

GUDGEON HEALTH Semester Two—2014/15

1/26 Teacher Work Day	1/27 Ice breakers	1/28 Ice breakers	1/39 Syllabus Ice breakers All About Me Poster	1/30 LIF All About Me Poster
2/2 Total Health notes and self-assessment written reflection	2/3 Total Health self- assessment written reflection	2/4 1) Who Are You? Wk 2) Book Video w/note sheet "A Better You"	2/5 1) Gallery Walk on the PIES-Total health 2) Compliment Mingle practice boosting other's self-esteem 3) Group work- Brainstorm on white boards how to better a person's self-esteem	2/6 LIF 1)Total Health/Self- esteem quiz 2)Introduce Values w/notes
2/9 Values Notes and Survey	2/10 Values Survey	2/11 Values- Interpretation of survey results and poster	2/12 Goal Setting	2/13 LIF Longevity Computer Lab Assignment
2/16 Mid-Winter Break	2/17 Mid-Winter Break	2/18 Decision Making notes and applying the D.E.C.I.D.E. process to Scenarios group work and Share out	2/19 D.E.C.I.D.E. process practice while watching, "Primetime What Would You Do" work	2/20 LIF D.E.C.I.D.E. process practice while watching, "Primetime What Would You Do" work
2/23 Stress- Types, Fight or Flight, Effects on the body notes	2/24 Stress- Types, Fight or Flight, Effects on the body notes	2/25 Stress scenario group work -Circles of control	2/26 Stress scenario work -Circles of control -share out	2/27 LIF Stress Book video analysis w/note sheet
3/2 1) Quiz over DECIDE, Values, Stress, Goals 2) Mental illness mind map assignment w/text	3/3 Mental illness mind map assignment w/text and discussion	3/4 Suicide Awareness and Prevention notes	3/5 Suicide Awareness and Prevention notes group scenario work	3/6 LIF Suicide Awareness and Prevention Video
3/9 Computer Lab Mental illness web hunt	3/10 Take State CBA- "Dear Stressed and Depressed"	3/11 Video analysis on "What About Bob?"	3/12 1) Finish-up "What About Bob?" video analysis on mental illness/disorders	3/13 LIF 1)Dietary Guideline notes 2) Practice with application on Identify the guidelines wk. 3) Assign Food Logs for Data collecting for upcoming assignment
3/16 1)Around my plate stations work practicing the Choose my plate concept 2) Start Food Label notes	3/17 1) Food Label notes, how to read and practice 2) Reading a Food Label assignment	3/18 1) Choose My Plate. gov assignment in Computer Lab 2) Mark the text with "Veggies" article	3/19 Nutrients packet w/text and advertisement	3/20 Teacher Work Day
3/23 Nutrients packet w/text and advertisement	3/24 Nutrients packet and Flash Cards	3/25 1) Quiz over dietary guidelines, choose my plate concept and food labels, 2) Mark the text to "Generation XL" obesity article	3/26 Fat Stations work	3/27 Fat and Cholesterol Good vs. Bad wrap-up
3/30-4/3	Spring Break			
4/6 Mark the text to the Vegetarian Article, Discussion, and house guest meal plan activity	4/7 Supersize me video analysis	4/8 Supersize me video analysis	4/9 Diabetes Guest Speaker Sara Lasker	4/10 LIF Teenage Obesity Notes/Jane Schaeffer video reflection

4/13 Nutrition Quiz over Fat/Cholesterol/vegetarianism Obesity/Diabetes 2) Start going over Calories, BMI, BMR and Dieting Scenarios, Healthy Weight Management notes	4/14 Dieting and Healthy Weight Management Scenarios	4/15 Guest Speaker Sara Lasker on Eating Disorders	4/16 Eating Disorders video analysis- "For the Love of Nancy"	4/17 LIF Eating Disorders video analysis- "For the Love of Nancy"
4/20 Computer Lab Diet Analysis project	4/21 1)Finish-up "For the Love of Nancy" 2) Review for Quiz	4/22 1) Nutrition Healthy Weight mgmt. and Eating Disorders quiz 2) Explore My Thinking About Drugs wk.	4/23 1) Drug Terminology and Mind maps	4/24 LIF 1) Drug Terminology and Mind maps
4/27 1) Tobacco Stations work	4/28 Marking the text on the Marijuana Article, "Risky Decisions" and taking notes	4/29 Coach Lasker presents on drugs and the body and socially???	4/30 Computer Lab time to do Drugonym assignment	5/1 LIF Computer Lab time to do Drugonym assignment
5/4 Commonly Abused Drugs Mind map w/text	5/5 Organ Lady Guest Speaker in the Library	5/6 Commonly Abused Drugs Mind map w/text	5/7 Meth Nation w/ Jane Schaeffer Writing	5/8 LIF Club Drugs video analysis and questions/discussion
5/11 Heroin the Epidemic article and marking the text Heroin Notes and Video Clip analysis w/ Jane Schaeffer writing	5/12 Possible Guest Speaker SRO- on Drugs and the Law	5/13 Alcohol and Alcoholism	5/14 Alcohol and Alcoholism	5/15 LIF Drug Unit Quiz Exploring My Thinking About Relationships
5/20 1)Review Guidelines for Sex Ed 2)Exploring My Thinking About Relationships 3) Start Male and Female Reproduction Packet w/text	5/21 1)Finish-up Male and Female Reproduction w/text 2) Gender Stereotyping	5/22 1) Finish-up Gender Stereotypes 2) Elements of Healthy Relationships and Dating	5/23 1) Continued Healthy Relationships work	5/24 LIF Possible guest speaker on Preventing Dating violence/Refusal skills work
5/25 Memorial Day	5/26 1) Brainstorm good safe dating activities 2) Setting Limits and Refusal Skills 3) Dating Rules	5/27 1) Preventing Dating Violence- signs of abuse 2) How to help a friend get help	5/28 Abstinence	5/29 LIF Lesbian, Gay, Bisexual transgender youth lesson
6/1 Contraceptives Notes	6/2 Contraceptives Notes	6/3 STDs Notes	6/4 STDs Notes HIV/AIDS	6/5 Early Release Cyber bullying and Sexting Guest Speaker Officer Jackson
6/8 Pregnancy	6/9 Computer Lab Disease Research Project	6/10 Computer Lab Disease Research Project	6/11 Finals	6/12 Finals
6/15 Finals	6/16 Early Release			