

Health 1 Scope and Sequence of Lessons

Health Topics Taught	Goodheart-Willcox and Additional Lessons Used
Wellness and Health Skills (approx 3 weeks) January 26th - February 13th Syllabus & Scope & Sequence sent via Parent Square & Synergy by January 30th!	1.1 What Are Health and Wellness? 1.2 Individual Factors Affecting Health and Wellness 1.3 Environmental Factors Affecting Health and Wellness 1.4 Making Decisions and Setting Goals 1.5 Using Health Information
Mental Health (approx 3 weeks) February 16th - March 6th	2.1 Mental and Emotional Health and Well-Being 2.3 Building Your Self-Esteem 2.5 Expressing your emotions 2.6 Establishing a Positive Mind-Set 2.7 Developing Empathy and Resilience 3.1 Understanding stress & other adverse events 3.2 Coping strategies for stress & other events 3.3 What are Mental Illnesses? 3.6 Signs of Suicide (SOS) Lesson 3.5 Getting Help for Mental Illnesses?
Nutrition & Fitness (approx 2 weeks) March 9th - March 20th OPT OUT Letters sent March 19th via Parent Square/Synergy!	4.1 What is Nutrition 4.2 Having a Healthy Eating Pattern 4.3 Choosing and Preparing Nutritious Foods 4.4 Understanding Physical Activity & Fitness 4.5 Getting Enough Physical Activity
Healthy Relationships (approx 2 weeks) March 30th - April 10th Opt out reminders April 6th	8.1 Qualities of a Healthy Relationship 1.8 Communicating Effectively 1.9 Resolving Conflicts 1.10 Resisting Pressure 9.1 Bullying and Cyberbullying
Families May Opt their Child Out of the Following Units of Instruction	
Sexual Abuse Prevention (Erin's Law) (2 weeks) April 13th - April 24th	9.4 Violence in the Community 9.2 Sexual Harassment and Assault
Sexual Health Promotion (approx 2 weeks) April 27th - May 8th	10.1 The Male Reproductive System 10.2 The Female Reproductive System 10.4 Understanding Development 10.5 Adolescence and Puberty 2.2 Embracing your Identity 10.6 Aspects of Sexuality 11.1 Common STIs 11.2 HIV/AIDS 11.3 Preventing and Treating STIs 11.4 Teen Pregnancy and Parenthood
Drug Education (approx 3 weeks) May 11th - May 29th	5.1 Safe Medication Use 5.2 Medication Misuse and Abuse 5.3 Health Effects of Vaping and Tobacco 5.4 Health Effects of Alcohol 5.6 Preventing & treating substance use, misuse & abuse
Review and Assessments (approx 1 week) June 1st - June 4th	Review Course Content and Assess End of Semester