



Month	Content	Skills	Assessment	Standards
August	Unit 1-A Healthy Foundation	1-Individuals can take charge of physical, mental/emotional health by making healthy choices. Focus on the relationship between health and wellness and strategies that teens can use to take charge of their health.	Quizzes, In-Class Assignments, Role Play, Unit Test	1.12.1-1.12.7 2.12.1-2.12.10 3.12.1-3.12.5 5.12.1-3.12.7 6.12.2 7.12.2-7.12.3 8.12.3
September	Unit 2-Mental and Emotional Health Unit 3- Healthy and Safe Relationships	2-Identify and describe factors that impact mental and emotional health. Learn strategies to promote positive mental and emotional health. 3- Learn ways to develop healthy relationships. Learn how to prevent conflicts and develop skills for dealing with conflicts when they arise.	Quizzes, In-Class Assignments, Mini Power Point Project, Role Play, Unit Test	1.12.1-1.12.8 2.12.8, 3.12.4/5 4.12.1-4.12.4 5.12.1 6.12.1-6.12.3 7.12.1-7.12.2 8.12.1-8.12.4
October	Unit 3-Healthy and Safe Relationships Unit 4-Nutrition and Physical Activity	3- Learn ways to develop healthy relationships. Learn how to prevent conflicts and develop skills for dealing with conflicts when they arise. 4-Teach the importance of nutrition and physical activity, make healthy food choices, manage weight and improve fitness.	Quizzes, In-Class Assignments, Role Play, Write a Newspaper Article, Energy Drink Research, Unit Test	1.12.1-1.12.8 2.12.1-2.12.10 3.12.1-3.12.5 4.12.1-4.12.4 5.12.6 6.12.1-6.12.4 8.12.3-8.12.5
November	Unit 5-Personal Care and Body Systems Unit 7- Drugs	5-Learn about personal health care and major body systems. 7-Learn about medicines, tobacco, alcohol, vaping, and illegal drugs. Discuss the health risks of each. Explore one drug in depth and present research to the class.	Quizzes, In-Class Assignments, Body Systems Packet, Role Play, HRM Videos, Power Point Research and Presentation, Unit Test	1.12.1-1.12.8/9 2.12.5-2.12-10 3.12.1-3.12.5 4.12.1/2 5.12.1-5.12.6 6.12.1 7.12.1-7.12.3 8.12.1-8.12.4
December	Unit 8-Diseases and Disorders Final Exam	8-Learn about the causes and prevention of communicable diseases including STD's. Discuss cause and management of noncommunicable diseases.	Quizzes, In-Class Assignments, You-Tube Videos, Unit Test -Final Exam	1.12.1-1.12.8 2.12.9/10, 4.12.1/3 5.12.2-5.12.6 6.12.1/4 7.12.1-7.12.3

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January	Unit 1-A Healthy Foundation Unit 2-Mental and Emotional Health	1-Individuals can take charge of physical, mental/emotional health by making healthy choices. 2-Identify and describe factors that impact mental and emotional health. Learn strategies to promote positive mental and emotional health.	Quizzes, In-Class Assignments, Role Play, Mini Power Point Project, Unit Test	1.12.1-1.12.7 2.12.1-2.12.10 3.12.1-3.12.5 5.12.1-3.12.7 6.12.2 7.12.2-7.12.3 8.12.3
February	Unit 2-Mental and Emotional Health Unit 3- Healthy and Safe Relationships	2-Identify and describe factors that impact mental and emotional health. Learn strategies to promote positive mental and emotional health. 3- Learn ways to develop healthy relationships. Learn how to prevent conflicts and develop skills for dealing with conflicts when they arise.	Quizzes, In-Class Assignments, Mini Power Point Project, Role Play, Unit Test	1.12.1-1.12.8 2.12.8, 3.12.4/5 4.12.1-4.12.4 5.12.1 6.12.1-6.12.3 7.12.1-7.12.2 8.12.1-8.12.4
March	Unit 4-Nutrition and Physical Activity Unit 5-Personal Care and Body Systems	4-Teach the importance of nutrition and physical activity, make healthy food choices, manage weight and improve fitness. 5-Learn about personal health care and major body systems.	Quizzes, In-Class Assignments, Write a Newspaper Article, Energy Drink Research, Body Systems Packet, Unit Test	1.12.1-1.12.8 2.12.1-2.12.10 3.12.1-3.12.5 4.12.1-4.12.4 5.12.6 6.12.1-6.12.4 8.12.3-8.12.5
April	Unit 7- Drugs	7-Learn about medicines, tobacco, alcohol, vaping, and illegal drugs. Discuss the health risks of each. Explore one drug in depth and present research to the class.	Quizzes, In-Class Assignments, Role Play, HRM Videos, Power Point Research and Presentation, Unit Test	1.12.1-1.12.8/9 2.12.5-2.12-10 3.12.1-3.12.5 4.12.1/2 5.12.1-5.12.6 6.12.1 7.12.1-7.12.3 8.12.1-8.12.4
May	Unit 8-Diseases and Disorders Final Exam	8-Learn about the causes and prevention of communicable diseases including STD's. Discuss cause and management of noncommunicable diseases.	Quizzes, In-Class Assignments, You-Tube Videos, Unit Test -Final Exam	1.12.1-1.12.8 2.12.9/10, 4.12.1/3 5.12.2-5.12.6 6.12.1/4 7.12.1-7.12.3

Units	Essential Questions	Additional Resources
Unit 1-A Healthy Foundation	1)How can poor mental/emotional health affect physical health? 2)Evaluate two ways that media and technology may influence your health. 3) How might monitoring risk behaviors affect the well-being of teens? 4)Why is it important to recognize and analyze the various influences on your behavior?	www.glencoe.com You-Tube Videos www.mediasmarts.ca/
Unit 2-Mental and Emotional Health Unit 3- Healthy and Safe Relationships	1)What role do hormones play in affecting a teen’s emotions? 2) Explain how stress can impact you positively and negatively. 3)Explain the difference between “feeling down or depressed” vs. “having depression.” 4) Name the warning signs and risk factors of a teen contemplating suicide. 1)How can strong communication skills affect your relationships with others? 2)How can neglect affect each part of a child/teens health triangle? 3)Name the benefits of practicing abstinence. 4)How can practicing and promoting tolerance help prevent violence?	www.glencoe.com You-Tube Videos www.mentalhealth.gov www.stopbullying.gov www.childhelp.org
Unit 4- Nutrition and Physical Activity Unit 5- Personal Care and Body Systems	1)Explain how your friends and advertising can influence your food choices. 2)Explain how exercise that builds muscle can help promote loss of body fat. 3) How might a poor body image result in an eating disorder? 4)How will your target heart range change as you grow older? 1)What muscles are important for playing specific sports? 2)What happens to the nutrients as it passes through the digestive system? 3)How might a person’s reproductive health change at different periods of their life?	www.glencoe.com You-Tube Videos www.fda.gov www.nationaleatingdisorders.gov www.nscs.com
Unit 7-Drugs	1)What are three ways that you can avoid medicine abuse? 2)Name three ways tobacco/nicotine affects the respiratory system. 3)What are some major concerns the FDA has about vaping? 4)How can drinking even moderate amounts of alcohol permanently affect teens. 5)How does binge drinking lead to alcoholism? 6)Explain how mixing pills with alcohol is a lethal combination.	www.glencoe.com You-Tube Videos www.cdc.gov www.madd.org Human Relations Media(DVD’s)
Unit 8-Diseases and Disorders	1)If you had a cold, what actions would you take to prevent it from spreading? 2)How does hepatitis spread from one illegal drug user to another? 3)Predict dangerous situations that could lead to pressures to engage in sexual activity. 4)Explain the health risks of STD’s 5)How can practicing healthy behaviors today lower your risk for cardiovascular disease in the future?	www.glencoe.com You-Tube Videos www.cdc.gov www.heart.org www.cancer.org