

# High School Health Pacing Guide 2016-17

Months	SEPTEMBER				OCTOBER				NOVEMBER				DECEMBER				JANUARY				FEBRUARY				MARCH				APRIL				MAY				JUNE	
Week #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
1	-Intro to Health Class (topics) -Chapter 1 in Book -Physical, Mental/Emotional, Social Health -Journals				-Mental & Emotional Health Issues (Chapter 3/5) -Issues w/ teens -Journals				-Nutrition (Pre-Test, Video, Project) -Sports Nutrition -Journals				-Tobacco (Tobacco Packet / Quiz) -Smokeless Tobacco (PowerPoint, Videos) -Journals				-Reproductive Health (Choosing the Best – Journey) -Biological Issues M/F Reproductive Systems -Physical, Emotional, Economic issues				-Protection (Guidelines, Chart) -Decision Making -Journals				Chapter 7 (Family Relationships), PowerPoint -Chapter 8 (Peer Relationships) -Journals								Illegal Drugs -Group Projects and Presentations				-STIs, HIV/AID	
2	-Risks/Risk Factors -DANGERS -Common Risks -Teen Years – Risky Business -Journals				-Chapter 6 (Healthy Relationships) -Effective Communication Skills -Cyberbullying -Journals				-Physical Activity and Fitness. Chapter 12. -Weight Training PowerPoint -Journals				-Illegal Drugs -Group Projects and Presentations				-Reproductive Health (Choosing the Best – Journey) -STIs, HIV/AIDS <b>FINAL EXAM</b>				-Stress (Effects, Stressors, Stress relievers) -PowerPoint -Journals				Chapter 8 (Peer Pressure) -Chapter 9 (Resolving Conflict) -Anger Inventory -PowerPoint -Journals				-“What are Drugs?” Reading + Q -Medicines (Rx-OTC) -Journals				Group Presentations. -Chapter 26 (Safety and Injury Prevention) -CPR/First Aid PowerPoint				<b>FINAL EXAM</b>	
3	-Protection (Guidelines, Chart) -Decision Making -Journals				-Chapter 7 (Family Relationships), PowerPoint -Chapter 8 (Peer Relationships) -Journals				-“What are Drugs?” Reading + Q -Medicines (Rx-OTC) -Journals				-Group Presentations. -Chapter 26 (Safety and Injury Prevention) -CPR/First Aid PowerPoint				-Intro to Health Class (topics) -Chapter 1 in Book -Physical, Mental/Emotional, Social Health -Journals				Mental & Emotional Health Issues (Chapter 3/5) -Issues w/ teens -Journals				Nutrition (Pre-Test, Video, Project) -Sports Nutrition -Journals				Alcohol (Anticipation Guide, PowerPoint) -Health Risks -Video “The Aftermath” -Judge and Jury worksheet -Legal Issues -Journals				-Chapter 17-18 (Life Cycle)					
4	-Stress (Effects, Stressors, Stress relievers) -PowerPoint -Journals				-Chapter 8 (Peer Pressure) -Chapter 9 (Resolving Conflict) -Anger Inventory -PowerPoint -Journals				-Alcohol (Anticipation Guide, PowerPoint) -Health Risks -Video “The Aftermath” -Judge and Jury worksheet -Legal Issues -Journals				-Chapter 17-18 (Life Cycle)				-Risks/Risk Factors -DANGERS -Common Risks -Teen Years – Risky Business -Journals				-Chapter 6 (Healthy Relationships) -Effective Communication Skills -Cyberbullying -Journals				-Physical Activity and Fitness. Chapter 12. -Weight Training PowerPoint -Journals				-Tobacco (Tobacco Packet / Quiz) -Smokeless Tobacco (PowerPoint, Videos) -Journals				-Reproductive Health (Choosing the Best – Journey) -Biological Issues M/F Reproductive Systems -Physical, Emotional, Economic issues					