

DHS Essential Standards Document

Collaborative Team: Health

Unit #: 1 Personal Health

Essential Standard (# and full standard): Kansas Health Standard 12.1 and 12.5 of Consumer Health Content Standard

<p>What is the Learning Target or Essential Question? In student/parent-friendly terms (i.e. "I can..."). There should be multiple targets from 1 standard. There could just be 1 essential question.</p>	<p>What Level of Thinking Does it Involve? Depth of Knowledge (DOK 1-4)</p>	<p>How will you formatively assess this learning target or response to your essential question? Provide or link to a <i>specific</i> formative assessment that shows how you're evaluating students' specific knowledge or skills.</p>
<p>I can demonstrate how to take responsibility for my health.</p>	<p>DOK 3</p>	<p>Skyward Common Assessment #1</p>
<p>I can analyze how health messages are delivered through media and technology to become an informed health related consumer.</p>	<p>DOK 4</p>	<p>https://usd232.instructure.com/courses/13976/assignments/234647?module_item_id=678843 (all links supplied by Mr. Sawner if you have questions)</p>

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Unit #:2- Fitness

Essential Standard (# and full standard): Kansas Health Standard 12.1, 12.3, 12.5 of Personal Health Content Standard

What is the Learning Target or Essential Question? <i>In student/parent-friendly terms (i.e. "I can..."). There should be multiple targets from 1 standard. There could just be 1 essential question.</i>	What Level of Thinking Does it Involve? <i>Depth of Knowledge (DOK 1-4)</i>	How will you formatively assess this learning target or response to your essential question? <i>Provide or link to a specific formative assessment that shows how you're evaluating students' specific knowledge or skills.</i>
I can apply the concepts of physical fitness and design a personal fitness plan.	DOK 4	Personal fitness plan https://docs.google.com/presentation/d/1KW66QBdifvdC0zgOE9BmPx_rq197GRCy0jvYsQjZrbk/edit?usp=drivesdk

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Unit #:3- Nutrition

Essential Standard (# and full standard): Kansas Health Standard 12.2, 12.4, 12.5, 12.9, 12.11 of the Nutrition Content Standard

What is the Learning Target or Essential Question? <i>In student/parent-friendly terms (i.e. "I can..."). There should be multiple targets from 1 standard. There could just be 1 essential question.</i>	What Level of Thinking Does it Involve? <i>Depth of Knowledge (DOK 1-4)</i>	How will you formatively assess this learning target or response to your essential question? <i>Provide or link to a specific formative assessment that shows how you're evaluating students' specific knowledge or skills.</i>
I can understand proper nutrition for teens and design a 5-day nutrition plan for myself.	LOK 4	Student nutrition plan: https://usd232.instructure.com/courses/13961/assignments/271627?module_item_id=772124

I can describe the six nutrients and their importance for growth and development.	LOK 1	Exit ticket nutrition: https://docs.google.com/forms/d/1w8G25UeZZ0tLXi27upQTV41IxBsM18lzo8r1OcbT7U/edit
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Unit #: 4- Drug/Alcohol Prevention

Essential Standard (# and full standard): Kansas Health Standards 12.1-12.12 of the Substance Abuse Content Standard

What is the Learning Target or Essential Question? <i>In student/parent-friendly terms (i.e. "I can..."). There should be multiple targets from 1 standard. There could just be 1 essential question.</i>	What Level of Thinking Does it Involve? <i>Depth of Knowledge (DOK 1-4)</i>	How will you formatively assess this learning target or response to your essential question? <i>Provide or link to a specific formative assessment that shows how you're evaluating students' specific knowledge or skills.</i>
I can analyze health risks and ways to reduce them when involving addiction.	LOK 4	<p>Skyward Common Assessment #4</p> <p>Example: One of the main reasons teens are at a greater risk for drug abuse than adults is?</p> <p>Answers</p> <ul style="list-style-type: none"> A. They ride in cars more than adults. B. They are naturally rebellious. C. Their brains are still developing. D. They lack sufficient height.
I can identify community resources for addiction recovery.	LOK 2	https://usd232.instructure.com/courses/13976/files/2777779?module_item_id=678873

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Unit #: 5- Mental health

Essential Standard (# and full standard): Kansas Health Standard 12.1, 12.2, 12.4 of Mental and Emotional Health Content Standard

What is the Learning Target or Essential Question? <i>In student/parent-friendly terms (i.e. "I can..."). There should be multiple targets from 1 standard. There could just be 1 essential question.</i>	What Level of Thinking Does it Involve? <i>Depth of Knowledge (DOK 1-4)</i>	How will you formatively assess this learning target or response to your essential question? <i>Provide or link to a specific formative assessment that shows how you're evaluating students' specific knowledge or skills.</i>
I can identify and analyze the signs of suicide and I understand acknowledge, care, and tell if it involves a friend.	LOK 4	https://usd232.instructure.com/courses/13976/pages/act-for-parents-page-1?module_item_id=678880
I can identify the signs of mental illness and investigate community resources.	LOK 1,3	Social worker's presentation notes: PPT

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Unit #: 6 Human Reproduction and disease prevention

Essential Standard (# and full standard): Kansas Health Standard 12.1-12.5 of the Family Life, Relationships, and Human Sexuality Content Standard

What is the Learning Target or Essential Question? <i>In student/parent-friendly terms (i.e. "I can..."). There should be multiple targets from 1 standard. There could just be 1 essential question.</i>	What Level of Thinking Does it Involve? <i>Depth of Knowledge (DOK 1-4)</i>	How will you formatively assess this learning target or response to your essential question? <i>Provide or link to a specific formative assessment that shows how you're evaluating students' specific knowledge or skills.</i>
I can demonstrate the ability to identify risk factors for communicable disease.	LOK 2	Pretest: https://docs.google.com/forms/d/1KLUqthN1yDB9-ldhtaQRAfZqOJV9uVcbHmNz14PXYWQ/edit
I can develop strategies to reduce the risk of communicable diseases.	LOK 3	Skyward Common Assessment #6

