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| Time Frame | Topic/Unit | Skills/Concepts | Major Assessments | Core Standards | Resources |
| Week 1-4 | Unit 1**Emotional/Mental Health** | * Express feelings in a healthy way.
* Engage in activities that are mentally and emotionally healthful.
* Prevent and manage emotional stress and anxiety in healthy ways.
* Use self control and impulse control strategies to promote health.
* Get help for troublesome thoughts, feelings or actions for oneself and others.
* Show tolerance and acceptance of differences in others.
* Establish and maintain healthy relationships.
 | What I know about emotional and mental health unit exam.  | NHES Performance Indicators: 1.8.3, 2.8.4, 7.8.1, 1.8.1, 2.8.1, 2.8.3, 1.8.2, 6.8.1, 4.8.1, 1.8.7, 7.8.3, 3.8.4, 2.8.5, 2.8.6, 2.8.7, 8.8.2, 4.8.4, 6.8.2, 6.8.3, 6.8.4, 1.8.5, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7.  | * Healthsmart
* Michigan Model
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| Week 5-7 | Unit 2 **Nutrition and Physical Activity** | * Eat the appropriate number of servings from each food group each day.
* Eat a variety of foods within each food group everyday.
* Eat an abundance of fruits and vegetables every day, balance caloric intake with caloric expenditure, support others to eat healthy.
* Choose to eat whole grain products and fat free or low fat milk or equivalent milk products regularly.
* Drink plenty of water everyday, prepare food in healthful ways.
* Limit foods and beverages high in added sugars, solid fat, and sodium.
* Eat breakfast everyday, eat healthy snacks, eat healthy foods when dining out.
* Follow an eating plan for healthy growth and development.
* Practice behaviors that prevent food borne illnesses.
* Prevent health problems that result from fads or trends.
* Engage in moderate to vigorous physical activity for at least 60 minutes each day.
 | What I know about nutrition and physical activity.  | NHES Performance Indicators: 1.8.3, 2.8.4, 7.8.1, 1.8.1, 2.8.1, 2.8.3, 1.8.2, 6.8.1, 4.8.1, 1.8.7, 7.8.3, 3.8.4, 2.8.5, 2.8.6, 2.8.7, 8.8.2, 4.8.4, 6.8.2, 6.8.3, 6.8.4, 1.8.5, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7. | * Healthsmart
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| Week 8-10 | Unit 3**Violence and Injury Prevention**  | * Understanding risks and unintentional injury.
* Avoiding motor vehicle injuries.
* Safety rules to prevent common injuries.
* Safety gear and how it relates to students.
* Resisting dares.
* Making safe decisions.
* Preparing for emergencies.
* Understanding violence.
* Understanding bullying, taking a stand against bullying, hazing.
* Skills to resolve conflict.
* Dealing with unwanted touch.
* Understanding sexual abuse.
 | What I know about violence and injury prevention.  | NHES Performance Indicators: 1.8.3, 2.8.4, 7.8.1, 1.8.1, 2.8.1, 2.8.3, 1.8.2, 6.8.1, 4.8.1, 1.8.7, 7.8.3, 3.8.4, 2.8.5, 2.8.6, 2.8.7, 8.8.2, 4.8.4, 6.8.2, 6.8.3, 6.8.4, 1.8.5, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7. | * Healthsmart
* Michigan Model
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| Week 1-4 | Unit 4**Abstinence, Puberty, and Personal Health** | * Keeping your body healthy, staying healthy for a lifetime.
* Protecting my body from disease.
* Talking about sexuality.
* The reproductive system.
* Puberty.
* The menstrual cycle and pregnancy.
* Taking care of sexual health.
* Feelings and relationships.
* Benefits of abstinence, influences on abstinence.
* Resisting sexual pressure.
* Protecting students’ futures.
 | What I know about abstinence, puberty, and personal health.  | NHES Performance Indicators: 1.8.3, 2.8.4, 7.8.1, 1.8.1, 2.8.1, 2.8.3, 1.8.2, 6.8.1, 4.8.1, 1.8.7, 7.8.3, 3.8.4, 2.8.5, 2.8.6, 2.8.7, 8.8.2, 4.8.4, 6.8.2, 6.8.3, 6.8.4, 1.8.5, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7. | * Healthsmart
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| Week 5-7 | Unit 5**HIV, STI, and Pregnancy Prevention**  | * Understanding sexual health.
* Sexual identity and sexual stereotyping.
* What is affirmative consent.
* Healthy romantic relationships.
* Reproduction and teen pregnancy.
* STI facts, HIV facts.
* STI and responsible actions.
* Making sexual health decisions.
* Resisting sexual pressure.
* Preventing pregnancy.
 | What I know about HIV, STI and pregnancy prevention.  | NHES Performance Indicators: 1.8.3, 2.8.4, 7.8.1, 1.8.1, 2.8.1, 2.8.3, 1.8.2, 6.8.1, 4.8.1, 1.8.7, 7.8.3, 3.8.4, 2.8.5, 2.8.6, 2.8.7, 8.8.2, 4.8.4, 6.8.2, 6.8.3, 6.8.4, 1.8.5, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7. | * Healthsmart
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| Week 8-10 | Unit 6**Tobacco, Alcohol and Other Drug Prevention** | * Teens and drugs, what’s the truth?
* Alcohol, what’s the truth?
* Tobacco and vaping, what’s the truth?
* Marijuana, what’s the truth?
* Medicines, what’s the truth?
* Experimentation, what’s the truth?
* Opioids, what’s the truth?
* Consequences of drug use.
* Influences on my choices about drugs,
* Family, school and community rules about drugs.
* Tobacco and vape companies, who are they targeting?
* Saying no to peer pressure.
 | What I know about tobacco, alcohol, and other drugs. | NHES Performance Indicators: 1.8.3, 2.8.4, 7.8.1, 1.8.1, 2.8.1, 2.8.3, 1.8.2, 6.8.1, 4.8.1, 1.8.7, 7.8.3, 3.8.4, 2.8.5, 2.8.6, 2.8.7, 8.8.2, 4.8.4, 6.8.2, 6.8.3, 6.8.4, 1.8.5, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7. | * Healthsmart
* Michigan Model
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