

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 2018					Unit 1: Introduction to Wellness (34 Days) * Being Fit Matters				
		1	2	3	Health Education Content To Be Taught			Physical Education Content To Be Taught	
6	7	8	9	10	Communication, Stress, Accessing Information, Depression, Suicide Prevention, Goal Setting, Advocacy, Safe/Smart Physical Activity, Lifestyle Physical Activity, Health Related Fitness Components			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	
13	14	15	16	17					
20	21	22	23	24					
27	28	29	30	31					
SEPTEMBER 2018					<i>Health Skills/Benchmarks Directly Aligned</i>			<i>Physical Education Standards/Benchmarks Directly Aligned</i>	
					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
3	4	5	6	7	Unit 2: Nutrition Unit (34 Days)				
					Health Education Content To Be Taught			Physical Education Content To Be Taught	
10	11	12	13	14	Diet, Supplements, Meal Evaluation, Healthy Meal Planning on a Budget, Benefits of Physical Activity, Self Management Skills, Monitoring Physical Activity, My Plate, Essential Nutrients			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	
17	18	19	20	21					
24	25	26	27	28					
OCTOBER 2018					<i>Health Skills/Benchmarks Directly Aligned</i>			<i>Physical Education Standards/Benchmarks Directly Aligned</i>	
					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
15	16	17	18	19	Unit 3: First Aid and Safety (10 Days)				
					Health Education Content To Be Taught			Physical Education Content To Be Taught	
22	23	24	25	26	Choking, Heart Attack, Stroke, CPR, AED, First Aid, Heat-related illness, extreme weather conditions			Hydration, Heat-related illness, CPR, AED, First Aid	
29	30	31							
NOVEMBER 2018					<i>Health Skills/Benchmarks Directly Aligned</i>			<i>Physical Education Standards/Benchmarks Directly Aligned</i>	
			1	2	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
5	6	7	8	9					
12	13	14	15	16					
19	20	21	22	23					
26	27	28	29	30					
DECEMBER 2018					DWT DAY				
3	4	5	6	7	END OF SEMESTER REVIEW PRIOR CONTENT, MIDTERMS/COMMON ASSESSMENTS				
10	11	12	13	14	NO CLASSES				
17	18	19	20	21					
24	25	26	27	28					
31									

Pre School Work Days

Semester Two					Health and Physical Education Orientation Week							
M	T	W	TH	F	Revisit procedures and routines, discuss classroom protocols							
JANUARY 2019					Unit 4: Substance Abuse (24 Days)							
	1	2	3	4	Health Education Content To Be Taught			Physical Education Content To Be Taught				
7	8	9	10	11	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				
14	15	16	17	18								
21	22	23	24	25								
28	29	30	31									
FEBRUARY 2019					<i>Health Skills/Benchmarks Directly Aligned</i>			<i>Physical Education Standards/Benchmarks Directly Aligned</i>				
				1	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		
4	5	6	7	8	Unit 5: Wellness Recap and FitnessGram Post Test (6 Days)							
11	12	13	14	15	Health Education Content To Be Taught			Physical Education Content to be Taught				
18	19	20	21	22	Goal Setting, Advocacy, Safe/Smart Physical Activity, Lifestyle Physical Activity, Health Related Fitness Components			SMART Goals, Exercise benefits to HR and SR Components, Exercise training principles, Aerobic and Anaerobic Exercises				
25	26	27	28									
MARCH 2019					<i>Health Skills/Benchmarks Directly Aligned</i>			<i>Physical Education Standards/Benchmarks Directly Aligned</i>				
				1								
4	5	6	7	8								
11	12	13	14	15	Unit 6: Human Sexuality (27 Days)							
18	19	20	21	22	Health Education Content To Be Taught			Physical Education Content To Be Taught				
25	26	27	28	29	Anatomy, disorders, menstruation, pregnancy, abstinence, family planning, dating violence,			Risks and safety factors, performance enhancing drugs, fatal vision goggles				
APRIL 2019												
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.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		
15	16	17	18	19	Unit 7: Diseases and Disorders (24 Days)							
22	23	24	25	26	Health Education Content To Be Taught			Physical Education Content To Be Taught				
29	30				Infectious, lifestyle, cardiovascular, cancer, STI's, HIV, body art			Health-related problems, risks, safety procedures, benefits of physical activity				
MAY 2019												
		1	2	3								
6	7	8	9	10								
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.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
27	28	29	30	31	END OF SEMESTER REVIEW PRIOR CONTENT, MIDTERMS/COMMON ASSESSMENTS							
NO CLASSES												

Risks, safety procedures, appropriate protective equipment, health benefits, dimensions of health