

Keller ISD Health Semester Scope & Sequence

Weeks 1-2: Back to school procedures/Syllabus/Get to Know You Activities

Weeks 3-5: Unit 1: Chapters 1-4

- *Life Skills*
- *Physical, Mental/Emotional, Social Health*
- *Stress*

Weeks 6-9: Unit 2: Chapters 6-8

- Nutrition
- Exercise
- Making Healthy Choices

Weeks 10-12 Unit 3: Chapters 9-12

- Over the Counter Medications
- Alcohol
- Tobacco, Vaping
- Drugs (stimulants, depressants, opiates, hallucinogens)

Weeks 12- 13: Unit 8: Chapters 18-20

- Human Reproduction- parent permission required
- Early Childhood Development- parent permission required

Weeks 14-16: P.A.P.A Program and Training

- *Parenting and Paternity Awareness* <http://papa.oag.texas.gov/>

Week 17 Semester Review Sheet (issued 1 week in advance)

Week 18 Semester Exam (2 days)

Each Unit:

-Average of 10- 15 days (may vary by class/additional activities/instructor)

-Includes vocabulary, notes, activities, unit review and unit test

-Option of online teacher and student resources/activities

-Elective course for 8-12th grade students

-Scope and sequence based off a 1-semester class

-Based on The Holt, Rinehart, and Winston *Lifetime Health* Textbook

-Class is worth one half high school credit and will include a semester exam