

High School Health I

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:

[Chapter 115.38 Texas Essential Knowledge and Skills for High School Health I](#)

Health Curriculum	Start Date	End Date
Fall Semester	08/12/26	12/18/26

Week 1	Intro to Health & Wellness	
Aug 12 - 14		GTKY Classroom activities / what does health mean to you?
		1.1 Intro to Health & Wellness
Week 2	Intro to Health & Wellness	
Aug 17 - 21		1.2 Individual Factors Affecting Health and Wellness
		1.3 Environmental Factors Affecting Health and Wellness
		19.1 Understanding Development
		19.3 Adulthood and the Nature of Aging
Week 3	Intro to Health & Wellness	

Aug 24 - 28		2.1 Making Decisions and Setting Goals
		2.2 Using Health Information
		2.3 Accessing Health Services
		3.1 Communicating Effectively
		3.2 Resolving Conflict
Week 4	Mental Health	
Aug 31 - Sept 4		5.2 Establishing a Positive Mindset
		5.3 Developing Empathy and Resilience
		6.1 What Is Stress
		6.2 Health Effects of Stress
		Background Lesson 3.1: Sleep
		Background Lesson 3.2: Sleep
Week 5	Mental Health	
Sept 7 - 11		6.3 Managing Stress
		7.1 What Are Mental Illnesses
		7.2 Getting Help for Mental Illnesses
	Sept. 7th Student/Staff Holiday	7.3 Preventing and Coping with Suicide
Week 6	Fitness/Nutrition	
Sept 14 - 18		8.1 What is Nutrition
		8.2 Establishing a Healthy Eating Pattern
		8.3 Choosing and Preparing Nutritious Foods
		10.1 Understanding Physical Activity
		10.2 Getting Enough Physical Activity

Week 7	Fitness/Nutrition	
Sept 21 - 25		8.4 Managing Your Weight
		9.1 Factors That Influence Body Image
		9.2 Disorder Eating and Eating Disorders
		9.3 Improving Your Body Image
		Background Lesson 1.2: The Body Systems
		Background Lesson 1.3: The Body Systems
Week 8	Communicable Diseases	
Sept 28 - Oct 2		17.1 What Are Communicable Diseases
		17.2 Recognizing Communicable Diseases
		17.3 Preventing and Treating Communicable Diseases
Week 9	Noncommunicable Diseases	
Oct 5 - 9		18.1 What are Noncommunicable Diseases
		18.2 Cardiovascular Diseases
	<i>Oct. 9th Student/Staff Holiday</i>	18.3 Cancer
	FALL BREAK (Oct 12-16)	
Week 10	First Aid/CPR	
Oct 19 - 23		18.4 Other Noncommunicable Diseases
		15.1 Preventing Accidents and Injuries
		15.4 Providing First Aid
Week 11	Staying Safe	
Oct 26 - 30		15.2 Handling Dangerous Situations

		15.3 Being Safe on the Internet
Week 12	Tobacco	
Nov 2 - 6		11.1 Health Effects of Vaping and Tobacco
	<i>Nov. 3rd Student/Work Day</i>	11.2 Preventing and Treating Tobacco Use
Week 13	Alcohol	
Nov 9 - 13		12.1 Health Effects of Alcohol
		12.2 Preventing and Treating Alcohol Abuse
Week 14	Medication	
Nov 16 - 20		13.1 Safe Medication Use
		13.2 Medication Misuse and Abuse
	THANKSGIVING (Nov 23-27)	
Week 15	Drugs	
Nov 30 - Dec 4		13.3 Drug Abuse
		13.4 Preventing and Treating Medication and Drug Abuse
Week 16	Dec 7 - 11	TEKS Exam
Week 17	Dec 14 - 18	Health Final

Health Curriculum	Start Date	End Date
Spring Semester	01/05/27	05/27/27

Week	Unit	Lesson
Week 1	Intro to Health & Wellness	
Jan 4 - 8		GTKY Classroom activities / what does health mean to you?
		1.1 Intro to Health & Wellness
	<i>Jan. 4th Professional Day/Student Holiday</i>	1.2 Individual Factors Affecting Health and Wellness
Week 2	Intro to Health & Wellness	
Jan 11 - 15		1.3 Environmental Factors Affecting Health and Wellness
		19.1 Understanding Development
		19.3 Adulthood and the Nature of Aging
Week 3	Health & Wellness Skills	
Jan 18 - 22		2.1 Making Decisions and Setting Goals
		2.2 Using Health Information
		2.3 Accessing Health Services
	<i>Jan. 18th Student/Staff Holiday</i>	3.1 Communicating Effectively
Week 4	Mental Health	
Jan 25 - 29		3.2 Resolving Conflict
		5.2 Establishing a Positive Mindset
		5.3 Developing Empathy and Resilience

		6.1 What Is Stress
Week 5	Mental Health	
Feb 1 - 5		6.1 What Is Stress
		6.2 Health Effects of Stress
		6.3 Managing Stress
		Background Lesson 3: Sleep pp.697
Week 6	Mental Health	
Feb 8 - 12		7.1 What Are Mental Illnesses
		7.2 Getting Help for Mental Illnesses
	<i>Feb. 13th Professional Day/Student Holiday</i>	7.3 Preventing and Coping with Suicide
Week 7	Fitness/Nutrition	
Feb 15 - 19		8.1 What is Nutrition
		8.2 Establishing a Healthy Eating Pattern
	<i>Feb. 15th Teacher Work Day/Student Holiday</i>	8.3 Choosing and Preparing Nutritious Foods
Week 8	Fitness/Nutrition	
Feb 22 - 26		8.4 Managing Your Weight
		10.1 Understanding Physical Activity
		10.2 Getting Enough Physical Activity
Week 9	Fitness/Nutrition	
Mar 1 - 5		9.1 Factors That Influence Body Image
		9.2 Disorder Eating and Eating Disorders
		9.3 Improving Your Body Image

		Background Lesson 1: The Body System pp. 680
Week 10	Communicable Diseases	
Mar 8 - 12		17.1 What Are Communicable Diseases
		17.2 Recognizing Communicable Diseases
	<i>March 12 Work Day/Student Holiday</i>	17.3 Preventing and Treating Communicable Diseases
SPRING BREAK (Mar 15 - 19)		
Week 11	Noncommunicable Diseases	
Mar 22 - 26		18.1 What are Noncommunicable Diseases
		18.2 Cardiovascular Diseases
		18.3 Cancer
	<i>March 26th Student/Staff Holiday</i>	18.4 Other Noncommunicable Diseases
Week 12	First Aid/CPR	
Mar 29 - Apr 2		15.1 Preventing Accidents and Injuries
		15.4 Providing First Aid
Week 13	Staying Safe	
Apr 5 - 9		15.2 Handling Dangerous Situations
		15.3 Being Safe on the Internet
Week 14	Tobacco	
Apr 12 - 16		11.1 Health Effects of Vaping and Tobacco
		11.2 Preventing and Treating Tobacco Use
Week 15	Alcohol	
Apr 19 - 23		12.1 Health Effects of Alcohol

		12.2 Preventing and Treating Alcohol Abuse
Week 16	Medications	
Apr 26 - 30		13.1 Safe Medication Use
	<i>April 26th Professional Day/Student Holiday</i>	13.2 Medication Misuse and Abuse
Week 17	Drugs	
May 3 - 7		13.3 Drug Abuse
		13.4 Preventing and Treating Medication and Drug Abuse
Week 18	May 10 - 14	TEKS Exam
Week 19	May 17 - 21	Health Final
Week 20	May 24 - 27	Final Exams

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.