



11th Grade Curriculum – Scope and Sequence

Unit	Unit Focus	Health Education Standards and Outcomes	
		Core Concept <i>What students will learn...</i>	Health Skills <i>What students will be able to do...</i>
Setting the Foundation	Taking responsibility for one's own health is an essential step towards developing and maintaining a healthy and active lifestyle.	<p>CC:PHW1.12.1 Analyze the personal physical, emotional, mental, and social health; educational;and vocational performance benefits of rest and sleep.</p> <p>CC: PHW1.12.9 Analyze the behavioral and environmental factors that contribute to the major chronic diseases.</p> <p>CC: PHW1.12.10 Describe the relationship between poor personal health and wellness habits and chronic diseases such as heart disease, cancer, diabetes, hypertension, and osteoporosis..</p>	<p>DM: PHW5.12.1 Examine barriers that can hinder choosing healthy alternatives in making a personal health and wellness-related decision.</p> <p>INF: PA2.12.3 Analyze how peers and perceptions of norms influence healthy and unhealthy personal health and wellness-related behaviors.</p> <p>INF: PA2.12.7 Analyze how school and community affect personal health and wellness practices and behaviors.</p> <p>SM: PHW7.12.1 Analyze the role of individual responsibility in enhancing personal health and wellness.</p> <p>SM: PHW7.12.4 Make a commitment to practice positive personal health and wellness-related behaviors.</p> <p>SM: PHW7.12.3 Demonstrate healthy practices and behaviors to improve the health and wellness of oneself and others.</p> <p>IC: PHW4.12.4 Demonstrate how to effectively ask for assistance to improve personal health and wellness.</p> <p>IC: PHW4.12.5 Demonstrate effective communication skills to enhance personal health and wellness.</p>
Healthy Eating and Physical Activity	Applying and analyzing personal fitness and nutritional choices	<p>CC: HE1.12.16 Summarize the importance of healthy eating and physical activity in maintaining a healthy weight</p> <p>CC: PA1.12.3 Summarize the mental and social benefits of physical activity.</p> <p>CC: PA1.12.6 Differentiate various sports and physical activities in terms of health and skill related fitness.</p> <p>CC: HE1.12.8 Describe the importance of eating a variety of appropriate foods to meet daily nutrient and caloric needs.</p> <p>CC: HE1.12.20 Analyze the benefits of healthy eating.</p> <p>CC: HE1.12.13 Describe the benefits of limiting the consumption of energy drinks.</p> <p>CC: HE1.12.3 Explain how the U.S. Dietary Guidelines for Americans are useful in planning a healthy diet.</p> <p>CC: HE1.12.16 Summarize the relationship between access to healthy foods and personal food choices</p>	<p>DM: Predict the potential short-term and long-term consequences of alternatives to decisions related to healthy eating behaviors.</p> <p>DM: HE5.12.7 Evaluate the effectiveness of decisions related to healthy eating behaviors.</p> <p>DM: HE5.12.4 Examine barriers to making a decision to healthy eating behaviors</p> <p>DM: HE5.12.3 Analyze how family, culture, media, peers and personal beliefs affect a decision related to healthy eating behaviors.</p> <p>DM:HE5.12.6 Choose a healthy alternative when making a decision related to healthy eating behaviors.</p> <p>DM: HE5.12.1 Examine barriers to making a decision to being physically active.</p> <p>DM: HE5.12.8 Generate alternatives when making a decision related to physical activity.</p>



			DM: HE5.12.5 Predict the potential short-term and long-term consequences of alternatives to decisions related to physical activity.
<p>Healthy Relationships and Mental Health and Violence Prevention</p> <p><i>*Standards are aligned with CT State Sexual Standards*</i></p>	<p>Healthy dating, relationships and teen pregnancy Sexuality, gender identity and the impact and consequences of social injustices</p>	<p>CC: V1.12.12 Analyze the consequences of prejudice discrimination, racism, sexism and hate crimes. CC: V1.12.4 Analyze why it is important to understand the perspectives of others in resolving a conflict situation. CC: SH1.12.41 Summarize how intolerance can affect others. CC: SH1.12.3 Summarize the qualities of a healthy dating relationship. *CC Describe characteristics of healthy and unhealthy romantic and/or sexual relationships *CC Describe a range of ways to express affection within healthy relationships</p>	<p>*AI Analyze and evaluate service providers and resources for health care services related to sexual health (e.g. counseling, testing, SBHC, pediatricians, reproductive health care). *AI Analyze and evaluate medically accurate and reliable information about sexual health (e.g. internet and social media) *DM Analyze the impact that external influences (e.g. partners, peers, family, and community) have on decision making about abstinence, sexual activity and sexual health. *DM Assess the skills and resources needed to become a parent *INF Evaluate the effects of external influences on sexual decision making (e.g. parents, family values, media, internet, culture, peers, and society). *INF Analyze how friends, family, media, society and culture can influence self-concept and body image *INF Analyze influences that may have an impact on deciding whether or when to engage in sexual behaviors *INF Analyze internal and external influences on decisions about pregnancy options *INF Analyze factors that influence decisions about whether and when to become a parent *IC Analyze the effectiveness of verbal and nonverbal skills to refuse pressure to engage in sexual risk and other higher risk behaviors (e.g. smoking, drinking). *IC Demonstrate effective ways to communicate personal boundaries as they relate to intimacy and sexual behavior *INF Analyze how personal attitudes, values, and beliefs influence healthy and unhealthy mental and emotional health behaviors. *SM Make a commitment to practice healthy mental and emotional health behaviors.</p>
ATOD	<p>Accessing reliable information regarding drugs and drug use, cessation</p>	<p>CC:AOD1.12.6 Summarize the harmful short-and long-term physical, psychological, and social effects of using alcohol and other drugs. CC: AOD1.12.1 Analyze why individuals choose to use or not to use alcohol and other drugs.</p>	<p>DM:AOD5.12.6 Predict the potential short-term and long-term consequences of alternatives to a decision related to alcohol, tobacco and other drug use. DM:AOD5.12.4 Analyze how family, culture, media, peers and personal beliefs affect a decision related to alcohol and other drug use.</p>



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	resources and effective communication		<p>AI: AOD3.12.6 Determine the accessibility of valid and reliable alcohol and other drug-use treatment services.</p> <p>AI: AOD3.12.8 Use resources that provide valid and reliable alcohol-and other drug-use prevention information.</p> <p>AI: AOD3.12.3 Evaluate the validity and reliability of alcohol and other drug-use treatment services.</p> <p>IC:T4.12.3 Demonstrate how to effectively ask for assistance to quit using alcohol or other drugs.</p>
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