

**WARREN COUNTY SCHOOL DISTRICT**

VIRTUAL PLANNED INSTRUCTION

**COURSE DESCRIPTION**

**Course Title:** Middle School Health  
**Course Number:** 10602  
**Course Prerequisites:** None

**Course Description:** See Attachment

**Suggested Grade Level:** Grades 6-8

**Length of Course:** One Semester

**Units of Credit:** .5

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:**  
CSPG 47

To find the CSPG information, go to <https://www.education.pa.gov/Educators/Certification/Staffing%20Guidelines/Pages/default.aspx>

**Certification verified by the WCSD Human Resources Department:**  Yes  No

**WCSD STUDENT DATA SYSTEM INFORMATION**

**Course Level:** Academic

**Mark Types:** Check all that apply.

F – Final Average  MP – Marking Period  EXM – Final Exam

**GPA Type:**  GPAEL-GPA Elementary  GPAML-GPA for Middle Level  NHS-National Honor Society  
 UGPA-Non-Weighted Grade Point Average  GPA-Weighted Grade Point Average

**State Course Code:** 08040

To find the State Course Code, go to <https://nces.ed.gov/forum/sced.asp>, download the Excel file for SCED, click on SCED 6.0 tab, and chose the correct code that corresponds with the course.

**TEXTBOOKS AND SUPPLEMENTAL MATERIALS**

**Supplemental Materials:** Accelerate Education (Virtual Academy)

**Curriculum Document**

**WCSD Board Approval:**

**Date Finalized:** 9/19/2019

**Date Approved:** 11/4/2019

**Implementation Year:** 19-20

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**SPECIAL EDUCATION, 504, and GIFTED REQUIREMENTS**

The teacher shall make appropriate modifications to instruction and assessment based on a student's Individual Education Plan (IEP), Chapter 15 Section 504 Plan (504), and/or Gifted Individual Education Plan (GIEP).

**ASSESSMENTS**

**PSSA Academic Standards, Assessment Anchors, and Eligible Content:** The teacher must be knowledgeable of the PDE Academic Standards, Assessment Anchors, and Eligible Content and incorporate them regularly into planned instruction.

**Formative Assessments:** The teacher will utilize a variety of assessment methods to conduct in-process evaluations of student learning.

**Effective formative assessments for this course include:** Lesson quizzes, projects, discussion boards, and module exams

**Summative Assessments:** The teacher will utilize a variety of assessment methods to evaluate student learning at the end of an instructional task, lesson, and/or unit.

**Effective summative assessments for this course include:** Semester exams

## Module 1

What Are Health and Wellness?

Balancing Your Health Your Turn Assignment

How Do You Make Healthy Choices? Quiz

Where Can You Find Health Information?

Quack or Cure? Your Turn Assignment

Where Can You Find Health Information? Quiz

How Can You Make Healthy Choices?

Decision Time Your Turn Assignment

How Do You Make Healthy Choices? Quiz

Health and Wellness Module Exam

## Module 2

Caring for Your Own Mental Health

Mental Health Inventory Your Turn Assignment

Caring for Your Own Mental Health Quiz

What Are Healthy Relationships?

Creating a Family Tree Your Turn Assignment

What Are Healthy Relationships? Quiz

Skills for Building Healthy Relationships

Lights! Camera! Action! Your Turn Assignment

Skills for Building Healthy Relationships Quiz

Mental, Social, and Emotional Health Exam

## Module 3

What Is Nutrition?

Keeping a Food Log Your Turn Assignment

What Is Nutrition? Quiz

What Should You Eat?

How Am I Doing? Your Turn Assignment

What Should You Eat? Quiz

How Much Should You Eat?

How Much Do I Eat? Your Turn Assignment

How Much Should You Eat? Quiz

Nutrition Module Exam

## Module 4

Physical Activity

How Active Am I? Your Turn Assignment

Physical Activity Quiz

Physical Fitness

How Fit Am I? Your Turn Assignment

Physical Fitness Quiz

Preventing and Treating Activity-Related Injuries

Injuries and How to Prevent Them Your Turn Assignment

Preventing and Treating Activity-Related Injuries Quiz

Activity and Health Module Exam

## Module 5

Preventing Disease 1: Communicable Diseases

Diseases Caused by Germs Your Turn Assignment

Preventing Disease 1: Communicable Diseases Quiz

Preventing Disease 2: Noncommunicable Diseases

All About X Your Turn Assignment

Preventing Disease 2: Noncommunicable Diseases  
Quiz

Alcohol, Tobacco, and Other Drugs

Teen Substance Use Your Turn Assignment

Alcohol, Tobacco, and Other Drugs Quiz

Preventing Illness Module Exam

Module 6

Human Growth and Development

What Was It Like? Your Turn Assignment

Human Growth and Development Quiz

Developmental Differences

Welcome to Our Class! Your Turn Assignment

Developmental Differences Quiz

How Does the Environment Affect Your Health?

Staying Safe and Having Fun Your Turn  
Assignment

How Does the Environment Affect Your Health?  
Quiz

You and Your Environment Exam

Semester Exam