













CANTON PUBLIC SCHOOLS 12<sup>TH</sup> GRADE SCOPE AND SEQUENCE

		Topics							
	Standard	Physical Wellness	Social Wellness	Emotional Wellness	Community Wellness	Environmental Wellness	Intellectual Wellness	Leadership	Core Values, Beliefs, and Principles
1									
2									
3									
4									
5									
6									
7									
8									

### **S.H.A.P.E National Health Standards**

- Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Standard 3:** Students will demonstrate the ability to access valid information and products and services to enhance health.
- Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.
- Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.

Citation: National Standards for K-12 Health Education Copyright 2013, SHAPE America – Society of Health and Physical Educators, 1900 Association Drive, Reston, VA 20191, www.shapeamerica.org. All rights reserved.

### **S.H.A.P.E National Physical Education Standards**

- Standard 1:** Demonstrates competency in a variety of motor skills and movement patterns
- Standard 2:** Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance
- Standard 3:** Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
- Standard 4:** Exhibits responsible personal and social behavior that respects self and others
- Standard 5:** Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

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# Student Class Organizer: 12th Grade Wellness

**Essential Questions: To what extent does Wellness have an impact on my quality of life? How do my choices and actions impact my overall Wellness? How do I achieve overall Wellness?**

## Standards

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Citation: Joint Committee on National Health Education Standards. (2007).

National Health Education Standards, Second Edition: Achieving Excellence. Washington, D.C.: The American Cancer Society.

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## Course Outline:

- Challenge students to develop leadership skills and life-centered wellness practices, values, and beliefs to present their own personal wellness philosophy as the capstone project
- Develops personal wellness through intensive, experiential learning, and practice
- Encourages students to reflect on personal experiences in order to develop a growth perspective
- Engaging in physical wellness that best fits each student
- Students will give community-ready presentations and will showcase their personal wellness and leadership philosophies, values, beliefs, and principles

## Essential Questions:

How do you plan on actively pursuing and maintain high-quality wellness through all dimensions of your life?

How can you take the given skills and apply them to your everyday life?