by the end of the semester was effective because it included a variety of activities that met scientific principles for fitness and weight loss (e.g., aerobic activity for 30-45 minutes daily, reducing sugar intake, increasing water intake, attending PE every day, etc.). ME, PA, NUT
HE12.4. 11	Demonstrate the ability to advocate for the prevention of violence and bullying. VP/B, CEH, ME
HE12.4. 12	Analyze the relationship between physical, social, and mental and emotional health. VP/B, CEH ME

**SCOPE AND SEQUENCE**

UNIT OUTLINE	STANDARD#	OUTCOMES OBJECTIVES/STUDENT CENTERED GOALS
Unit 1: Building Skills for Health Lesson 1: What Is Health?	0	Define health and name the components of health.  List some of the top health concerns in the United States.
Unit 1: Building Skills for Health Lesson 2: Discuss: What Is Health?	0	0
Unit 1: Building Skills for Health Lesson 3: The Seven Skills, Part 1	0	Describe the seven health skills.  Identify reliable sources of health information.  Describe influences on personal health.  Describe behaviors that can protect health.
Unit 1: Building Skills for Health Lesson 4: The Seven Skills, Part 2	0	Describe the seven health skills.  Identify reliable sources of health information.  Describe influences on personal health.  Describe behaviors that can protect health.
Unit 1: Building Skills for Health Lesson 5: The Seven Skills, Part 3	0	Describe the seven health skills.  Identify reliable sources of health information.  Describe influences on personal health.  Describe behaviors that can protect health.
Unit 1: Building Skills for Health Lesson 6: The Seven Skills, Part 4	0	Describe the seven health skills.  Identify reliable sources of health information.  Describe influences on personal health.  Describe behaviors that can protect health.
Unit 1: Building Skills for Health Lesson 7: Building Skills for Health Unit Review	0	0
Unit 1: Building Skills for Health Lesson 8: Building Skills for Health Unit Test	12.1.1, 12.1.2, 12.1.3, 12.2.1, 12.2.2, 12.2.3, 12.2.4, 12.2.5, 12.3.1, 12.3.2, 12.3.4, 12.3.5, 12.3.6, 12.4.1, 12.4.2, 12.4.8, 12.4.9, 12.4.12	0

Unit 2: Thoughts and Feelings Lesson 1: Sense of Self, Part 1	0	Define sense of self.  Describe positive and negative influences on one's sense of self.  Explain strategies to enhance one's sense of self.
Unit 2: Thoughts and Feelings Lesson 2: Sense of Self, Part 2	0	Define sense of self.  Describe positive and negative influences on one's sense of self.  Explain strategies to enhance one's sense of self.
Unit 2: Thoughts and Feelings Lesson 3: Effective Communication	0	Describe the elements of effective communication.  Explain how effective communication is related to health.  Describe active listening skills.
Unit 2: Thoughts and Feelings Lesson 4: Discuss: Effective Communication	0	0
Unit 2: Thoughts and Feelings Lesson 5: Managing Stress, Part 1	0	Describe the effects of stress on the body.  Explain the concept of mind-body connection.  Identify stress management techniques.
Unit 2: Thoughts and Feelings Lesson 6: Managing Stress, Part 2	0	Describe the effects of stress on the body.  Explain the concept of mind-body connection.  Identify stress management techniques.
Unit 2: Thoughts and Feelings Lesson 7: Support for Mental and Emotional Problems, Part 1	0	Name common mental health problems.  Describe the signs of several mental and emotional problems.  Identify ways to help people with a mental health problem.
Unit 2: Thoughts and Feelings Lesson 8: Support for Mental and Emotional Problems, Part 2	0	Name common mental health problems.  Describe the signs of several mental and emotional problems.  Identify ways to help people with a mental health problem.
Unit 2: Thoughts and Feelings Lesson 9: Thoughts	0	0

and Feelings Unit Review		
Unit 2: Thoughts and Feelings Lesson 10: Thoughts and Feelings Unit Test	12.1.2,12.1.3, 12.3.4, 12.3.5, 12.3.6, 12.4.1, 12.4.4 12.4.5, 12.4.7, 12.4.9, 12.4.12	0
Unit 3: Nutrition Lesson 1: Why Eat Healthfully?, Part 1	0	<p>Explain the benefits of eating healthfully.</p> <p>Describe the nutrients the body needs and name a source for each nutrient.</p> <p>Identify ways to prevent or reduce the risk of developing certain diseases.</p>
Unit 3: Nutrition Lesson 2: Why Eat Healthfully?, Part 2	0	<p>Explain the benefits of eating healthfully.</p> <p>Describe the nutrients the body needs and name a source for each nutrient.</p> <p>Identify ways to prevent or reduce the risk of developing certain diseases.</p>
Unit 3: Nutrition Lesson 3: Why Eat Healthfully?, Part 3	0	<p>Explain the benefits of eating healthfully.</p> <p>Describe the nutrients the body needs and name a source for each nutrient.</p> <p>Identify ways to prevent or reduce the risk of developing certain diseases.</p>
Unit 3: Nutrition Lesson 4: Think Before You Swallow, Part 1	0	<p>Interpret food labels and nutritional claims.</p> <p>Identify the influences on the food you eat.</p> <p>Describe elements of healthful snacks and meals.</p>
Unit 3: Nutrition Lesson 5: Think Before You Swallow, Part 2	0	<p>Interpret food labels and nutritional claims.</p> <p>Identify the influences on the food you eat.</p> <p>Describe elements of healthful snacks and meals.</p>
Unit 3: Nutrition Lesson 6: Think Before You Swallow, Part 3	0	<p>Interpret food labels and nutritional claims.</p> <p>Identify the influences on the food you eat.</p> <p>Describe elements of healthful snacks and meals.</p>
Unit 3: Nutrition Lesson 7: Managing Your Weight, Part 1	0	<p>Describe the relationship between weight and health.</p> <p>Assess personal weight recommendations.</p> <p>Identify healthful ways to gain and lose weight.</p>

Unit 3: Nutrition Lesson 8: Managing Your Weight, Part 2	0	Describe the relationship between weight and health.  Assess personal weight recommendations.  Identify healthful ways to gain and lose weight.
Unit 3: Nutrition Lesson 9: Discuss: Managing Your Weight	0	0
Unit 3: Nutrition Lesson 10: Food Safety	0	Describe common food-borne illnesses.  Explain steps to food safety.
Unit 3: Nutrition Lesson 11: Nutrition Unit Review	0	0
Unit 3: Nutrition Lesson 12: Nutrition Unit Test	12.1.3, 12.1.4, 12.2.3, 12.2.4, 12.2.5, 12.3.7, 12.4.2, 12.4.3, 12.4.9,	0
Unit 4: Physical Activity Lesson 1: Why Is Physical Activity Important?, Part 1	0	Describe the benefits of physical activity.  Identify the recommendation for daily physical activity.  Explain the difference between low, moderate, and vigorous physical activity.  List ways to get the recommended amount of physical activity.
Unit 4: Physical Activity Lesson 2: Why Is Physical Activity Important?, Part 2	0	Describe the benefits of physical activity.  Identify the recommendation for daily physical activity.  Explain the difference between low, moderate, and vigorous physical activity.  List ways to get the recommended amount of physical activity.
Unit 4: Physical Activity Lesson 3: What Is Physical Fitness?, Part 1	0	Explain the five components of health-related fitness.  List the six skills related to fitness.  Define the FITT formula.  Describe target and resting heart rate.
Unit 4: Physical Activity Lesson 4: What Is Physical Fitness?, Part 2	0	Explain the five components of health-related fitness.  List the six skills related to fitness.  Define the FITT formula.

		Describe target and resting heart rate.
Unit 4: Physical Activity Lesson 5: What Is Physical Fitness?, Part 3	0	Explain the five components of health-related fitness.  List the six skills related to fitness.  Define the FITT formula.  Describe target and resting heart rate.
Unit 4: Physical Activity Lesson 6: Discuss: Teens and Health-Related Fitness	0	0
Unit 4: Physical Activity Lesson 7: Being Physically Active, Part 1	0	Identify influences on physical activity level.  List appropriate physical activities to participate in.  Describe steps for setting a physical activity goal.
Unit 4: Physical Activity Lesson 8: Being Physically Active, Part 2	0	Identify influences on physical activity level.  List appropriate physical activities to participate in.  Describe steps for setting a physical activity goal.
Unit 4: Physical Activity Lesson 9: Active, Injury Free, and Quackproof, Part 1	0	Explain how preparation can help reduce the risks of injuries.  Describe the importance of warming up and cooling down.  List the qualities of an informed consumer of physical activity products and services.
Unit 4: Physical Activity Lesson 10: Active, Injury Free, and Quackproof, Part 2	0	Explain how preparation can help reduce the risks of injuries. Describe the importance of warming up and cooling down. List the qualities of an informed consumer of physical activity products and services.
Unit 4: Physical Activity Lesson 11: Physical Activity Unit Review	0	0
Unit 4: Physical Activity Lesson 12: Physical Activity Unit Test	12.1.4, 12.2.5, 12.3.7, 12.4.1, 12.4.8,	0
Unit 5: Alcohol, Tobacco, and Other Drugs	0	Describe the effects of alcohol on the body.  Describe the effects of alcohol on the emotions and mental processes.

Lesson 1: Alcohol, Part 1		Describe the influences that encourage or discourage someone to drink alcohol.  Identify resources for help with an alcohol problem.
Unit 5: Alcohol, Tobacco, and Other Drugs Lesson 2: Alcohol, Part 2	0	Describe the effects of alcohol on the body.  Describe the effects of alcohol on the emotions and mental processes.  Describe the influences that encourage or discourage someone to drink alcohol.  Identify resources for help with an alcohol problem.
Unit 5: Alcohol, Tobacco, and Other Drugs Lesson 3: Tobacco, Part 1	0	Explain the health effects of tobacco use and exposure to secondhand smoke.  Describe the strategies of the tobacco control movement.  Identify resources for quitting smoking.
Unit 5: Alcohol, Tobacco, and Other Drugs Lesson 4: Tobacco, Part 2	0	Explain the health effects of tobacco use and exposure to secondhand smoke.  Describe the strategies of the tobacco control movement.  Identify resources for quitting smoking.
Unit 5: Alcohol, Tobacco, and Other Drugs Lesson 5: Other Drugs, Part 1	0	Explain how drugs affect the brain and body.  Identify influences on drug use.  Identify resources for help with a drug problem.
Unit 5: Alcohol, Tobacco, and Other Drugs Lesson 6: Other Drugs, Part 2	0	Explain how drugs affect the brain and body.  Identify influences on drug use.  Identify resources for help with a drug problem
Unit 5: Alcohol, Tobacco, and Other Drugs Lesson 7: Other Drugs, Part 3	0	Explain how drugs affect the brain and body.  Identify influences on drug use.  Identify resources for help with a drug problem.
Unit 5: Alcohol, Tobacco, and Other Drugs Lesson 8: Take a Stand, Make a Difference	0	Identify health-related advocacy opportunities.  Describe the steps for conducting a health-related advocacy project.



Unit 5: Alcohol, Tobacco, and Other Drugs Lesson 9: Discuss: Advocacy	0	0
Unit 5: Alcohol, Tobacco, and Other Drugs Lesson 10: Alcohol, Tobacco, and Other Drugs Unit Review	0	0
Unit 5: Alcohol, Tobacco, and Other Drugs Lesson 11: Alcohol, Tobacco, and Other Drugs Unit Test	12.1.1, 12.1.2, 12.2.4, 12.3.2, 12.3.3, 12.4.1, 12.4.12	0
Unit 6: Injury Prevention and Safety Lesson 1: Injuries and Taking Risks, Part 1	0	Identify the injuries that most often occur to teenagers.  Categorize the four types of injuries.  Illustrate the relationship between risk taking and injury.
Unit 6: Injury Prevention and Safety Lesson 2: Injuries and Taking Risks, Part 2	0	Identify the injuries that most often occur to teenagers.  Categorize the four types of injuries.  Illustrate the relationship between risk taking and injury.
Unit 6: Injury Prevention and Safety Lesson 3: Be Safe, Think Safe, Part 1	0	Describe ways to prevent unintentional injuries in daily life.  List reliable sources of safety information.  Explain what to do to stay safe during natural disasters or acts of terror.
Unit 6: Injury Prevention and Safety Lesson 4: Be Safe, Think Safe, Part 2	0	Describe ways to prevent unintentional injuries in daily life.  List reliable sources of safety information.  Explain what to do to stay safe during natural disasters or acts of terror.
Unit 6: Injury Prevention and Safety Lesson 5: Discuss: Safety	0	0

Unit 6: Injury Prevention and Safety Lesson 6: Preventing Violence, Part 1	0	Describe various types of violence. Explain strategies to prevent or reduce violence.
Unit 6: Injury Prevention and Safety Lesson 7: Preventing Violence, Part 2	0	Describe various types of violence. Explain strategies to prevent or reduce violence.
Unit 6: Injury Prevention and Safety Lesson 8: Save a Life or a Limb, Part 1	0	Identify appropriate first-aid measures. Explain appropriate procedures for responding to life-threatening health emergencies.
Unit 6: Injury Prevention and Safety Lesson 9: Save a Life or a Limb, Part 2	0	Identify appropriate first-aid measures. Explain appropriate procedures for responding to life-threatening health emergencies.
Unit 6: Injury Prevention and Safety Lesson 10: Injury Prevention and Safety Unit Review	0	0
Unit 6: Injury Prevention and Safety Lesson 11: Injury Prevention and Safety Unit Test	12.1.3, 12.3.1, 12.3.6, 12.4.2, 12.4.11	0
Unit 7: Social and Sexual Health Lesson 1: Relationships, Part 1	0	Identify three types of relationships. Describe three skills to help maintain friendships. Discuss considerations to think about before beginning to date. Identify resources available to help deal with relationship problems.
Unit 7: Social and Sexual Health Lesson 2: Relationships, Part 2	0	Identify three types of relationships. Describe three skills to help maintain friendships. Discuss considerations to think about before beginning to date. Identify resources available to help deal with relationship problems.
Unit 7: Social and Sexual Health Lesson 3: Marriage and Parenthood	0	Discuss the factors that can predict marital success. List important skills for a successful marriage. List the responsibilities of becoming a parent.

		Discuss the implications of teenage pregnancy and parenting.
Unit 7: Social and Sexual Health Lesson 4: Discuss: Parenting	0	0
Unit 7: Social and Sexual Health Lesson 5: The Reproductive Systems, Part 1	0	Describe the functions of the male and female reproductive organs. Discuss male and female reproductive health.
Unit 7: Social and Sexual Health Lesson 6: The Reproductive Systems, Part 2	0	Describe the functions of the male and female reproductive organs. Discuss male and female reproductive health.
Unit 7: Social and Sexual Health Lesson 7: Pregnancy and Birth, Part 1	0	Describe the process of fertilization and conception. Explain the stages of pregnancy and childbirth
Unit 7: Social and Sexual Health Lesson 8: Pregnancy and Birth, Part 2	0	Describe the process of fertilization and conception. Explain the stages of pregnancy and childbirth.
Unit 7: Social and Sexual Health Lesson 9: Making Decisions About Sex, Part 1	0	Describe the consequences of sexual activity. Explain influences on sexual behavior. Identify the three strategies that can help one resist pressure to have sex.
Unit 7: Social and Sexual Health Lesson 10: Making Decisions About Sex, Part 2	0	Describe the consequences of sexual activity. Explain influences on sexual behavior. Identify the three strategies that can help one resist pressure to have sex.
Unit 7: Social and Sexual Health Lesson 11: Making Decisions About Sex, Part 3	0	Describe the consequences of sexual activity. Explain influences on sexual behavior. Identify the three strategies that can help one resist pressure to have sex.
Unit 7: Social and Sexual Health Lesson 12: Preventing Pregnancy, Part 1	0	List contraceptive methods, including those that are reliable and those that aren't. Discuss the advantages and disadvantages of each form of contraception.
Unit 7: Social and Sexual Health	0	List contraceptive methods, including those that are reliable and those that aren't.

Lesson 13: Preventing Pregnancy, Part 2		Discuss the advantages and disadvantages of each form of contraception.	
Unit 7: Social and Sexual Health Lesson 14: Social and Sexual Health Unit Review	0		0
Unit 7: Social and Sexual Health Lesson 15: Social and Sexual Health Unit Test	12.1.1, 12.2.2, 12.3.2, 12.3.4, 12.4.12		0
Unit 8: Personal, Community, and Environmental Health Lesson 1: Causes of Diseases and Disorders, Part 1	0	Identify infectious and noninfectious diseases.  Explain ways to prevent or reduce the risk of developing disease.  Describe four factors that influence health.  Describe personal behaviors that can keep you healthy.	
Unit 8: Personal, Community, and Environmental Health Lesson 2: Causes of Diseases and Disorders, Part 2	0	Identify infectious and noninfectious diseases.  Explain ways to prevent or reduce the risk of developing disease.  Describe four factors that influence health.  Describe personal behaviors that can keep you healthy.	
Unit 8: Personal, Community, and Environmental Health Lesson 3: Discuss: Managing Your Risk	0		0
Unit 8: Personal, Community, and Environmental Health Lesson 4: Community Health	0	Identify the main idea and details in a presentation.  Define public and community health.  List positive and negative influences on community health.	
Unit 8: Personal, Community, and Environmental Health Lesson 5: You and the Environment	0	Describe ways in which the environment affects health.  Identify strategies for protecting the environment.	
Unit 8: Personal, Community, and Environmental Health	0		0

Lesson 6: Personal, Community, and Environmental Health Unit Review		
Unit 8: Personal, Community, and Environmental Health Lesson 7: Personal, Community, and Environmental Health Unit Test	12.1.1, 12.2.4, 12.3.3, 12.4.3,	0
Unit 9: Semester Review and Test Lesson 1: Semester Review	0	0
Unit 9: Semester Review and Test Lesson 2: Semester Review	0	0
Unit 9: Semester Review and Test Lesson 3: Semester Review	0	0
Unit 9: Semester Review and Test Lesson 4: Semester Test	0	0