



Essential Curriculum

Course—Health Education

Semester: 1

9 Weeks: 1

<u>Instructional Materials</u>	<u>Objectives</u>	<u>Essential Curriculum Objectives</u>
	HE.HS.7.07, HE.HS.7.08	First Aid/CPR
Chapter 1 Section 1	1.12.1, 1.12.2, 7.12.1,	4 Aspects of Health
Chapter 1 Section 2	1.12.3, 1.12.4, 1.12.6, 1.12.7, 2.12.2, 2.12.5, 2.12.6, 5.12.5, 7.12.1,	Identify factors that influences a person's health Risk Factors
Chapter 1 Section 3	1.12.5, 2.12.8, 3.12.1, 6.12.4,	Health Skills DECIDE Process
Chapter 1 section 4	2.12.5, 2.12.10, 3.12.1, 3.12.5,	Being a wise consumer
Chapter 2 Section 1	2.12.1, 2.12.2, 2.12.3, 2.12.7,	Heredity, Stages of Development
Chapter 2 Section 2	2.12.1, 2.12.7, 5.12.1,	Self Esteem
Chapter 2 Section 3	2.12.2, 4.12.1,	Expressing Emotions
Chapter 3 Section 1	1.12.3, 2.12.4, 2.12.10, 6.12.1	Causes of Stress
Chapter 3 Section 2	1.12.2, 1.12.9	How Stress affects your body

Chapter 3 Section 3	1.12.2, 1.12.5, 6.12.1	Individual responses to stress
Chapter 3 Section 4	6.12.2, 6.12.3, 3.12.4, 7.12.2, 7.12.3	Coping with stress, Managing Your Time
Chapter 4 Section 1	1.12.4, 2.12.6, 3.12.2	Mental Disorders
Chapter 4 Section 2	1.12.2, 2.12.5, 2.12.7, 3.12.2, 3.12.4	Eating Disorders
Chapter 4 Section 3	1.12.6, 2.12.3, 2.12.4, 3.12.3, 3.12.4, 4.12.4, 7.12.1	Depression and Suicide
Chapter 4 Section 4	1.12.6, 1.12.7, 2.12.7, 2.12.8, 3.12.4	Treating Mental Disorders
Chapter 7 Section 1	1.12.9, 2.12.1, 2.12.3, 2.12.5, 2.12.9	Risk Factors for Violence
Chapter 7 Section 2	2.12.4, 2.12.6, 5.12.6	Violence in Schools
Chapter 7 Section 3	1.12.8, 1.12.9, 2.12.3, 2.12.7	How Fights Start
Chapter 7 Section 4	1.12.5, 4.12.3, 4.12.4, 6.12.1, 8.12.2	Preventing Fights
SAFE DATES		Supplemental Curriculum



Essential Curriculum

Course—Health Education

Semester: 1

9 Weeks: 2

<u>Instructional Materials</u>	<u>Objectives</u>	<u>Essential Curriculum Objectives</u>
Chapter 5 Section 1	2.12.1, 2.12.2, 2.12.6, 2.12.7	Why Healthy families are important
Chapter 5 Section 2	2.12.1, 3.12.2, 3.12.4, 7.12.1, 8.12.4	Problems in families
Chapter 5 Section 3	4.12.1, 4.12.2, 4.12.3, 2.12.1, 3.12.3, 3.12.4, 5.12.3, 8.12.3	Negotiation and keeping families healthy
Chapter 6 Section 1	4.12.1, 4.12.2, 4.12.3, 8.12.2	Skills for effective communication
Chapter 6 Section 2	2.12.2, 2.12.3, 2.12.5, 8.12.2, 8.12.3	Importance of friendship
Chapter 6 Section 3	1.12.5, 2.12.7, 2.12.9, 7.12.1	What can one learn from dating and cycle of violence
Chapter 6 Section 4	2.12.9, 4.12.1, 4.12.2, 5.12.1, 5.12.6, 6.12.2, 7.12.3	Choosing abstinence
Chapter 18 Section 1	1.12.2, 3.12.2	Endocrine System
Chapter 18 Section 2	1.12.5, 3.12.1, 3.12.4, 7.12.2, 8.12.2	Male Reproductive System
Chapter 18 Section 3	1.12.5, 2.12.5, 2.12.6, 3.12.2, 3.12.4, 7.12.2	Female Reproductive System
Chapter 18 Section 4	1.12.1, 1.12.3, 1.12.4, 2.12.6, 7.12.1, 8.12.4	Heredity
Chapter 19 Section 1	1.12.2, 2.12.8, 3.12.2, 5.12.6, 8.12.4	Fertilization

Chapter 19 Section 2	1.12.1, 1.12.3, 1.12.6, 1.12.9, 2.12.6, 3.12.1, 3.12.4, 7.12.3	Healthy Pregnancy
Chapter 19 Section 3	1.12.1, 1.12.9, 5.12.6	Childbirth
Chapter 19 Section 4	2.12.1, 2.12.3, 8.12.1, 8.12.4	Childhood
Chapter 22 Section 1	1.12.8, 1.12.9, 2.12.3, 3.12.1, 4.12.2, 7.12.3, 8.12.1	Risks of Sexual Activity
Chapter 22 Section 2	1.12.9, 3.12.1, 3.12.2, 3.12.3, 3.12.5, 8.12.1	Sexually Transmitted Infections
Chapter 22 Section 3	1.12.8, 1.12.9, 2.12.10, 8.12.3, 8.12.4	HIV/AIDS
Chapter 22 Section 4	1.12.1, 1.12.8, 3.12.5, 5.12.7, 7.12.2, 7.12.3, 8.12.1, 8.12.4	Protecting yourself from HIV/AIDS
Reduce The Risk		Supplemental Resource



Essential Curriculum

Course—Health Education

Semester: 2

9 Weeks: 3

<u>Instructional Materials</u>	<u>Objectives</u>	<u>Essential Curriculum Objectives</u>
Chapter 15 Section 1	2.12.1, 2.12.2, 2.12.5, 2.12.4, 2.12.7, 2,12,8	Alcohol is a Drug
Chapter 15 Section 2	1.12.8, 1.12.9, 2.12.9, 2.12.10	Alcohol's effects on the Body
Chapter 15 Section 3	1.12.4, 1.12.8, 1.12.9, 3.12.3, 3.12.4	Long-Term Risks of Alcohol
Chapter 15 Section 4	2.12.4, 4.12.2, 5.12.1, 5.12.4, 5.12.6	Choosing Not to Drink
Chapter 16 Section 1	2.12.1, 2.12.3	Teens and Tobacco
Chapter 16 Section 2	1.12.9, 3.12.2	Chemicals in Tobacco Products
Chapter 16 Section 3	1.12.3, 1.12.8, 1.12.9, 2.12.10,	Risks of Tobacco Use
Chapter 16 Section 4	1.12.7, 3.12.3, 3.12.4, 4.12.2, 4.12.4, 8,12,2	Saying No to Tobacco
Chapter 17 Section 1	1.12.8, 1.12.9, 2.12.6, 2.12.10, 3.12.1	Legal and Illegal Drugs
Chapter 17 Section 2	2.12.1, 2.12.3, 2.12.5, 2.12.7, 2.12.8, 2.12.9	Factors Affecting Drug Abuse
Chapter 17 Section 3	1.12.8, 1.12.9, 2.12.9	Commonly Abused Drugs

Chapter 17 Section 4	2.12.3, 3.12.3, 3.12.4, 4.12.2	Choosing to Be Drug Free
Chapter 21 Section 1	1.12.3, 1.12.5, 2.12.1, 7.12.3, 8.12.2	Understanding Infectious Disease
Chapter 21 Section 2	1.12.1, 1.12.3, 2.12.10, 7.12.3	Defenses Against Disease
Chapter 21 Section 3	1.12.1, 1.12.3, 1.12.8, 3.12.4	Common Infectious Diseases
Chapter 21 Section 4	1.12.3, 3.12.3	Emerging Infectious Disease
Chapter 23 Section 1	1.12.4, 2.12.6, 6.12.1, 7.12.1, 7.12.2	Cardiovascular Disease
Chapter 23 Section 2	1.12.3, 1.12.4, 3.12.5, 7.12.1, 7.12.3	Cancer
Chapter 23 Section 3	1.12.3, 2.12.4, 2.12.6, 7.12.1, 7.12.3	Other Chronic Diseases
Chapter 23 Section 4	2.12.4, 2.12.6, 2.12.10, 4.12.4, 8.12.3	Disabilities



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9 Weeks: 4

<u>Instructional Materials</u>	<u>Objectives</u>	<u>Essential Curriculum Objectives</u>
Chapter 14 Section 4	1.12.1, 1.12.7, 6.12.1	Sleep and Feeling Fit
Chapter 11 Section 1	1.12.1, 1.12.5, 2.12.6, 6.12.1, 7.12.2, 8.12.4	Your Skeletal System
Chapter 11 Section 2	1.12.1, 1.12.5, 1.12.8, 7.12.3	Your Muscular System
Chapter 11 Section 3	1.12.1, 1.12.5, 7.12.1, 7.12.3	Your Nervous System
Chapter 12 Section 1	1.12.1	Your Cardiovascular System
Chapter 12 section 2	1.12.1, 1.12.4, 1.12.5, 6.12.1, 7.12.2	Cardiovascular Health
Chapter 12 Section 3	1.12.1, 1.12.3, 7.12.2	Respiratory Health
Chapter 10 Section 1	2.12.6, 3.12.3	Your Digestive System
Chapter 10 Section 2	1.12.1, 1.12.5, 7.12.2, 7.12.3	Keeping your Digestive System Healthy
Chapter 10 Section 3	1.12.1, 2.12.4	Your Excretory System
Chapter 13 section 1	1.12.1, 1.12.2, 3.12.3	The Importance of Physical Activity
Chapter 13 Section 2	1.12.7, 2.12.6, 6.12.1, 6.12.2, 6.12.3, 6.12.4	Setting Goals for Lifelong Fitness
Chapter 13 Section 3	1.12.5, 1.12.8, 2.12.4, 7.12.1, 7.12.2	Physical Activity and Safety

Chapter 8 Section 1	1.12.1, 2.12.4, 6.12.1, 7.12.2	Carbohydrates, Fats and Proteins
Chapter 8 Section 2	1.12.1, 3.12.1, 3.12.2	Vitamins, Minerals and Water
Chapter 8 Section 3	1.12.1, 2.12.1, 2.12.7, 3.12.5, 6.12.1	Guidelines for Healthful Eating
Chapter 9 Section 1	2.12.2, 2.12.3, 2.12.5, 2.12.10, 3.12.1	Choosing Food Wisely
Chapter 9 Section 2	1.12.4, 1.12.8, 2.12.5, 2.12.7	Safely Managing Your Weight
Chapter 9 Section 3	1.12.1, 1.12.5, 8.12.2	Nutrition for Individual Needs