

Wallenpaupack Area School District

COURSE: Wellness III & Wellness III/Personal Fitness

GRADE LEVEL: Grade 11

LENGTH OF COURSE: 23 classes

TEXT: Health

PUBLISHER: Holt, Rinehart & Winston

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COURSE DESCRIPTION:

The course consists of the following topics: community health, consumer health, violence reduction, marriage, parenthood and family life, aging, death and dying, and relationships.

AREAS OF STUDY:

Healthy Relationships
Drug Awareness
Decision Making Skills

CURRICULUM WRITING TEAM:

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DATE OF REVISION:

2004

Wallenpaupack Area School District

Course: Wellness III &
Wellness III/Personal Fitness

Grade Level: Grade 11

Unit: Healthy Relationships
Drug Awareness & Decision
Making Skills

PA Standard: 10.1.9.D
10.1.12.D
10.1.12.E
10.2.12.D

Topics:	Skills:
<ul style="list-style-type: none"> Risk management Causes of death Communication & relationships Decision-making Refusal skills Dating and date rape drugs/alcohol Healthy families Coping with family problems Chemical addiction/drugs and alcohol Problems and effects on families Source of help 	<ul style="list-style-type: none"> Understand the elements and the importance of healthy communications, decision-making and being responsible for their own self-esteem Recognize productive and viable ways to solve problems Understand the relationships between the use of drugs and bad decisions Make responsible decisions concerning the use of alcohol, and other drugs Understand the relationship between drug use and mental, emotional, and social problems Recognize the overall effects of alcohol, tobacco, and other drugs on the family
Activities:	Performance Assessment:
<ul style="list-style-type: none"> Role play Discussion and activity sheets Narrative writing for problem analysis Participate in school/hospital health fair Videos Create poster 	<ul style="list-style-type: none"> Class participation Written evaluation Oral presentation