

# High School Health I (2025–2026)

## Course Description

In Health, students develop skills, including CPR that will make them health-literate adults. Students gain a deeper understanding of the knowledge and behaviors they use to safeguard their health, particularly pertaining to health risks. Students are taught how to access accurate information that they can use to promote health for themselves and others. Students use problem-solving, research, goal-setting and communication skills to protect their health and that of the community.

## Texas Essential Knowledge and Skills: Health I

### 1st Nine Weeks

Units	Start Date	End Date
<ul style="list-style-type: none"><li>• Intro to Health and Wellness<ul style="list-style-type: none"><li>- Setting Goals</li><li>- Empathy and Resilience</li></ul></li><li>• Mental Health<ul style="list-style-type: none"><li>- Stress</li><li>- Sleep</li><li>- Mindset</li></ul></li><li>• Nutrition<ul style="list-style-type: none"><li>- Healthy Eating Patterns</li><li>- Nutritious Foods</li></ul></li><li>• Fitness<ul style="list-style-type: none"><li>- Managing Your Weight</li><li>- Understanding Physical Activity</li></ul></li><li>• Communicable/Non-Communicable Disease</li><li>• First Aid</li></ul>	(F) Aug. 13, 2025 (S) Jan. 6, 2026	(F) Oct. 8, 2025 (S) Mar. 6, 2026

## 2nd Nine Weeks

Units	Start Date	End Date
<ul style="list-style-type: none"><li>• Tobacco<ul style="list-style-type: none"><li>- Health Effects of Tobacco</li></ul></li><li>• Alcohol<ul style="list-style-type: none"><li>- Health Effects of Alcohol</li></ul></li><li>• Medication<ul style="list-style-type: none"><li>- Medication Misuse and Abuse</li></ul></li><li>• Drugs<ul style="list-style-type: none"><li>- Drug Abuse</li><li>- Prevention of Drug Abuse</li></ul></li></ul>	(F) Oct. 15, 2025 (S) Mar. 16, 2026	(F) Dec 18, 2025 (S) May 28, 2026

**Lessons in the curriculum will include:** Physical Health and Hygiene, Mental Health and Wellness, Healthy Eating and Physical Activity, Injury and Violence Prevention, Alcohol, Tobacco, and other Drugs.

### Notes:

\*\*The length of each unit is a specific number of days, but it is understood that there is a range of +/- a day. The purpose of the flexibility is to allow teachers the opportunity to plan for the needs of their students and to accommodate re- teaching or review when necessary.

### Instructional Material(s):

*Health Skills for High School*  
*Goodheart-Willcox*