

WALDWICK SCHOOL DISTRICT

Administrative Offices
155 Summit Avenue
Waldwick, NJ 07463



Health Education Curriculum Guide

11th Grade

Adoption Date: August 15, 2022

Board Approved Revision Date:

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Health Curriculum- Grade 11

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COURSE DESCRIPTION

The Mission of the 9-12 Health Education program is to provide each student the opportunity for maximum intellectual, physical, social and emotional development. It is our belief that education is a continuous life-long process, which allows each student to continuously strive to maximize all of his or her capabilities. It is our hope that each student will develop into a health educated and socially responsible life-long learner. We also believe that the benefits of a comprehensive health education program will not only develop lifelong learners but foster workplace skills, including problem solving, communication, cooperation, utilizing technology, and responsible decision making. Our students will have a foundation for an active, healthy and productive life, which will enable them to be a contributing member of society.

The units include Intro to First Aid, Medical Emergencies, CPR & AED, Bleeding Control, and Wounds, Burns, Bone/Joint Injuries & Poisons.

In addition to content-based knowledge and skills, this curriculum integrates the skills, knowledge, and expertise of Career Awareness, Exploration, Preparation, and Training. Career readiness, life literacies, and key skills education, when used in combination with standards-based content, ensures that students are prepared for success in today's challenging environment. In this course, students will examine the relationships of the past to the present, solve challenging, authentic problems, accept the responsibility of supporting a group by improving their own skill sets, identify interdisciplinary connections, utilize technology to solve problems, etc.

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PACING GUIDE

Unit Number	Unit Title	Suggested Timeframe
1	Intro to First Aid	8 lessons
2	Medical Emergencies, CPR & AED, Bleeding Control	12 lessons
3	Wounds, Burns, Bone/Joint Injuries & Poisons	12 lessons

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Unit 1: Intro to First Aid	Pacing Guide: 8 lessons	Standards
<p>Essential Questions:</p> <ul style="list-style-type: none"> ● What is the importance of first aid? ● How can you identify an emergency situation? ● How will general first aid procedures assist you in an emergency situation? ● How can you inspire others to address health issues? ● How can first aid training be helpful in emergencies? ● When do you have the duty to provide first aid? ● What is the Good Samaritan Law? 	<p>Enduring Understandings:</p> <ul style="list-style-type: none"> ● Define first aid and understand the importance of knowing first aid procedures for various emergency situations. ● Understand the basic levels of responsibility of first aid and levels of consent. ● Identify an emergency situation through unusual sounds, odors, and sights, by class discussions. ● Understanding the actions to take as a bystander ● Explain steps taken for disease prevention. ● Understand the stages of grieving. ● Analyze the opportunities available at home, in school, and in the community to support the mental health of oneself or an individual ● Analyze a variety of health products and services based on cost, availability, accessibility, benefits and accreditation 	<p>Standards</p> <p>2.1.12.EH.3 2.1.12.SSH.4 2.1.12.CHSS.5 2.1.12.CHSS.6 2.1.12.CHSS.7 2.1.12.CHSS.8 2.3.12.PS.1 2.3.12.PS.8</p>
<p>Summative Assessment</p> <ul style="list-style-type: none"> ✓ Written Tests ✓ Currents Events ✓ Research Paper ✓ Multimedia Presentations 		
<p>Formative Assessments</p> <ul style="list-style-type: none"> ● In Class Discussions ● Group Work ● Exit Tickets ● Teacher Observation ● Homework Assignments 		<p>Materials</p> <ul style="list-style-type: none"> ● Chromebook
<p>Suggested Activities: A wide variety of activities address learning styles of all students. These activities include but are not limited to:</p>		<p>Differentiation for Diverse Learners</p>

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<ul style="list-style-type: none"> • Discussion • Demonstration • Reading • Individual/group projects • Drawings • Posters • Collages • Work sheets • Role play 	<p>Special Education/504:</p> <ul style="list-style-type: none"> • Provide students with essential vocabulary • Re-teaching and review • Graphic organizers • Scaffolding of assignments • Guided questions and note taking • Provide an outline for writing assessments
	<p>ELL:</p> <ul style="list-style-type: none"> • Use simplified text and summaries of content. • Use art visuals for students to respond to instead of text. • Provide copies of notes
	<p>At-Risk:</p> <ul style="list-style-type: none"> • Provide copies of presentations and notes • Extended time on assignments
<p>Suggested Materials:</p> <ul style="list-style-type: none"> • Google Slides • Current Events • YouTube Videos • EdPuzzle Videos 	<p>Suggested Websites:</p> <ul style="list-style-type: none"> • "Centers for Disease Control and Prevention." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, www.cdc.gov/
<p>Interdisciplinary Connections / Career Readiness, Life Literacies, and Key Skills</p> <ul style="list-style-type: none"> ➤ RST.11-12.7 ➤ 8.2.12.NT.1, 8.2.12.EC.1 ➤ 9.4.12.CI.1 ➤ CRP3, CRP4, CRP7 	

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Unit 2: Medical Emergencies, CPR & AED, Bleeding Control	Pacing Guide: 12 lessons	Standards 2.1.12.EH.3 2.1.12.SSH.4 2.1.12.CHSS.5 2.1.12.CHSS.6 2.1.12.CHSS.7 2.1.12.CHSS.8 2.3.12.PS1 2.3.12.PS8
Essential Questions: <ul style="list-style-type: none"> • What are the most common signs of breathing emergencies? • What is the universal sign for choking? • What are common allergic reaction symptoms? • What are signs of a heart attack? • What are signs of low blood sugar? • What are signs of a stroke? • What are signs of a seizure? • What are signs of shock? • What are the most current procedures for administering CPR today? • What are the differences in administering CPR to children and adults? • What is the difference between venous and arterial bleeding? 	Enduring Understandings: <ul style="list-style-type: none"> • Identify a breathing emergency by class discussions. • Distinguish the difference between rescue breathing, CPR, and choking procedures • Learn how to perform rescue breathing by class discussions and demonstrating on mannequin. • How to perform CPR by demonstrating on a mannequin. • How to perform the Heimlich Maneuver by demonstrating on a mannequin. • How to use an AED by practicing on an AED Trainer. • Course materials and certifications are provided by an official AHA certified instructor 	
Summative Assessment <ul style="list-style-type: none"> ✓ Written Tests ✓ Currents Events ✓ Research Paper ✓ Multimedia Presentations 		
Formative Assessments <ul style="list-style-type: none"> • In Class Discussions • Group Work • Exit Tickets • Teacher Observation • Homework Assignments 		Materials <ul style="list-style-type: none"> • Chromebook
Suggested Activities: A wide variety of activities address learning styles of all students. These activities include but are not limited to:		Differentiation for Diverse Learners

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<ul style="list-style-type: none"> • Discussion • Demonstration • Reading • Individual/group projects • Drawings • Posters • Collages • Work sheets • Role play 	<div style="background-color: #f2f2f2; padding: 5px;"> <p>Special Education/504:</p> <ul style="list-style-type: none"> • Provide students with essential vocabulary • Re-teaching and review • Graphic organizers • Scaffolding of assignments • Guided questions and note taking • Provide an outline for writing assessments </div> <div style="background-color: #f2f2f2; padding: 5px; margin-top: 5px;"> <p>ELL:</p> <ul style="list-style-type: none"> • Use simplified text and summaries of content. • Use art visuals for students to respond to instead of text. • Provide copies of notes </div> <div style="background-color: #f2f2f2; padding: 5px; margin-top: 5px;"> <p>At-Risk:</p> <ul style="list-style-type: none"> • Provide copies of presentations and notes • Extended time on assignments </div>
<p>Suggested Materials:</p> <ul style="list-style-type: none"> • Google Slides • LifeSavers Video • Current Events • YouTube Videos • Edpuzzle Videos 	<p>Suggested Websites:</p> <ul style="list-style-type: none"> • "CPR and CPR CERTIFICATION: Lifesavers Inc." LifeSavers, Inc., www.lifesaversinc.com/. • "American Heart Association." www.heart.org, • https://edpuzzle.com/
<p>Interdisciplinary Connections / Career Readiness, Life Literacies, and Key Skills</p> <ul style="list-style-type: none"> ➤ RST.11-12.7 ➤ 8.2.12.EC.2, 8.2.12.EC.3 ➤ 9.4.12.CI.1 ➤ CRP3, CRP4, CRP7 	

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Unit 3: Wounds, Burns, Bone/Joint Injuries & Poisons	Pacing Guide: 12 lessons	Standards 2.1.12.EH.3 2.1.12.SSH.4 2.1.12.CHSS.5 2.1.12.CHSS.6 2.1.12.CHSS.7 2.1.12.CHSS.8 2.3.12.PS.1 2.3.12.PS.8
Essential Questions: <ul style="list-style-type: none"> • How do you control bleeding? • How do you administer the heimlich maneuver? • How do you recognize and care for extremity injuries? • What is the RICE procedure? (Rest, Ice, Compression, Elevation) • How do you recognize poisoning? • What is the recovery position? • What are the steps taken to control bleeding? • How to determine when bleeding is life-threatening? 	Enduring Understandings: <ul style="list-style-type: none"> • Actions to take to stop bleeding including the use of a tourniquet. • First aid steps for eye and tooth injuries. • Recognizing and caring for head, neck and spinal injuries. • Recognizing and caring for extremity injuries. • Recognizing and caring for burns and electrical injuries. • Recognizing and caring for poisons. • Recognizing and caring for alcohol and drug emergencies. • Recognizing carbon monoxide poisoning. 	
Summative Assessment <ul style="list-style-type: none"> ✓ Written Tests ✓ Currents Events ✓ Research Paper ✓ Multimedia Presentations 		
Formative Assessments <ul style="list-style-type: none"> • In Class Discussions • Group Work • Exit Tickets • Teacher Observation • Homework Assignments 		Materials <ul style="list-style-type: none"> • Chromebook
Suggested Activities: A wide variety of activities address learning styles of all students. These activities include but are not limited to: <ul style="list-style-type: none"> • Discussion • Demonstration • Reading • Individual/group projects • Drawings • Posters 		Differentiation for Diverse Learners Special Education/504: <ul style="list-style-type: none"> • Provide students with essential vocabulary • Re -teaching and review • Graphic organizers • Scaffolding of

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<ul style="list-style-type: none"> • Collages • Work sheets • Role play 	<p>assignments</p> <ul style="list-style-type: none"> • Guided questions and note taking • Provide an outline for writing assessments
	<p>ELL:</p> <ul style="list-style-type: none"> • Use simplified text and summaries of content. • Use art visuals for students to respond to instead of text. • Provide copies of notes
	<p>At-Risk:</p> <ul style="list-style-type: none"> • Provide copies of presentations and notes • Extended time on assignments
<p>Suggested Materials:</p> <ul style="list-style-type: none"> • Google Slides • LifeSavers Video • Current Events • YouTube Videos • Edpuzzle Videos 	<p>Suggested Websites:</p> <ul style="list-style-type: none"> • "Home." Stop The Bleed, www.stopthebleed.org/. • Life Savers Iphone App
<p>Interdisciplinary Connections / Career Readiness, Life Literacies, and Key Skills</p> <ul style="list-style-type: none"> ➤ RST.11-12.7 ➤ 8.2.12.EC.3, 8.2.12.ETW.4 ➤ 9.4.12.CI.1 ➤ CRP3, CRP4, CRP7 	