The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. Students will realize the full benefit of this course when it is taught with an integrated approach.

### Semester One

#### Health and Physical Education Orientation Week

**Health and Physical Education Orientation Week**

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#### Unit 1: Introduction to Wellness (34 Days) * Being Fit Matters

**Health Education Content To Be Taught**

- Communication, Stress, Accessing Information, Depression, Suicide Prevention, Goal Setting, Advocacy, Safe/Smart Physical Activity, Lifestyle Phycial Activity, Health Related Fitness Components

**Physical Education Content To Be Taught**

- Aerobic Activities, Anaerobic Activities, Fitness Stations, Warm Up, Cool Down, Tracking Heart Rate During Activites, Activities Aligned to SR Components, Activities Aligned to HR Components of Fitness, Develop Fitness SMART Goals, Create workout plan to Improve Fitness Goal, Exercise Training Principles; Overload, Specificity, Progression, FITT

**Health Skills/Benchmarks Directly Aligned**


**Physical Education Standards/Benchmarks Directly Aligned**


#### Unit 2: Nutrition Unit (34 Days)

**Health Education Content To Be Taught**

- Diet, Supplements, Meal Evaluation, Healthy Meal Planning on a Budget, Benefits of Physical Activity, Self Management Skills, Monitoring Physical Activity, My Plate, Essential Nutrients

**Physical Education Content To Be Taught**

- My Plate, Compare and Contrast Fitness vs. Nutrition, Health Related and Skill Related Benefits to Physical Activity, Keep a Food & Exercise Log to Track Calorie Intake & Expenditure, Measure & Monitor Intensity (HR) of Activities, Exercise Fact vs. Fallacy, Running Dictation Activity

**Health Skills/Benchmarks Directly Aligned**

- HE.912.B.3.3, HE.912.C.2.6

**Physical Education Standards/Benchmarks Directly Aligned**

- PE.912.C.2.13, PE.912.C.2.16, PE.912.C.2.23, PE.912.C.2.18

#### Unit 3: First Aid and Safety (10 Days)

**Health Education Content To Be Taught**

- Choking, Heart Attack, Stroke, CPR, AED, First Aid, Heat-related illness, extreme weather conditions

**Physical Education Content To Be Taught**

- Hydration, Heat-related illness, CPR, AED, First Aid

**Health Skills/Benchmarks Directly Aligned**

- HE.912.B.3.4, HE.912.C.2.3

**Physical Education Standards/Benchmarks Directly Aligned**

- PE.912.M.1.17, PE.912.C.2.8, PE.912.C.2.9

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**Pre School Work Days**

**END OF SEMESTER REVIEW PRIOR CONTENT, MIDTERMS/COMMON ASSESSMENTS**

**NO CLASSES**

**DWT DAY**
### Unit 4: Substance Abuse (24 Days)

<table>
<thead>
<tr>
<th>Date</th>
<th>Health Education Content To Be Taught</th>
<th>Physical Education Content To Be Taught</th>
</tr>
</thead>
<tbody>
<tr>
<td>14-18 May</td>
<td>Drug tolerance, overdose, over-the-counter drugs, prescription drugs, alcohol, blood alcohol concentration, binge drinking, fetal alcohol syndrome, tobacco, marijuana, illicit drugs, drugs in sports</td>
<td>Risks and safety factors, performance enhancing drugs, fatal vision goggles</td>
</tr>
</tbody>
</table>

**Health Skills/Benchmarks Directly Aligned**
- HE.912.B.3.4
- HE.912.C.2.4
- HE.912.C.1.8
- HE.912.C.2.2

**Physical Education Standards/Benchmarks Directly Aligned**
- PE.912.L.3.6
- PE.912.C.2.27

### Unit 5: Wellness Recap and FitnessGram Post Test (6 Days)

<table>
<thead>
<tr>
<th>Date</th>
<th>Health Education Content To Be Taught</th>
<th>Physical Education Content to be Taught</th>
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<tbody>
<tr>
<td>2-3 June</td>
<td>Goal Setting, Advocacy, Safe/Smart Physical Activity, Lifestyle Physical Activity, Health Related Fitness Components</td>
<td>SMART Goals, Exercise benefits to HR and SR Components, Exercise training principles, Aerobic and Anaerobic Exercises</td>
</tr>
</tbody>
</table>

**Health Skills/Benchmarks Directly Aligned**
- HE.912.B.4.2
- HE.912.B.4.3
- HE.912.C.1.4
- HE.912.B.3.4

**Physical Education Standards/Benchmarks Directly Aligned**
- PE.912.C.2.25
- PE.912.R.6.2

### Unit 6: Human Sexuality (27 Days)

<table>
<thead>
<tr>
<th>Date</th>
<th>Health Education Content To Be Taught</th>
<th>Physical Education Content To Be Taught</th>
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<tbody>
<tr>
<td>25 May</td>
<td>Anatomy, disorders, menstruation, pregnancy, abstinence, family planning, dating violence,</td>
<td>Risks and safety factors, performance enhancing drugs, fatal vision goggles</td>
</tr>
</tbody>
</table>

**Health Skills/Benchmarks Directly Aligned**
- HE.912.B.4.2
- HE.912.B.4.3
- HE.912.C.1.4
- HE.912.B.3.4

**Physical Education Standards/Benchmarks Directly Aligned**
- PE.912.C.2.25
- PE.912.R.6.2

### Unit 7: Diseases and Disorders (24 Days)

<table>
<thead>
<tr>
<th>Date</th>
<th>Health Education Content To Be Taught</th>
<th>Physical Education Content to be Taught</th>
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<tbody>
<tr>
<td>29 May</td>
<td>Infectious, lifestyle, cardiovascular, cancer, STI's, HIV, body art</td>
<td>Health-related problems, risks, safety procedures, benefits of physical activity</td>
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</tbody>
</table>

**Health Skills/Benchmarks Directly Aligned**
- HE.912.C.1.4
- HE.912.C.1.5
- HE.912.C.1.7
- HE.912.P.7.1

**Physical Education Standards/Benchmarks Directly Aligned**
- PE.912.L.4.6
- PE.912.C.2.25
- PE.912.M.1.19
- PE.912.R.6.2

### END OF SEMESTER REVIEW PRIOR CONTENT, MIDTERMS/COMMON ASSESSMENTS

**NO CLASSES**