

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			
M	T	W	TH	F	Class Norms & Expectations; Locker Rooms; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety
AUGUST 2022		Unit 1: Introduction to Wellness (29 Days) *FitnessGram Pre Test			
1	2	3	4	5	Health Education Content To Be Taught
8	9	10	11	12	Physical Education Content To Be Taught
15	16	17	18	19	Communication, Stress, Accessing Information, Depression, Suicide Prevention, Goal Setting, Advocacy, Safe/Smart Physical Activity, Lifestyle Physical Activity, Health Related Fitness Components
22	23	24	25	26	Aerobic Activities, Anaerobic Activities, Fitness Stations, Warm Up, Cool Down, Tracking Heart Rate During Activities, 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
29	30	31			
SEPTEMBER 2022		<i>Health Skills/Benchmarks Directly Aligned</i>		<i>Physical Education Standards/Benchmarks Directly Aligned</i>	
		1	2	HE.912.P.7.1 HE.912.P.7.2 HE.912.C.1.1 HE.912.B.6.2 PE.912.L.4.3, PE.912.C.2.22, PE.912.L.3.2, PE.912.C.2.11	
5	6	7	8	9	Unit 2: Nutrition Unit (29 Days)
12	13	14	15	16	Health Education Content To Be Taught
19	20	21	22	23	Physical Education Content To Be Taught
26	27	28	29	30	Diet, Supplements, Meal Evaluation, Healthy Meal Planning on a Budget, Benefits of Physical Activity, Self Management Skills, Monitoring Physical Activity, My Plate, Essential Nutrients
OCTOBER 2022					
3	4	5	6	7	
10	11	12	13	14	<i>Health Skills/Benchmarks Directly Aligned</i>
17	18	19	20	21	<i>Physical Education Standards/Benchmarks Directly Aligned</i>
24	25	26	27	28	HE.912.B.3.3 HE.912.C.2.6 PE.912.C.2.13, PE.912.C.2.16, PE.912.C.2.23, PE.912.C.2.18
31					Unit 3: First Aid and Safety (10 Days)
NOVEMBER 2022		Health Education Content To Be Taught		Physical Education Content To Be Taught	
	1	2	3	4	Choking, Heart Attack, Stroke, CPR, AED, First Aid, Heat-related illness, extreme weather conditions
7	8	9	10	11	
14	15	16	17	18	<i>Health Skills/Benchmarks Directly Aligned</i>
21	22	23	24	25	<i>Physical Education Standards/Benchmarks Directly Aligned</i>
28	29	30			HE.912.B.3.4 HE.912.C.2.3 PE.912.M.1.17 PE.912.C.2.8 PE.912.C.2.9
DECEMBER 2022					
		1	2		
5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	
NO CLASSES					

Semester Two					Unit 4: Substance Abuse (23 Days)					
M	T	W	TH	F	Health Education Content To Be Taught			Physical Education Content To Be Taught		
JANUARY 2023					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			Risks and safety factors, performance enhancing drugs, fatal vision goggles		
2	3	4	5	6	HE.912.B.3.4 HE.912.C.2.4 HE.912.C.1.8 HE.912.C.2.2			PE.912.L.3.6 PE.912.C.2.27		
9	10	11	12	13	<i>Health Skills/Benchmarks Directly Aligned</i>			<i>Physical Education Standards/Benchmarks Directly Aligned</i>		
16	17	18	19	20	HE.912.B.3.4 HE.912.C.2.4 HE.912.C.1.8 HE.912.C.2.2			PE.912.L.3.6 PE.912.C.2.27		
23	24	25	26	27	HE.912.B.3.4 HE.912.C.2.4 HE.912.C.1.8 HE.912.C.2.2			PE.912.L.3.6 PE.912.C.2.27		
30	31				Unit 5: Wellness Recap and FitnessGram Post Test (9 Days)					
FEBRUARY 2023					Goal Setting, Advocacy, Safe/Smart Physical Activity, Lifestyle Phycial Activity, Health Related Fitness Components			SMART Goals, Exercise benefits to HR and SR Components, Exercise training principles, Aerobic and Anaerobic Exercises		
6	7	8	9	10	<i>Health Skills/Benchmarks Directly Aligned</i>			<i>Physical Education Standards/Benchmarks Directly Aligned</i>		
13	14	15	16	17	HE.912.B.3.4 HE.912.C.2.4 HE.912.C.1.8 HE.912.C.2.2			PE.912.L.3.6 PE.912.C.2.27		
20	21	22	23	24	<i>Health Skills/Benchmarks Directly Aligned</i>			<i>Physical Education Standards/Benchmarks Directly Aligned</i>		
27	28				Unit 6: Human Sexuality (24 Days)					
MARCH 2023					Anatomy, disorders, menstruation, pregnancy, abstinence, family planning, dating violence,			Risks, safety procedures, appropriate protective equipment, health benefits, dimensions of health		
6	7	8	9	10	HE.912.B.4.2 HE.912.B.4.3 HE.912.C.1.4 HE.912.B.3.4			PE.912.C.2.25 PE.912.R.6.2		
13	14	15	16	17	<i>Health Skills/Benchmarks Directly Aligned</i>			<i>Physical Education Standards/Benchmarks Directly Aligned</i>		
20	21	22	23	24	HE.912.B.4.2 HE.912.B.4.3 HE.912.C.1.4 HE.912.B.3.4			PE.912.C.2.25 PE.912.R.6.2		
27	28	29	30	31	Unit 7: Diseases and Disorders (23 Days)					
APRIL 2023					Infectious, lifestyle, cardiovascular, cancer, STI's, HIV, body art			Health-related problems, risks, safety procedures, benefits of physical activity		
3	4	5	6	7	<i>Health Skills/Benchmarks Directly Aligned</i>			<i>Physical Education Standards/Benchmarks Directly Aligned</i>		
10	11	12	13	14	HE.912.C.1.4 HE.912.C.1.5 HE.912.C.1.7 HE.912.P.7.1			PE.912.L.4.6 PE.912.C.2.25 PE.912.M.1.19 PE.912.R.6.2		
17	18	19	20	21	HE.912.C.1.4 HE.912.C.1.5 HE.912.C.1.7 HE.912.P.7.1			PE.912.L.4.6 PE.912.C.2.25 PE.912.M.1.19 PE.912.R.6.2		
24	25	26	27	28	END OF SEMESTER REVIEW PRIOR CONTENT, MIDTERMS/Common Assessments					
MAY 2023					NO CLASSES					
1	2	3	4	5	<i>Health Skills/Benchmarks Directly Aligned</i>			<i>Physical Education Standards/Benchmarks Directly Aligned</i>		
8	9	10	11	12	HE.912.C.1.4 HE.912.C.1.5 HE.912.C.1.7 HE.912.P.7.1			PE.912.L.4.6 PE.912.C.2.25 PE.912.M.1.19 PE.912.R.6.2		
15	16	17	18	19	HE.912.C.1.4 HE.912.C.1.5 HE.912.C.1.7 HE.912.P.7.1			PE.912.L.4.6 PE.912.C.2.25 PE.912.M.1.19 PE.912.R.6.2		
22	23	24	25	26	HE.912.C.1.4 HE.912.C.1.5 HE.912.C.1.7 HE.912.P.7.1			PE.912.L.4.6 PE.912.C.2.25 PE.912.M.1.19 PE.912.R.6.2		
29	30	31			NO CLASSES					