

Semester Breakdown for Health

1. Understanding Your Health & Wellness
2. Knowing How Your Body Works
3. Developing Good Personal Hygiene
4. Getting the Sleep You Need
5. Understanding Mental & Emotional Health (2 weeks)
6. Understanding Mental Illness
7. Nutrition (2 weeks)
8. Physical Activity
9. Tobacco & Vaping
10. Alcohol
11. Medications & Drugs
12. Understanding & Preventing Diseases
13. Promoting Safety & Preventing Injuries
14. Protecting Environmental Health
15. Promoting Healthy Relationships
16. Preventing & Responding to Violence

Human Growth and Development: 7 days

Fitnessgram testing: 10 days

Health Related Fitness: 12 days

Total: 45+ days or 2,250 minutes per semester