

MS Health Quest	Scope and Sequence
Unit Lesson	Objectives
YOUR BODY	
Your Body's Tissues and Skeleton	
	Recognize that cells are the fundamental structural unit of the human body.
	Understand and list the organization of cells to systems.
	Describe and name major parts of the skeletal and muscular systems
Experiment: Calcium	
Experiment: Exercise	
Circulatory and Respiratory Systems	
	Discuss and describe the functions of the left and right sides of the heart.
	Differentiate between the three types of blood vessels.
	Know the different components of blood.
	Understand the main function of the respiratory system.
	List and identify the major and accessory organs of the respiratory system.
Experiment: The Heart	
Digestive and Excretory Systems	
	Describe the digestion process from the mouth to the bowels.
	Explain the main ways waste is removed from the body.
Nervous and Endocrine Systems	
	State the function of the nervous system.
	Distinguish between the two divisions of the nervous system and the organs associated with each.
	Differentiate between the three major parts of the brain.
	Describe the functions of the different organs of the endocrine system.

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	Report: Animal Body Systems	
	Growth and Development	
		Explain fertilization and conception.
		Recognize that one-half of a persons genetic material comes from their father and one-half from their mother.
		Summarize the changes that occur from conception to childhood.
	Adolescence	
		Define adolescence.
		Discuss the physical, emotional, social, intellectual, and spiritual changes that take place during adolescence.
	Adulthood	
		Summarize the physical, mental, and spiritual indicators that will help a person lead a productive healthy life.
	Test: Your Body	
HEALTH		
	Mental and Emotional Health	
		Differentiate between physical, mental and emotional health.
		Discuss and describe diseases and disorders of the mind.
		Discuss and describe emotional disorders.
		Understand the importance of seeking and gaining wisdom.
	Learning and Making Choices	
		State the steps needed to make decisions.
		Describe what emotional health is.
		Discuss where to get help when a person has emotional problems.

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		Explain the importance of discerning between information that is true and untrue.
	Project: Physical Play	
	Social Health	Define social health.
		List factors that affect a person's social health.
		Understand how individual personality types impact others.
	Family	Summarize your responsibility as a part of a family.
		Define agape.
	Friends	Recognize the importance of friends.
		Differentiate between the healthy and unhealthy aspects of friendships.
		Explain how respect and listening can impact relationships.
	Personal Hygiene	Understand the positive effects of good personal hygiene.
		Explain the effects of healthy behaviors on skin, hair, and nails.
	Teeth, Eyes, and Ears	List the duties one should perform to maintain good personal hygiene.
		Explain the effects of healthy behaviors on eyes, ears, and teeth.
		Know the parts of the eyes, ears, and teeth.
	Test: Health	
NUTRITION AND FITNESS		

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	Nutrition	<p>Understand that good nutrition supplies the body with calories and nutrients needed for maximum energy and wellness.</p> <p>Recognize that nutrients are classified into six groups ---carbohydrates, proteins, fats, vitamins, minerals, and water.</p>
	Nutrients	<p>Describe the functions of the six basic nutrients.</p> <p>Identify nutrients in a variety of foods.</p> <p>Explain the relationship between good nutrition and disease prevention.</p>
	Project: Nutrients	
	Project: Ingredients	
	Project: Advertisement	
	Basic Food Groups	<p>Utilize My Plate visual to identify the five different food groups and the amounts needed for healthy living.</p> <p>List the five different food groups and the importance of each.</p>
	Good Eating	<p>Understand how to read food labels.</p> <p>Recognize the importance of developing good eating habits early in life.</p>
	Project: My Plate	
	Project: Menu Planner	
	Physical Fitness	<p>Define physical fitness.</p> <p>Describe the four components of physical fitness.</p>

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	Top Condition	
		Differentiate between fat mass and lean mass.
		Discuss what a good exercise program includes.
	Project: Fitness Program	
	Essay: Improvements	
	Test: Nutrition and Fitness	
HEALTH MAINTENANCE		
	Safety	
		Name strategies for preventing accidents
	Safety in the Home	
		Learn strategies for preventing accidents in the home to provide a safe environment.
	Project: Fire Escape	
	Other Dangers in the Home	
		Recognize other sources of danger in the home.
		Name strategies to minimize these dangers.
		List basic rules of personal safety.
	Project: Safety Check	
	Road Safety	
		Know the rules to provide a safe pedestrian experience.
		Explain safety precautions for bicyclists.
		Name the number one rule for being a passenger in a car or truck.
		List guidelines for swimming safety.

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	Natural Disasters	<p>Recognize that natural disasters do occur and where they occur.</p> <p>Identify ways to be generally prepared for such disasters.</p>
	Emergency Care: Part 1	<p>Summarize the American Red Cross "Check - Call - Care" policy.</p> <p>Understand the importance of first aid.</p> <p>Discuss the actions to take in different emergency situations.</p>
	Project: Heimlich Maneuver	
	Emergency Care: Part 2	<p>Be familiar with the actions to take in the emergency situations listed in this section.</p>
	Project: First Aid Kit	
	Disease and Prevention	<p>Define disease.</p> <p>Understand that diseases fall into several categories by similarity or cause.</p> <p>Distinguish between the major categories of diseases.</p> <p>Explain the role of doctors in treating disease.</p>
	Project: Immunizations	
	Infectious Diseases	<p>Identify the types of pathogens that cause infectious diseases.</p> <p>Evaluate the relationship between healthful behaviors and the way that infectious diseases are spread.</p> <p>Understand how the body protects itself against pathogens.</p> <p>Explain how immunizations protect against pathogens.</p>

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		Identify several types of infectious disease and the symptoms of each.
	Test: Health Maintenance	
RESPONSIBLE LIVING		
	Ecology	
		Recognize how the environment influences the health of the community.
		Differentiate between the layers of the atmosphere.
		Understand the importance of water and land.
		Describe how water and land are cleansed naturally.
	Pollution	
		Identify the sources of air, land and water pollution.
		Examine strategies for reducing air, land and water pollution.
		Report strategies for conserving water.
		Discuss how prevention of pollution is everyone's responsibility.
	Project: Pollutants	
	Project: Recycle	
	Project: Conserve	
	Drug Awareness	
		Distinguish between proper and improper usage of drugs.
	Project: Poison Control	
	Types of Drugs	
		Describe the four categories of drugs and the effects of drug use.
		Discuss the perspectives on drug use and addictions.

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	Project: Expiration Dates	
	Alcohol Awareness	
		Describe the effect that alcohol has on the body.
		Explain that alcoholism is an addiction and very harmful on the body
		Understand the perspectives of alcohol use and abuse.
	Tobacco Awareness	
		Describe the harmful effects that tobacco has on users and those around them.
	Sexually Transmitted Diseases and Pregnancy	
		Identify symptoms and treatments for some common STDs.
		Describe the harmful effects of STDs on the developing fetus.
		Discuss current methods of birth control and the effect they have on STD transmission.
	Project: Letter	
	Test: Responsible Living	