| Wk # | Monday | Tuesday | Thursday |
| --- | --- | --- | --- |
|  | **SEPTEMBER 2015** |
| 4 | 31  **SPEAKER -**  **BREAK FREE** **(Aka - Run for Courage)**  | 1 **\*/ AGENDA** Decision Making - due**Vid- \*/ Has Anyone Seen Phil**? Due Thur **/\* Has Anyone Seen Phil?** **Decision Making Assignment** | 3 **UNIT 1 EXAM + Paperwork DUE** **UNIT 2 - Nutrition & Physical Activity** **Ch 10- 1 - The Importance of Nutrition** **Ch 10-2 Nutrients & Water** *( water treatments \* Water vs Coke - next week)***\* Health Outline****\*/ What Do You Really Value?** |
|  | **HEALTH HOMEWORK DUE DATES** |
| 5 | 7  Off | 8 **/\* Last Week’s**  **\*/ NEW AGENDA** **/\* What Do You Really Value?** !!! PAPERS BACK & CHECK GRADES!!!**Ch 11-1** Maintain a **Healthy Weight****Ch 11-2**  **Body Image & Eating Disorders**, **\*/ One Week Eating Log-due 9/15** | 10 **GRADES****Video - Body Image****Ch 12-1** Benefits of **Physical Activity****Ch 12-2** Improving **Your Fitness** Setting up a Fitness Schedule |
| 6 | 14 **/\* Last Week’s Agenda**  **\*/ Vitamins & Minerals** | 15  **/\* Vitamins & Minerals** **/\* One Week Eating Log-due** **UNIT 2 EXAM +PAPERS DUE** **Video-Secret Life of Mary Margaret** | 17 **Unit 3-Mental/Emotional**  hand out **\*/ UNIT 3 LECTURE OUTLINE****Ch 3-1** Developing **Self-Esteem** **Ch 3-2** Developing **Personal Identity** and Character |
|  |  |  |  |
| 7 | 21 **SPEAKER -** **ORGAN DONATION**  | 22 **UNIT 3 LECTURE OUTLINE**- continues**Ch 3-3** Expressing **Emotions** in Healthful Ways  **Ch 4-1** Understanding **Stress** | 24 **/\*UNIT 3 LECTURE OUTLINE****Ch 5-1** Dealing w/ **Anxiety** & **Depression****Ch 5- 2** **Mental Disorders** |
|  | **OCTOBER 2015** |
| 8 | 28 **SPEAKER -**  NEW MORNING | 29 **/\* LECTURE OUTLINE**  **Ch 5-3 Suicide** Prevention  video - **Ch 5-4 Getting Help** | 10/1 **UNIT 3 EXAM + Paperwork DUE**UNIT 4 - Family/Social Health \*/\* Communication Outline**Ch 6-2 Respecting Yourself & Others****Ch 6-3 Communicating** Effectively |
| 9 | 5 **SPEAKER -**  MENINGITIS | 6 **\*/ NEW AGENDA****Peer Relationships** **Ch 8-1** Safe and Healthy **Friendships** **Ch 8-2** **Peer Pressure** & **Refusal Skills,**  + Cartoon- due next Tuesday | 8 **End of Qtr****Ch 9-1 -** Causes of **Conflict** **Ch 9-2** - **Resolving Conflicts** LCD - Conflict & Resolution notesVideo - 10 Signs Of Relationship Abuse |
|  | **HEALTH HOMEWORK DUE DATES** |
| 10 | 12 **/\* Last Week**  **\*/ NEW AGENDA**Using **I & YOU Messages**, \*/\* I & YOU Messages | 13  **Ch 9-3** Understanding **Violence** **Ch 9-4** Prevent & Overcome **Abuse** video - When Dating Turns Dangerous | 15 **Family Relationships** **Ch 7-3 - Help for Families**  **UNIT 4 EXAM + Paperwork DUE** Share cartoons |