

Seymour Public Schools

Grade 11-12 Holistic Health & Wellness Curriculum

Unit 1: Yoga and Meditation

- Anatomy & Physiology
- Introduction to beginner-advanced yoga poses
- Mental and physical benefits of yoga and meditation

Unit 2: Aromatherapy/Essential Oils

- Introduction to aromatherapy
- Health benefits of essential oils (topical, ingest, diffuse)
- Health trends (tried and true?)

Unit 3: Eastern vs. Western Medicine/Homeopathic & Naturopathic Medicine

- Origins
- Emphasis on prevention, treatment, optimal health (holistic)
- Herbal medicine, acupuncture, massage therapy, reiki

Unit 4: Holistic Nutrition

- Detoxification methods
- Natural/clean eating
- Treating specific ailments (allergies/sensitivities)
- Different lifestyles/diets (vegetarian, vegan, keto diet, paleo diet, etc...)

Unit 5: Mindfulness & Stress Management

- Mindful vs. mind full
- Mental and physical benefits of (natural) stress management
- Coping strategies
- Importance of meditation (full-circle)

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Essential questions for Holistic Health & Wellness:

1. What do I need to know to stay healthy?
2. How and where do I find information and resources?
3. What can I do to avoid or reduce health behaviors?
4. What influences my healthy behaviors and decisions?
5. How can communication enhance my personal health?
6. How do I make good decisions to keep myself healthy?
7. How do I use the goal-setting process to improve my health?
8. What can I do to promote accurate health information and healthy behaviors?

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Grade: Unit 1	Subject: Holistic Health & Wellness Pacing: Ongoing throughout the semester Unit Theme: Yoga & Meditation/Anatomy & Physiology
Overarching Standards	Comprehensive School Health Content Standards 1-8: https://portal.ct.gov/-/media/SDE/Health-Education/Exemplary-SHE/Standards/healthybalancedliving.pdf
Enduring Understandings	<ol style="list-style-type: none"> 1. Practicing yoga and meditation is highly beneficial to your mental and physical health. 2. Practicing yoga can increase flexibility, muscle strength and tone. 3. Practicing yoga improves respiration, energy and vitality, and helps maintain a balanced metabolism. 4. Meditation reduces stress and anxiety. 5. Meditation improves concentration, increases self-awareness, and happiness.
Essential Questions	<ol style="list-style-type: none"> 1. Where can I find information on yoga and meditation? 2. What are the health benefits of an ongoing yoga and meditation practice? 3. Are there any risks to yoga and meditation? 4. Why is cultivating breath control, relaxation techniques and kinesthetic awareness important in maintaining lifelong benefits? 5. What is the importance of balancing both mental and physical development while practicing yoga? 6. How has yoga provided mental and physical preparation for daily activities that may raise stress levels?
Priority Standards	<p>Standard 1: Comprehend concepts related to health promotion and disease prevention</p> <p>Standard 3: Demonstrate the ability to practice health-enhancing behaviors to reduce health risks</p> <p>Standard 9: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p>Standard 10: Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities</p> <p>Standard 14: Value physical activity for health, enjoyment, challenge, self expression and/or social interaction</p>
Supporting Standards	<p>Standard 2: Demonstrate the ability to access valid health information and health-promoting products and services</p> <p>Standard 4: Analyze the influence of culture, media, technology and other factors on health</p>

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	Standard 6: Demonstrate the ability to use decision-making skills to enhance health Standard 12: Achieve and maintain a health enhancing level of physical fitness
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Suggested Strategies/Modes	Suggested Materials/Resources	Suggested Assessments
<ul style="list-style-type: none"> ● Lecture ● Student Demonstration (poses) ● Teacher Demonstration (poses) ● Student Practice ● Questioning ● Modeling ● Journal Writing ● Presentations ● Technology/media 	<ul style="list-style-type: none"> ● Google Classroom ● Internet research ● Text materials 	<ul style="list-style-type: none"> ● Written assignments ● Class work ● Projects ● Quizzes/Exams ● Exams ● Journals ● Engaged participation & effort (teacher observation)

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Grade: Unit 2	Subject: Holistic Health & Wellness Pacing: Ongoing throughout the semester Unit Theme: Aromatherapy/Essential Oils
Overarching Standards	Comprehensive School Health Content Standards 1-8: https://portal.ct.gov/-/media/SDE/Health-Education/Exemplary-SHE/Standards/healthybalancedliving.pdf
Enduring Understandings	<ol style="list-style-type: none"> 1. Essential oils can be used three ways: topically, ingesting, and diffusing. 2. Essential oils are concentrated nutrients from plants. 3. Oils can start working within 20 minutes because they are lipid soluble, which means they are capable of going through cell walls. 4. Oils can be used in the body to help detoxify cells and blood. 5. Because oils are considered anti-viral, they can be used to prevent sickness, as well as treating illness. 6. When diffused, some oils have the ability to remove any toxins or metallic particles from the air. 7. Essential oils can be used for: depression, anxiety, flu symptoms, alleviate pain, improve digestion, promote relaxation, boost energy, anti-bacterial/fungal properties, reduce inflammation and treat various skin irritations. (**Not a complete list)
Essential Questions	<ol style="list-style-type: none"> 1. What is aromatherapy? 2. What is an essential oil and where does it come from? 3. What are the health benefits of essential oils? 4. How do I know if essential oils are right for me? 5. How do I know if the essential oil is pure?
Priority Standards	Standard 1: Comprehend concepts related to health promotion and disease prevention Standard 3: Demonstrate the ability to practice health-enhancing behaviors to reduce health risks Standard 4: Analyze the influence of culture, media, technology and other factors on health Standard 5: Demonstrate the ability to use interpersonal communication skills to enhance health

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	Standard 6: Demonstrate the ability to use decision-making skills to enhance health
Supporting Standards	Standard 2: Demonstrate the ability to access valid health information and health-promoting products and services Standard 7: Use the goal-setting process to enhance health Standard 8: Demonstrate the ability to advocate for personal, family and community health

Suggested Strategies/Modes	Suggested Materials/Resources	Suggested Assessments
<ul style="list-style-type: none"> ● Lecture ● Student application ● Teacher application ● Student Practice ● Questioning ● Journal Writing ● Presentations ● Technology/media 	<ul style="list-style-type: none"> ● Google Classroom ● Internet research ● Text materials 	<ul style="list-style-type: none"> ● Written assignments ● Hands-on assignments (chapstick, hand sanitizer, body scrub, etc.) ● Class work ● Projects ● Quizzes/Exams ● Journals ● Engaged participation & effort (teacher observation)

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Grade: Unit 3	Subject: Holistic Health & Wellness Pacing: Approximately 3-4 weeks Unit Theme: Eastern vs. Western Medicine
Overarching Standards	Comprehensive School Health Content Standards 1-8: https://portal.ct.gov/-/media/SDE/Health-Education/Exemplary-SHE/Standards/healthybalancedliving.pdf
Enduring Understandings	<ol style="list-style-type: none"> 1. Western Medicine can be defined as a system in which medical doctors and other healthcare professionals (such as nurses, pharmacists, and therapists) treat symptoms and diseases using drugs, radiation, or surgery. 2. Eastern Medicine can be defined as how the human body interacts with all aspects of life (<i>the whole person</i>) and the environment, including the seasons, weather, time of day, our diet and emotional states. 3. Traditional Chinese Medicine (TCM) sees that the key to health as the harmonious and balanced functioning of body, mind and spirit, and holds that the balance of health depends on the unobstructed flow of qi or “life energy” through the body, along pathways known as meridians.
Essential Questions	<ol style="list-style-type: none"> 1. What is Western Medicine? 2. What is Eastern Medicine? 3. How do I know which practice is right for me? 4. What are the benefits of acupuncture, massage therapy, and reiki? 5. What are examples of herbal medicines and what are the benefits? 6. How does the media influence my decision to become a healthier individual?
Priority Standards	Standard 1: Comprehend concepts related to health promotion and disease prevention Standard 3: Demonstrate the ability to practice health-enhancing behaviors to reduce health risks Standard 4: Analyze the influence of culture, media, technology and other factors on health Standard 5: Demonstrate the ability to use interpersonal communication skills to enhance health Standard 6: Demonstrate the ability to use decision-making skills to enhance health

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Supporting Standards	<p>Standard 2: Demonstrate the ability to access valid health information and health-promoting products and services</p> <p>Standard 7: Use the goal-setting process to enhance health</p> <p>Standard 8: Demonstrate the ability to advocate for personal, family and community health</p>
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Suggested Strategies/Modes	Suggested Materials/Resources	Suggested Assessments
<ul style="list-style-type: none"> ● Lecture ● Student application ● Teacher application ● Questioning ● Journal Writing ● Presentations ● Technology/media 	<ul style="list-style-type: none"> ● Google Classroom ● Internet research ● Text materials 	<ul style="list-style-type: none"> ● Written assignments ● Class work ● Projects ● Quizzes/Exams ● Journals ● Engaged participation & effort (teacher observation)

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Grade: Unit 4	Subject: Holistic Health & Wellness Pacing: Approximately 6-8 weeks Unit Theme: Holistic Nutrition
Overarching Standards	Comprehensive School Health Content Standards 1-8: https://portal.ct.gov/-/media/SDE/Health-Education/Exemplary-SHE/Standards/healthybalancedliving.pdf
Enduring Understandings	<ol style="list-style-type: none"> 1. Holistic nutrition focuses on a natural approach to a healthy diet and considers the individual as a whole, including all aspects of his/her lifestyle. 2. Holistic Health incorporates emotional, spiritual and physical health to create a state of well-being for optimum health. 3. Digestive issues (bloating, gas, pain, constipation, diarrhea, IBS, etc.) and bad eating habits can lead to eczema, seasonal allergies, food sensitivities, weight gain, immune issues, as well as many other issues. 4. Vegetarian, vegan, ketogenic, mediterranean, and paleo are just some examples of lifestyle diets. 5. Detoxification is what your body does naturally to neutralize, transform or get rid of unwanted materials or toxins.
Essential Questions	<ol style="list-style-type: none"> 1. What is Holistic Health? 2. Where does food come from? 3. How do I know which foods are effecting my body (for better or for worse)? 4. What influences what I eat? 5. How do my eating habits affect the way that I look? 6. How do I evaluate what the media is telling me about food?
Priority Standards	Standard 1: Comprehend concepts related to health promotion and disease prevention Standard 3: Demonstrate the ability to practice health-enhancing behaviors to reduce health risks Standard 4: Analyze the influence of culture, media, technology and other factors on health Standard 5: Demonstrate the ability to use interpersonal communication skills to enhance health

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	Standard 6: Demonstrate the ability to use decision-making skills to enhance health
Supporting Standards	Standard 2: Demonstrate the ability to access valid health information and health-promoting products and services Standard 7: Use the goal-setting process to enhance health Standard 8: Demonstrate the ability to advocate for personal, family and community health

Suggested Strategies/Modes	Suggested Materials/Resources	Suggested Assessments
<ul style="list-style-type: none"> ● Lecture ● Student application ● Teacher application ● Questioning ● Journal Writing ● Presentations ● Technology/media 	<ul style="list-style-type: none"> ● Google Classroom ● Internet research ● Text materials 	<ul style="list-style-type: none"> ● Written assignments ● Class work ● Projects ● Quizzes/Exams ● Journals ● Engaged participation & effort (teacher observation)

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Grade: Unit 5	Subject: Holistic Health & Wellness Pacing: Ongoing throughout the semester Unit Theme: Mindfulness & Stress Management
Overarching Standards	Comprehensive School Health Content Standards 1-8: https://portal.ct.gov/-/media/SDE/Health-Education/Exemplary-SHE/Standards/healthybalancedliving.pdf
Enduring Understandings	<ol style="list-style-type: none"> 1. Stress can affect you in both positive and negative ways, emotionally and physically. 2. Mindfulness meditation is a technique in which distracting thoughts and feelings are not ignored but are rather acknowledged and observed nonjudgmentally as they arise to create a detachment from them and gain insight and awareness. 3. Coping strategies refer to the specific efforts, both behavioral and psychological, that people employ to master, tolerate, reduce, or minimize stressful events.
Essential Questions	<ol style="list-style-type: none"> 1. What effect does stress have on both my physical and emotional health? 2. What are some healthy strategies to reduce the amount of stress in my life? 3. How can (social) media help or hinder my approach to limiting negative stress in my life? 4. Who can I contact if I am feeling the effects of negative stress?
Priority Standards	Standard 1: Comprehend concepts related to health promotion and disease prevention Standard 3: Demonstrate the ability to practice health-enhancing behaviors to reduce health risks Standard 4: Analyze the influence of culture, media, technology and other factors on health Standard 5: Demonstrate the ability to use interpersonal communication skills to enhance health Standard 6: Demonstrate the ability to use decision-making skills to enhance health
Supporting Standards	Standard 2: Demonstrate the ability to access valid health information and health-promoting products and services Standard 7: Use the goal-setting process to enhance health Standard 8: Demonstrate the ability to advocate for personal, family and community health

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Suggested Strategies/Modes	Suggested Materials/Resources	Suggested Assessments
<ul style="list-style-type: none">● Lecture● Student application● Teacher application● Questioning● Journal Writing● Presentations● Technology/media	<ul style="list-style-type: none">● Google Classroom● Internet research● Text materials	<ul style="list-style-type: none">● Written assignments● Class work● Projects● Quizzes/Exams● Journals● Engaged participation & effort (teacher observation)

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7/27/2015 Subject Grade

The numbering sequence correlates to the state numbers to ensure alignment.