

Health
Grades 9-12
Scope and Sequence

1ST Six Weeks

UNIT I – A Healthy Foundation

Chapter 1 – Living a Healthy Life – Intro
Chapter 5 – Nutrition and Your Health
Chapter 6 - Managing Weight and Body Composition

UNIT II – Promoting Safe and Healthy Relationships

Chapter 10 – Skills for Healthy Relationships
Chapter 11 – Family Relationships
Chapter 12 – Peer Relationships
Chapter 13 - Violence Prevention
Suicide Prevention (Pending School Health Advisory Committee Approval)

UNIT III – Parenting and Paternity Awareness (State-Mandated)

Sessions 6 – What it Takes to Be a Parent
Session 7 – Single Parenting
Session 8 – Healthy Married Parenting
Session 9 – Parents Who Won't Pay
Session 10- Love, Marriage, and a Baby Carriage
Session 11 – Choosing Healthy Relationships
Session 12 – Marriage and Families
Session 13 – Looking at Relationship Violence
Session 14 – Building Strong Families

2nd Six Weeks

UNIT IV –Personal Care and Body Systems

Chapter 18 – Endocrine and Reproductive Systems

UNIT V – Growth and Development

Chapter 19 – Prenatal Development and Birth
Chapter 20 – Adolescence and the Life Cycle

UNIT VI – Parenting and Paternity Awareness (State-Mandated)

Session 1 – Introduction to P.A.P.A.
Session 2 – What is a Parent?
Session 3 – Establishing Paternity
Session 4 – Benefits of Legal Fatherhood
Session 5 – What Can You Expect?

3rd Six Weeks

UNIT VII – Tobacco, Alcohol, and Other Drugs

Chapter 21- Tobacco
Chapter 22 – Alcohol
Chapter 23 – Medicines and Drugs

UNIT VIII – Diseases and Disorders

Abstinence Only – Sex Education
Chapter 24 – Communicable Diseases
Chapter 25 – Sexually Transmitted Infections and HIV/AIDS
Chapter 26 – Non-communicable Diseases and Disabilities

UNIT IX – Optional Injury Prevention and Environmental Health

Chapter 28 – First Aid and Emergencies