

HEALTH 8TH	August/September	October	November	December/January	February	March	April/May	
Content	Life Skills, Growth Development	Nutrition, Body Systems	First Aid, Safety	Diseases, Alcohol Tobacco Drugs				
Writing Activities	Problem Solving Activity, Decision Making Activity, Tests	Lesson Reviews Tests, Food Journals/Meal plan	Safety Plan for Home	Vocabulary, Research Power Point, Drug Topic Assignment				
Reading Activities	Cooperative learning group activities, Reading all chapters lesson and vocabulary	Special Topics over dieting and eating disorders	special topics, group work	work sheets over diseases and classifications				
Other Major Activities	Goal setting and character group assignments	survey for eating disorders, food grouping activity	CPR instruction, AED instruction	HIV, AIDS/SIDD pamphlets				
HEALTH 9th	August/September	October	November	December/January	February	March	April/May	
Content	Life Skills Unit <i>FIS2A</i> , Human Growth and Development <i>FIS1K</i>	1st Aid and Safety 5 & 6, Nutrition <i>HEM2C</i>	Consumer Health, Diseases <i>FIS3A</i> , <i>FIS1K</i> , <i>RAR1C</i>	Alcohol, Tobacco and Drugs <i>FIS3C</i>		1st Aid and Safety 5 & 6, Nutrition <i>HEM2C</i>	Consumer Health, Diseases <i>FIS3A</i> , <i>FIS1K</i> , <i>RAR1C</i>	Alcohol, Tobacco and Drugs <i>FIS3C</i>
Writing Activities	Plan the future WS Goal setting decision WS making W.S., Female/Male SE9, W.S. SE11, anatomy quiz/test	WS 61, WS 64, Safety Scale, DIAL 911, Hospital menu plan, meal planning <i>HEM2B</i>	AD techniques, Chapter 10 WS 65, Putting on the pressure WS	Understanding the effects of alcohol and drugs, alcohol pretest - SA 1 <i>HEM3C</i>		WS 61, WS 64, Safety Scale, DIAL 911, Hospital menu plan, meal planning <i>HEM2B</i>	AD techniques, Chapter 10 WS 65, Putting on the pressure WS	Understanding the effects of alcohol and drugs, alcohol pretest - SA 1 <i>HEM3C</i>
Reading Activities	Complete the sentence, Cooperative learning group activity, Who's Who SE 14 <i>HME4D</i>	1st Aid study guide, Bites and Sting handout, Food Pyramid, Reading Labels <i>HEM2A.</i> , <i>HEM2B</i>	Rights of Consumer, Types of Doctors, Group discussion on given questions, AIDS Booklet <i>RAR1D</i>	Overhead Projector, Transparencies, Drug magazine, What's in tobacco, Various articles <i>HEM3C</i>		1st Aid study guide, Bites and Sting handout, Food Pyramid, Reading Labels <i>HEM2A.</i> , <i>HEM2B</i>	Rights of Consumer, Types of Doctors, Group discussion on given questions, AIDS Booklet <i>RAR1D</i>	Overhead Projector, Transparencies, Drug magazine, What's in tobacco, Various articles <i>HEM3C</i>
Other Major Activities	I.D.E.A.L. problem solving project, Birth survey project repro diagrams <i>HME1A</i>	Home safety project, fire escape plan, 1st Aid practical exam, Develop a restraint project, analyzing a diet <i>HME4A</i>	develop a drink project, commercials, research about HIV & Other STD's <i>RAR1C</i>	Drunk glasses simulation Cost of Cigs. <i>HME3C</i>		Home safety project, fire escape plan, 1st Aid practical exam, Develop a restraint project, analyzing a diet <i>HME4A</i>	develop a drink project, commercials, research about HIV & Other STD's <i>RAR1C</i>	Drunk glasses simulation Cost of Cigs. <i>HME3C</i>

PE K-1	August/September	October	November	December/January		February	March	April/May
Content	Rules/Safety Games: Dodge ball, (Snowball), Stick in Mud, Tag, Health Fair	Baseball Skills, Soccer Skills, Kickball Skills	Basket ball Skills, Hockey Skills, Bowling Skills	Parachute Christmas Games		Jump Rope for Heart	Lummi Sticks, Wands, Beanbags	Tag Games, Go Outside
Writing Activities								
Reading Activities								
Other Major Activities								
PE 2	August/September	October	November	December/January		February S	March	April/May
Content	Rules, Fitness exercises, locomotor skills, baseball skills, soccer, health fair <i>PA3B2, HM1A2, HM1B2, HM1C2, HM1F2, HM2A2, PA1A2, PA1C2, PA3A2</i>	Fitness exercise, Parachute, sport skills underhand throwing, partner throwing and catching, hoop activities, special needs awareness. <i>HM1A2, HM1F2, HM2A2, HM1C2, HM1D2, PA2A2, PA1A2, PA1C2, PA3A2</i>	Fitness exercise, Kickball, Hockey, Deck ring activities, Hoop Activities, Relays, Throwing and Catching activities Speed Stacking <i>HM1A2, HM1C2, HM1F2, HM2A2, HM1D2, HM1E2, PA1A2, PA1C2, PA3A2</i>	Fitness exercise, Hockey Bean Bag Activities, bones and muscles. <i>HM1F2, HM2A2, HM1A2, HM1B2, HM3A2, HM3B2, PA1A2, PA1C2, PA3A2</i>		Fitness exercise, Basketball, Jump Rope, Partner Jump Rope <i>HM1A2, PA1B2, HM1C2, HM1F2, HM2A2, PA1D2, HM1E2, PA1A2, PA1C2, PA3A2</i>	Fitness exercise, Square Dancing, Line Dancing, Boot Camp for MAP testing <i>HM3A2, HM3B2, HM3D2, HM3E2, HM1A2, HM1B2, PA1A2, PA1C2, PA3A2</i>	Fitness exercise, Fitness Test, Juggling, Field Day Activities <i>PA1A2, PA3A2, PA1C2, HM1B2, HM1F2, HM2A2</i>
Writing Activities								
Reading Activities		Books about special needs awareness						
Other Major Activities	Constitution Game			Winter Wonderland Stations		Healthy Heart Circuits	Safety Fair, Test Taking Skills, Boot Camp for MAP	Fitness Testing, Field Day.
PE 3	August/September	October	November	December/January		February	March	April/May

PE 1 9th grade	August/September	October	November	December		February	March	April/May
Content	Physical Fitness Tests, Body Comp <i>HPE2, HPE4, HPE5, NPE3, NPE4</i>	Cardiovascular Strength building, Muscular Strength and Endurance <i>HPE2, HPE4, HPE5, NPE3, NPE4</i>	Muscular Strength and Endurance <i>HPE2, HPE4, HPE5, NPE3</i>	Flexibility/ Physical Fitness Tests <i>HPE4, NPE4</i>				
Writing Activities	Worksheets, Tests	Worksheets, Tests	Worksheets, Tests	Worksheets, Tests, Final Exam				
Reading Activities	Handouts, take notes from lecture	Handouts, take notes from lecture	Handouts, take notes from lecture	Handouts, Take notes from lecture				
Other Major Activities	Pedometer worksheet and computation of stride length, determine % of body fat	Compute target heart rate and max heart rate	Weight room orientation	Flexibility lab				