

Lesson Plan

Health Curriculum Mapping (Semester)

1st Six Weeks (August 25 – September 30)

Unit 1 – Health and Wellness

Chapter #1 Leading and Healthy Life
Chapter #2 Skills for a Healthy Life
Chapter #3 Self Esteem / Mental Health
Chapter #4 Managing Stress / Coping w/ Loss
Chapter #5 Violence and Abuse

Unit 2 – Health and Your Body

Chapter #6 Physical Fitness for Life
Chapter #7 Nutrition for Life
Chapter #8 Weight Management / Eating Behaviors

2nd Six Weeks (October 6 – November 7)

Unit 3 – Drugs

Chapter #9 Understanding Drugs and Medicine
Chapter #10 Alcohol
Chapter #11 Tobacco
Chapter #12 Illegal Drugs

Unit 4 – Diseases / Disorders

Chapter #13 Preventing Infectious Diseases
Chapter #14 Lifestyle Diseases
Chapter #15 Other Diseases and Disabilities

3rd Six Weeks (November 10 – December 19)

Unit 5 – Adolescence, Adulthood, Family Life

Chapter #16 Adolescence and Adulthood
Chapter #17 Marriage, Parenthood, Families / PAPA

Unit 6 – Reproductive Health

Chapter #18 Reproduction, Pregnancy, and Development / PAPA
Chapter #19 Building Responsible Relationships / PAPA
Chapter #20 Risk of Adolescence Sexual Activity / PAPA
Chapter #21 HIV / AIDS

Lifetime Health Reteaching

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