

Lesson Plan

Health Curriculum Mapping (Semester)

1st Six Weeks (August 25 – September 30)

Unit 1 – Health and Wellness

Chapter #1 Leading and Healthy Life
Chapter #2 Skills for a Healthy Life
Chapter #3 Self Esteem / Mental Health
Chapter #4 Managing Stress / Coping w/ Loss
Chapter #5 Violence and Abuse

Unit 2 – Health and Your Body

Chapter #6 Physical Fitness for Life
Chapter #7 Nutrition for Life
Chapter #8 Weight Management / Eating Behaviors

2nd Six Weeks (October 6 – November 7)

Unit 3 – Drugs

Chapter #9 Understanding Drugs and Medicine
Chapter #10 Alcohol
Chapter #11 Tobacco
Chapter #12 Illegal Drugs

Unit 4 – Diseases / Disorders

Chapter #13 Preventing Infectious Diseases
Chapter #14 Lifestyle Diseases
Chapter #15 Other Diseases and Disabilities

3rd Six Weeks (November 10 – December 19)

Unit 5 – Adolescence, Adulthood, Family Life

Chapter #16 Adolescence and Adulthood
Chapter #17 Marriage, Parenthood, Families / PAPA

Unit 6 – Reproductive Health

Chapter #18 Reproduction, Pregnancy, and Development / PAPA
Chapter #19 Building Responsible Relationships / PAPA
Chapter #20 Risk of Adolescence Sexual Activity / PAPA
Chapter #21 HIV / AIDS

Lifetime Health Reteaching

L Cohen



Lifetime Health Reteaching:

Reviewing **Lifetime Health Reteaching**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Lifetime Health Reteaching**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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