



Reavis High School  
Curriculum Snapshot/Cover Page for ESL Health



Unit 1: The Skeletal and Muscular Systems

**10  
days**

Students will describe the parts that make up the human body systems. Students will list the parts of the skeletal and muscular systems and describe their functions and will name some common disorders of the skeletal and muscular systems, their symptoms, and their treatments. Students will describe some ways to keep your skeletal and muscular systems healthy.



Unit 2: The Nervous and Endocrine Systems

**5 days**

Students will describe the structure and function of the nervous system and the endocrine system. They will describe the structure and function of the five sense organs. Students will describe disorders of the nervous system and the endocrine system and name several ways to keep them healthy.



Unit 3: The Circulatory, Immune, and Respiratory Systems

**10  
days**

Students will describe: the structure, function, disorders of and explain how to keep your circulatory, lymphatic, immune, and respiratory systems healthy.



## Unit 4: The Digestive and Excretory Systems

**5 days**

Students will name the main organs of the digestive and excretory systems and explain what they do. Students will describe disorders and list some ways to keep your digestive system and excretory systems healthy.



## Unit 5: The Reproductive System

**5 days**

Students will describe the structure and function of the male and female reproductive systems. They will explain the menstrual cycle. Students will describe how human babies develop inside the mother and describe the stages of human development and will list some disorders of the male and female reproductive systems.



## Unit 6: Safety and Injury Prevention

**5 days**

Students will name three ways you can be prepared for an emergency and will explain how to prevent injuries. Students will explain how you can stay safe at home, outside, and during activities such as swimming or biking.



## Unit 7: Personal Care and Hygiene

**5 days**

Students will describe ways to dress appropriately. Students will explain why sleep is important to your health. They will name three ways to keep your teeth healthy and will describe ways to keep your skin, hair and nails healthy. Students will describe some common problems and treatments for teeth and skin.



## Unit 8: Nutrition and Fitness

**5 days**

Students will describe the benefits of a balanced diet and will identify nutrients in foods and use the Food Guide Pyramid to plan a balanced meal. Students will explain how nutrition and health are related and will describe how regular exercise affects your health. Students will define food Calories, and tell how they figure in weight control.



## Unit 9: Medicines, Drugs and Drug Abuse

**15 days**

Students will define what is a drug, a medicine and give some examples. Students will name some common reasons why people use alcohol and tobacco and will describe how alcohol and tobacco affect the body. Students will explain the difference between a stimulant and a depressant and will list some reasons why people abuse drugs. They will describe the difference between drug use and abuse. Students will list the four main types of drugs and give an example of each type and will explain the effects of abusing certain drugs and how drugs can affect a community. Students will describe where you can get help for a drug problem.

## Unit 10: Sexuality

**10  
days**

Students will define sexuality and name some sexual issues. They will explain the responsibilities and consequences that come with being sexually active. Students will describe the problems and responsibilities that come with teenage pregnancy and will explain why abstinence is a smart choice.



## Unit 11: Diseases and Disorders

**7 days**

Students will research a disease or disorder. Students will list and describe the body systems involved, causes or possible causes, symptoms, treatment, and prognosis of the disease or disorder.