

Cocalico School District
Year-at-a-Glance - Curriculum Overview

Department: Cocalico Connections

Course: Middle School Health

Grade Level: 6-8

Outline for the course:

Section	Type of Assignment	Assignment	Points Possible	Due Date
Course Introduction				
Intro	Multimedia Lesson	<i>Course Introduction</i>	n/a	
Intro	Multimedia Lesson	<i>Course Tasks</i>	n/a	
Intro	Discussion	Introduce Yourself	5	
Intro	Quiz	Intro Quiz	10	
Intro	Assignment	Course Contract	10	
Unit 1: Health Choices				
Section 1.1: What is Health?				
1.1	Multimedia Lesson	<i>Case Study</i>	n/a	
1.1	Multimedia Lesson	<i>What is Health?</i>	n/a	
1.1	Multimedia Lesson	<i>Life Cycle</i>	n/a	
1.1	Multimedia Lesson	<i>Risk Factors</i>	n/a	
1.1	Multimedia Lesson	<i>Section Review</i>	n/a	
1.1	Study Hall	Vocabulary Review	n/a	
1.1	Fieldtrip/Online Links	View Additional Links	n/a	
1.1	Assignment	Reflection Questions	10	
1.1	Discussion	Cultural Influences	5	
1.1	Assignment	Health Habit Survey	25	
1.1	Quiz	Section 1.1 Quiz	20	
Section 1.2: Decision Making Skills				
1.2	Multimedia Lesson	<i>Case Study</i>	n/a	
1.2	Multimedia Lesson	<i>Stages of Change</i>	n/a	
1.2	Multimedia Lesson	<i>Decision Making Model</i>	n/a	
1.2	Multimedia Lesson	<i>Decision Making Model in Action</i>	n/a	
1.2	Multimedia Lesson	<i>Goal Setting</i>	n/a	
1.2	Multimedia Lesson	<i>Action Plan</i>	n/a	
1.2	Multimedia Lesson	<i>Section Review</i>	n/a	
1.2	Study Hall	Vocabulary Review	n/a	
1.2	Fieldtrip/Online Links	View Additional Links	n/a	
1.2	Assignment	Reflection Questions	10	
1.2	Discussion	Decision-Making Influence	5	
1.2	Assignment	Health Habit Goal	25	
1.2	Quiz	Section 1.2 Quiz	20	
Unit 1	Unit Exam	Unit 1 Exam	50	

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Unit 2: Mental Health				
Section 2.1: Mental Health				
2.1	Multimedia Lesson	<i>Case Study</i>	n/a	
2.1	Multimedia Lesson	<i>Mental Health</i>	n/a	
2.1	Multimedia Lesson	<i>Personality & Needs</i>	n/a	
2.1	Multimedia Lesson	<i>Mental Disorders</i>	n/a	
2.1	Multimedia Lesson	<i>Section Review</i>	n/a	
2.1	Study Hall	Vocabulary Review	n/a	
2.1	Fieldtrip/Online Links	View Additional Links	n/a	
2.1	Assignment	Reflection Questions	10	
2.1	Discussion	Building Self-Esteem	5	
2.1	Assignment	Depression Brochure	25	
2.1	Quiz	Section 2.1 Quiz	20	
Section 2.2: Coping Skills				
2.2	Multimedia Lesson	<i>Case Study</i>	n/a	
2.2	Multimedia Lesson	<i>Coping Mechanisms</i>	n/a	
2.2	Multimedia Lesson	<i>Seeking Help</i>	n/a	
2.2	Multimedia Lesson	<i>Stages of Grief</i>	n/a	
2.2	Multimedia Lesson	<i>Section Review</i>	n/a	
2.2	Study Hall	Vocabulary Review	n/a	
2.2	Fieldtrip/Online Links	View Additional Links	n/a	
2.2	Assignment	Reflection Questions	10	
2.2	Discussion	Anger Management	5	
2.2	Assignment	Coping Poster	25	
2.2	Quiz	Section 2.2 Quiz	20	
Section 2.3: Stress and Time Management				
2.3	Multimedia Lesson	<i>Case Study</i>	n/a	
2.3	Multimedia Lesson	<i>Stress</i>	n/a	
2.3	Multimedia Lesson	<i>Stress Management</i>	n/a	
2.3	Multimedia Lesson	<i>Time Management</i>	n/a	
2.3	Multimedia Lesson	<i>Section Review</i>	n/a	
2.3	Study Hall	Vocabulary Review	n/a	
2.3	Fieldtrip/Online Links	View Additional Links	n/a	
2.3	Assignment	Reflection Questions	10	
2.3	Discussion	Effects of Stress	5	
2.3	Assignment	Time Management	25	
2.3	Quiz	Section 2.3 Quiz	20	
Unit 2	Unit Exam	Unit 2 Exam	50	
Unit 3: Social Health				
Section 3.1: Healthy Relationships				
3.1	Multimedia Lesson	<i>Case Study</i>	n/a	
3.1	Multimedia Lesson	<i>Social Health</i>	n/a	
3.1	Multimedia Lesson	<i>Family Relationships</i>	n/a	
3.1	Multimedia Lesson	<i>Friends</i>	n/a	
3.1	Multimedia Lesson	<i>Marriage & Parenthood</i>	n/a	
3.1	Multimedia Lesson	<i>Abuse</i>	n/a	

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3.1	Multimedia Lesson	<i>Bullying</i>	n/a	
3.1	Multimedia Lesson	<i>Section Review</i>	n/a	
3.1	Study Hall	Vocabulary Review	n/a	
3.1	Fieldtrip/Online Links	View Additional Links	n/a	
3.1	Assignment	Reflection Questions	10	
3.1	Discussion	Bullies	5	
3.1	Assignment	Relationship Rollercoaster	25	
3.1	Quiz	Section 3.1 Quiz	20	
Section 3.2: Communication				
3.2	Multimedia Lesson	<i>Case Study</i>	n/a	
3.2	Multimedia Lesson	<i>Communication</i>	n/a	
3.2	Multimedia Lesson	<i>Conflict Resolution</i>	n/a	
3.2	Multimedia Lesson	<i>Validation</i>	n/a	
3.2	Multimedia Lesson	<i>Peer Pressure</i>	n/a	
3.2	Multimedia Lesson	<i>Section Review</i>	n/a	
3.2	Study Hall	Vocabulary Review	n/a	
3.2	Fieldtrip/Online Links	View Additional Links	n/a	
3.2	Assignment	Reflection Questions	10	
3.2	Discussion	Communication through Media	5	
3.2	Assignment	"I" Statements	25	
3.2	Quiz	Section 3.2 Quiz	20	
Unit 3	Unit Exam	Unit 3 Exam	50	
Unit 4: Personal Fitness				
Section 4.1: Physical Wellness				
4.1	Multimedia Lesson	<i>Case Study</i>	n/a	
4.1	Multimedia Lesson	<i>Physical Wellness</i>	n/a	
4.1	Multimedia Lesson	<i>Components of Fitness</i>	n/a	
4.1	Multimedia Lesson	<i>Physical Activity Pyramid</i>	n/a	
4.1	Multimedia Lesson	<i>Personal Fitness Assessment</i>	n/a	
4.1	Multimedia Lesson	<i>Section Review</i>	n/a	
4.1	Study Hall	Vocabulary Review	n/a	
4.1	Fieldtrip/Online Links	View Additional Links	n/a	
4.1	Assignment	Reflection Questions	10	
4.1	Discussion	Lifelong Fitness	5	
4.1	Assignment	Fitness Assessment	25	
4.1	Quiz	Section 4.1 Quiz	20	
Section 4.2: Nutrition				
4.2	Multimedia Lesson	<i>Case Study</i>	n/a	
4.2	Multimedia Lesson	<i>MyPlate</i>	n/a	
4.2	Multimedia Lessons	<i>Essential Nutrients</i>	n/a	
4.2	Multimedia Lesson	<i>Dietary Guidelines</i>	n/a	
4.2	Multimedia Lesson	<i>Food Labels</i>	n/a	
4.2	Multimedia Lesson	<i>Section Review</i>	n/a	
4.2	Study Hall	Vocabulary Review	n/a	
4.2	Fieldtrip/Online Links	View Additional Links	n/a	
4.2	Assignment	Reflection Questions	10	

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4.2	Discussion	Effects of Poor Nutrition	5	
4.2	Assignment	Daily Food Plan & Diet Analysis	25	
4.2	Quiz	Section 4.2 Quiz	20	
Section 4.3: Weight Management				
4.3	Multimedia Lesson	<i>Case Study</i>	n/a	
4.3	Multimedia Lesson	<i>Weight Management</i>	n/a	
4.3	Multimedia Lesson	<i>Fad Diets</i>	n/a	
4.3	Multimedia Lesson	<i>Eating Disorders</i>	n/a	
4.3	Multimedia Lesson	<i>Section Review</i>	n/a	
4.3	Study Hall	Vocabulary Review	n/a	
4.3	Fieldtrip/Online Links	View Additional Links	n/a	
4.3	Assignment	Reflection Questions	10	
4.3	Discussion	Body Image	5	
4.3	Assignment	Diet Evaluations	25	
4.3	Quiz	Section 4.3 Quiz	20	
Unit 4	Unit Exam	Unit 4 Exam	50	
Unit 5 Personal Health				
Section 5.1: Disease Transmission & Prevention				
5.1	Multimedia Lesson	<i>Case Study</i>	n/a	
5.1	Multimedia Lesson	<i>Communicable Diseases</i>	n/a	
5.1	Multimedia Lesson	<i>Non-Communicable Diseases</i>	n/a	
5.1	Multimedia Lesson	<i>STDs</i>	n/a	
5.1	Multimedia Lesson	<i>HIV & AIDS</i>	n/a	
5.1	Multimedia Lesson	<i>Section Review</i>	n/a	
5.1	Study Hall	Vocabulary Review	n/a	
5.1	Fieldtrip/Online Links	View Additional Links	n/a	
5.1	Assignment	Reflection Questions	10	
5.1	Discussion	Health Habits & Disease	5	
5.1	Assignment	Disease Pamphlet	25	
5.1	Quiz	Section 5.1 Quiz	20	
Section 5.2: Drugs & Alcohol				
5.2	Multimedia Lesson	<i>Case Study</i>	n/a	
5.2	Multimedia Lesson	<i>Substance Abuse</i>	n/a	
5.2	Multimedia Lesson	<i>Tobacco</i>	n/a	
5.2	Multimedia Lesson	<i>E-Cigarettes</i>	n/a	
5.2	Multimedia Lesson	<i>Alcohol</i>	n/a	
5.2	Multimedia Lesson	<i>Types & Effects of Drugs</i>	n/a	
5.2	Multimedia Lesson	<i>Section Review</i>	n/a	
5.2	Study Hall	Vocabulary Review	n/a	
5.2	Fieldtrip/Online Links	View Additional Links	n/a	
5.2	Assignment	Reflection Questions	10	
5.2	Discussion	Drug-Free Lifestyle	5	
5.2	Assignment	Substance Summary	25	
5.2	Quiz	Section 5.2 Quiz	20	
Section 5.3: Reproductive Health				
5.3	Multimedia Lesson	<i>Case Study</i>	n/a	

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5.3	Multimedia Lesson	<i>Changes During Adolescence</i>	n/a	
5.3	Multimedia Lesson	<i>Female Reproductive System</i>	n/a	
5.3	Multimedia Lesson	<i>Male Reproductive System</i>	n/a	
5.3	Multimedia Lesson	<i>The Miracle of Life</i>	n/a	
5.3	Multimedia Lesson	<i>Abstinence</i>	n/a	
5.3	Multimedia Lesson	<i>Section Review</i>	n/a	
5.3	Study Hall	Vocabulary Review	n/a	
5.3	Fieldtrip/Online Links	View Additional Links	n/a	
5.3	Assignment	Reflection Questions	10	
5.3	Discussion	Best & Worst	5	
5.3	Assignments	Changes of Adolescence	25	
5.3	Quiz	Section 5.3	20	
Unit 5	Unit Exam	Unit 5 Exam	50	
Unit 6: Health & Safety				
Section 6.1: Consumer & Environmental Health				
6.1	Multimedia Lesson	<i>Case Study</i>	n/a	
6.1	Multimedia Lesson	<i>Consumer Health</i>	n/a	
6.1	Multimedia Lesson	<i>Environmental Wellness</i>	n/a	
6.1	Multimedia Lesson	<i>Internet Safety</i>	n/a	
6.1	Multimedia Lesson	<i>Section Review</i>	n/a	
6.1	Study Hall	Vocabulary Review	n/a	
6.1	Fieldtrip/Online Links	View Additional Links	n/a	
6.1	Assignment	Reflection Questions	10	
6.1	Discussion	Sun Protection	5	
6.1	Assignment	Reuse Project	25	
6.1	Quiz	Section 6.2 Quiz	20	
Section 6.2: Safety & Personal Injury				
6.2	Multimedia Lesson	<i>Case Study</i>	n/a	
6.2	Multimedia Lesson	<i>Accidents</i>	n/a	
6.2	Multimedia Lesson	<i>Personal Safety</i>	n/a	
6.2	Multimedia Lesson	<i>First Aid</i>	n/a	
6.2	Multimedia Lesson	<i>CPR</i>	n/a	
6.2	Multimedia Lesson	<i>Section Review</i>	n/a	
6.2	Study Hall	Vocabulary Review	n/a	
6.2	Fieldtrip/Online Links	View Additional Links	n/a	
6.2	Assignment	Reflection Questions	10	
6.2	Discussion	Disaster Safety Plan	5	
6.2	Assignment	Safety Situations	25	
6.2	Quiz	Section 6.2 Quiz	20	
Unit 6	Unit Exam	Unit 6 Exam	50	

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% of Course Time: Self-paced, to cover all topics in the outline from above

Textbooks & Supplemental Materials: Edgenuity lessons, supplemented by Cocalico Teachers of Record

Assessments: Edgenuity quizzes and tests, performance tasks

Standards Addressed: Contact the Online Learning Facilitator for a supplemental document from Edgenuity outlining any applicable PA Standards address in the course topics. Note that for some courses, there are no PA Standards which may exist.



Eagle P.A.C.T. Course Connections:

Online Learning courses help to prepare students for the diverse ways in which they will learn outside of school. The self-paced, independent nature of virtual courses also helps to develop important skills such as self-advocacy, time management, organization, study skills, and self-discipline. Such skills are needed for a successful future.