



Health - Subject Overviews – MYP 5

* All units taught in grades 6 to 10 are continuously being developed and improved to best meet the needs of the students at LIS. Therefore, the following Subject Overview is only a reflection of current plans for the course. Some changes to this Scope and Sequence may occur as a result of planning done throughout the academic year.

	Unit	Concepts	Global Context	Statement of Inquiry	Inquiry Questions	MYP Objectives ATL Skills	Content
Unit 1	Growing Through the Ups and Downs of Adolescent Health	Development Balance Energy	Identities and relationships Lifestyle choices	Healthier lifestyle choices are necessary for developing a balanced approach to self-care which improves energy and overall quality of life.	<p>Factual: What are the major challenges to adolescent health? What are some daily lifestyle choices that can be made for sustaining energy levels, enhancing mood, and improving overall quality of life?</p> <p>Conceptual: How does getting 7-9 hours of quality sleep most nights impact students' academic performance and overall personal wellness?</p> <p>Debatable: Should schools provide time in their daily</p>	<p>Criterion A: ii</p> <p>Criterion B: i</p> <p>ATL Skills Communication Reflection Information literacy Affective Reflection Critical-thinking</p>	<p>Definition of health and the 6 health dimensions of personal wellness</p> <p>Challenges of adolescence</p> <p>Growth mindset, neuroplasticity</p> <p>Pillars of Daily Health</p> <p>Basics of mood regulation and how it impacts personal wellness</p> <p>Self-care strategies and goal-setting</p> <p>Evaluating health information sources for validity</p>

					schedule for students to practice self-care?		
Unit 2	Looking Beyond the Surface: Taking a Deeper Look into Substance Use, Abuse Prevention, and the Power of Social Connection	Change Adaptation Perspective	Fairness and Development Imagining a hopeful future	Seeing challenges from different perspectives and adapting to change improves personal well-being and gives hope for a better future.	<p>Factual: What are the key factors contributing to substance abuse, and how does social connection play a role in mental health during adolescence?</p> <p>Conceptual: How do the concepts of substance abuse prevention and social connection relate to broader ideas of adaptation, change, and mental well-being?</p> <p>Debatable: What is the role of social connection in substance abuse prevention and mental health, and how might different perspectives on this issue impact our approach to fostering a hopeful future for</p>	<p>Criterion A: i, iii</p> <p>Criterion D: i</p> <p>ATL Skills Critical thinking Reflection Creative-thinking</p>	Stress and its effects on the body Substance abuse and addiction Major types of drugs and their effects on health Social health and the role of social health in preventing/reducing substance abuse and addiction

					adolescents?		
Unit 3	Building Community Health for Lifelong Wellness	Communication Choice Movement	Globalization and sustainability Community health	Building healthier communities requires effective communication about the importance of healthy lifestyle choices and daily physical movement.	<p>Factual: How does daily moderate-to-vigorous physical activity help reduce the risk of various lifestyle diseases and improve individual health?</p> <p>What are the key characteristics of Blue Zones, and how do they contribute to the well-being and longevity of the communities living in these areas?</p> <p>Conceptual: How does effective communication play a role in promoting healthier choices and lifestyle changes within a community, and what are the broader implications of fostering</p>	<p>Criterion A: i, ii, iii</p> <p>Criterion B: i, ii</p> <p>ATL Skills Communication Organization Information literacy Media literacy Critical-thinking Transfer</p>	<p>Community health</p> <p>Blue Zones & longevity</p> <p>Healthy People 2030</p> <p>Lifestyle diseases</p> <p>Data-driven decision making</p> <p>SMART Goals</p>

					<p>community health through communication strategies?</p> <p>Debatable: Should communities prioritize implementing lifestyle changes based on Blue Zone principles, and to what extent can these changes be successfully adapted to different cultural and social contexts?</p>		
Unit 4	<p>Sexual Health & Reproductive Rights for All</p>	<p>Relationships Refinement Space</p>	<p>Orientation in space and time</p> <p>Respectful exchange of ideas and beliefs</p>	<p>Progress is made by refining our understanding of the relationships we have through respectful exchange within a shared space.</p>	<p>Factual: What are the differences between biological sex, gender identity, gender expression, sexual orientation?</p> <p>What are the different methods of contraception and disease prevention?</p> <p>Conceptual: How do societal</p>	<p>Criterion A: iii</p> <p>Criterion D: i</p> <p>ATL Skills Communication Collaboration Information literacy Media literacy Critical-thinking Creative-thinking</p>	<p>Physiological, psychological, and social changes during adolescence</p> <p>Human sexuality and its components: biological sex, gender identity, gender expression, and sexual orientation</p> <p>Sexual health</p> <p>Contraceptive methods</p> <p>Impact of racism and inequality on sexual health</p>

					<p>influences shape attitudes about gender and sexuality?</p> <p>Why is it important to differentiate between sex assigned at birth, gender identity, and sexual orientation?</p> <p>How does access to credible sexual health resources impact individuals' decision-making?</p> <p>Debatable: Should there be universal access to comprehensive sexual health education?</p> <p>Should societal norms regarding gender and sexuality be more inclusive and accepting?</p>		<p>Laws related to sexual healthcare services and their impact on personal wellness</p>
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