



# Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

## Health Education – High School

### 2021-2022 Pacing Calendar

**Units of Instruction**  
**Unit 1: Emotional and Mental Health**  
 This three-part unit will focus on health and wellness; effective communication skills; and decision making. In addition, the student will be provided with basic First Aid and Cardiopulmonary Resuscitation (CPR) instruction as well as skill development.  
**Part 1: Foundations of Health and Wellness**  
**Part 2: Effective Communication**  
**Part 3: Decision Making**

2021	August					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
	Enrichment Opportunities					
08	09	10	11	12	13	14
	Enrichment Opportunities					
15	16	17	18	19	20	21
	Teacher Service Days (no students)		Teacher Prep Day (no students)	Teacher Service Days (no students)		
22 C1W1	23 Unit 1: Part 1 (3-45 min. class periods)	24	25	26	27	28
29 C1W2	30 Unit 1: Part 1 (3-45 min. class periods)	31	01	02	03	04
05	06	<b>Notes:</b> Aug. 16-20 - Teacher Service Days (no students)				



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### 2021-2022 Pacing Calendar

#### Units of Instruction

##### Unit 1: Emotional and Mental Health

This three-part unit will focus on health and wellness; effective communication skills; and decision making. In addition, the student will be provided with basic First Aid and Cardiopulmonary Resuscitation (CPR) instruction as well as skill development.

##### Part 1: Foundations of Health and Wellness

##### Part 2: Effective Communication

##### Part 3: Decision Making

##### Unit 2: Violence and Injury Prevention

This two-part unit focuses on healthy and dysfunctional relationships; avoiding and/or abstaining from risk taking behaviors such as gang activity, violence, weapons, accidental injuries; emotional and physical abuse; the proper and improper use of social media and technology. In addition, the student will be provided with basic First Aid and Cardiopulmonary Resuscitation (CPR) instruction as well as skill development.

##### Part 1: Healthy Relationships

##### Part 2: Emotional and Physical Abuse

##### Part 3: Cardiopulmonary Resuscitation (CPR)

2021		September				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 C1W2	30	31	01 Unit 1: Part 1 (3-45 min. class periods)	02	03	04
05 C1W3	06 Labor Day	07 Unit 1: Part 1 (3-45 min. class periods)	08	09	10	11
12 C1W4	13 Unit 2: Part 1 (5-45 min. class periods)	14	15	16 Fall Holiday	17 Teacher Service Day (no students)	18
19 C1W5	20 Unit 2: Part 1 (5-45 min. class periods)	21	22	23	24	25
26 C1W6	27 Unit 2: Part 1 (5-45 min. class periods)	28	29	30 • Extend • Review • Assess • Reteach	01	02
03	04	<b>Notes:</b> Sept. 6 - Labor Day Sept. 16 - Fall Holiday Sept. 17 - Teacher Service Day (no students)				



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#### Units of Instruction

##### Unit 3: Nutrition and Physical Activity

This three-part unit focuses on healthy eating and health information; best nutritional practices and preventive health care maintenance; physical activity and body image.

##### Part 1: Healthy Eating

##### Part 2: Health Information

##### Part 3: Physical Activity and Body Image

##### Unit 4: Tobacco Alcohol and Other Drugs

Tobacco Alcohol and Other Drugs This three-part unit focuses on addictive behaviors and substance abuse; the effects of addiction and abuse on health and wellness; and avoiding risky behaviors that lead to substance abuse.

##### Part 1: Addiciton and Substance Abuse

##### Part 2: The Effects of Addiction and Abuse

##### Part 3: Risky Behaviors

2021		October				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 C1W6	27	28	29	30	01 • Extend • Review • Assess • Reteach	02 <b>END OF CYCLE 1</b>
03 C2W1	04 Teacher Service Day (no students)	05 Unit 3: Part 1 (4-45 min. class periods)	06	07	08	09
10 C2W2	11 Unit 3: Part 1 (4-45 min. class periods)	12	13	14	15	16
17 C2W3	18 Unit 3: Part 1 (4-45 min. class periods)	19	20	21	22	23
24 C2W4	25 Unit 4: Part 1 (4-45 min. class periods)	26	27	28	29	30
31	01	<b>Notes:</b> Oct. 4 - Teacher Service Day (no students)				



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### 2021-2022 Pacing Calendar

#### Units of Instruction

##### Unit 4: Tobacco Alcohol and Other Drugs

Tobacco Alcohol and Other Drugs This three-part unit focuses on addictive behaviors and substance abuse; the effects of addiction and abuse on health and wellness; and avoiding risky behaviors that lead to substance abuse.

**Part 1: Addiciton and Substance Abuse**

**Part 2: The Effects of Addiction and Abuse**

**Part 3: Risky Behaviors**

##### Unit 5: Personal and Reproductive Health and Community Health Services

This four-part unit focuses on abstinence from sexual activity; life cycle from conception to birth; health laws and policies; and assessing available health services in the community.

**Part 1: Sexual Health**

**Part 2: Pregnancy and Prenatal Care**

**Part 3: Health Laws and Policies**

**Part 4: Community Health Services**

2021	November					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 C2W5	01 <b>Unit 4: Part 1</b> (4-45 min. class periods)	02	03	04	05	06
07 C2W6	08 <b>Unit 4: Part 1</b> (4-45 min. class periods)	09	10	11 • Extend • Review • Assess • Reteach	12	13 <b>END OF CYCLE 2</b>
14 C3W1	15 <b>Unit 5: Part 1</b> (10-45 min. class periods)					20
21	22 23 24 25 26 <b>Thanksgiving</b>					27
28 C3W2	29 <b>Unit 5: Part 1</b> (10-45 min. class periods)	30	01	02	03	04
05	06	<b>Notes:</b> Nov. 22-26 - Thanksgiving Break				



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### 2021-2022 Pacing Calendar

#### Units of Instruction

**Unit 5: Personal and Reproductive Health and Community Health Services**  
This four-part unit focuses on abstinence from sexual activity; life cycle from conception to birth; health laws and policies; and assessing available health services in the community.

**Part 1: Sexual Health**  
**Part 2: Pregnancy and Prenatal Care**  
**Part 3: Health Laws and Policies**  
**Part 4: Community Health Services**

2021	December					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 C3W2	29	30	01 Unit 5: Part 1 (10-45 min. class periods)	02	03	04
05 C3W3	06 Unit 5: Part 1 (10-45 min. class periods)	07	08	09	10	11
12 C3W4	13 Unit 5: Part 1 (10-45 min. class periods)	14	15	16	17	18
19	20 Enrichment Opportunities	21	22	23	24	25
26	27	28	29	30	31	01
02	03	Notes: Dec. 20-31 - Winter Break				



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### 2021-2022 Pacing Calendar

#### Units of Instruction

##### Unit 5: Personal and Reproductive Health and Community Health Services

This four-part unit focuses on abstinence from sexual activity; life cycle from conception to birth; health laws and policies; and assessing available health services in the community.

##### Part 1: Sexual Health

##### Part 2: Pregnancy and Prenatal Care

##### Part 3: Health Laws and Policies

##### Part 4: Community Health Services

##### Unit 1: Emotional and Mental Health

This three-part unit will focus on health and wellness; effective communication skills; and decision making. In addition, the student will be provided with basic First Aid and Cardiopulmonary Resuscitation (CPR) instruction as well as skill development.

##### Part 1: Foundations of Health and Wellness

##### Part 2: Effective Communication

##### Part 3: Decision Making

2022	January						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
26	27	28	29	30	31	01	
02 C3W5	03 Unit 5: Part 1 (10-45 min. class periods)		04	05	06	07	08
09 C3W6	10 Unit 5: Part 1 (10-45 min. class periods)		11	12	13 • Extend • Review • Assess • Reteach	14	15 <b>END OF CYCLE 3</b>
16 C4W1	17 Martin Luther King, Jr. Day	18 Teacher Prep Day (no students)	19 Unit 1: Part 1 (3-45 min. class periods)	20	21	22	
23 C4W2	24 Unit 1: Part 1 (3-45 min. class periods)	25 Unit 1: Part 2 (4-45 min. class periods)	26	27	28	29	
30 C4W3	31 • Extend • Review • Assess • Reteach	<b>Notes:</b> Jan. 17 - Martin Luther King, Jr. Day Jan. 18 - Teacher Preparation Day (no students)					



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### 2021-2022 Pacing Calendar

#### Units of Instruction

##### Unit 1: Emotional and Mental Health

This three-part unit will focus on health and wellness; effective communication skills; and decision making. In addition, the student will be provided with basic First Aid and Cardiopulmonary Resuscitation (CPR) instruction as well as skill development.

##### Part 1: Foundations of Health and Wellness

##### Part 2: Effective Communication

##### Part 3: Decision Making

##### Unit 2: Violence and Injury Prevention

This two-part unit focuses on healthy and dysfunctional relationships; avoiding and/or abstaining from risk taking behaviors such as gang activity, violence, weapons, accidental injuries; emotional and physical abuse; the proper and improper use of social media and technology. In addition, the student will be provided with basic First Aid and Cardiopulmonary Resuscitation (CPR) instruction as well as skill development.

##### Part 1: Healthy Relationships

##### Part 2: Emotional and Physical Abuse

##### Part 3: Cardiopulmonary Resuscitation (CPR)

2022		February				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 C4W3	31	01 Unit 1: Part 3 (3-45 min. class periods)	02	03	04 • Extend • Review • Assess • Reteach	05
06 C4W4	07 Unit 2: Parts 1 & 2 (4-45 min. class periods)	08	09	10	11 • Extend • Review • Assess • Reteach	12
13 C4W5	14 Unit 2: Part 2 (4-45 min. class periods)	15	16	17	18 • Extend • Review • Assess • Reteach	19
20 C4W6	21 Teacher Service Day (no students)	22 Unit 2: Part 3 (3-45 min. class periods)	23	24	25 • Extend • Review • Assess • Reteach	26 END OF CYCLE 4
27 C5W1	28 Unit 3: Part 1 (4-45 min. class periods)	01	02	03	04	05
06	07	<b>Notes:</b> Feb. 21 - Teacher Service Day (no students)				



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**Units of Instruction**

**Unit 3: Nutrition and Physical Activity**  
This three-part unit focuses on healthy eating and health information; best nutritional practices and preventive health care maintenance; physical activity and body image.

**Part 1: Healthy Eating**  
**Part 2: Health Information**  
**Part 3: Physical Activity and Body Image**

**Unit 4: Tobacco Alcohol and Other Drugs**  
Tobacco Alcohol and Other Drugs This three-part unit focuses on addictive behaviors and substance abuse; the effects of addiction and abuse on health and wellness; and avoiding risky behaviors that lead to substance abuse.

**Part 1: Addiciton and Substance Abuse**  
**Part 2: The Effects of Addiction and Abuse**  
**Part 3: Risky Behaviors**

2022	March					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 C5W1	28	01 Unit 3: Part 1 (4-45 min. class periods)	02	03	04	05
06 C5W2	07 Unit 3: Part 1 (4-45 min. class periods)	08	09	10	11 • Extend • Review • Assess • Reteach	12
13	14-16 Enrichment Opportunities			17-18 Spring Break		19
20 C5W3	21 Unit 3: Part 1 (4-45 min. class periods)	22	23	24	25 • Extend • Review • Assess • Reteach	26
27 C5W4	28 Chávez / Huerta Day	29 Unit 4: Part 1 (5-45 min. class periods)	30	31	01	02
03	04	<b>Notes:</b> Mar. 14-18 - Spring Break Mar. 28 - César Chávez/Dolores Huerta Day				





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#### Units of Instruction

**Unit 4: Tobacco Alcohol and Other Drugs**  
Tobacco Alcohol and Other Drugs This three-part unit focuses on addictive behaviors and substance abuse; the effects of addiction and abuse on health and wellness; and avoiding risky behaviors that lead to substance abuse.  
**Part 1: Addiciton and Substance Abuse**  
**Part 2: The Effects of Addiction and Abuse**  
**Part 3: Risky Behaviors**

**Unit 5: Personal and Reproductive Health and Community Health Services**  
This four-part unit focuses on abstinence from sexual activity; life cycle from conception to birth; health laws and policies; and assessing available health services in the community.  
**Part 1: Sexual Health**  
**Part 2: Pregnancy and Prenatal Care**  
**Part 3: Health Laws and Policies**  
**Part 4: Community Health Services**

2022	April					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 C5W4	28	29	30	31	01 Unit 4: Part 1 (5-45 min. class periods)	02
03 C5W5	04 Unit 4: Part 1 (5-45 min. class periods)	05	06	07	08	09
10 C5W6	11 Unit 4: Part 1 (5-45 min. class periods)	12	13	14	15 Spring Holiday	16
17 C5W7	18 • Extend • Review • Assess • Reteach	19	20	21	22	23 END OF CYCLE 5
24 C6W1	25 Unit 5: Part 1 (10-45 min. class periods)	26	27	28	29	30
01	02	<b>Notes:</b> Apr. 15 - Spring Holiday				



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#### Units of Instruction

**Unit 5: Personal and Reproductive Health and Community Health Services**  
 This four-part unit focuses on abstinence from sexual activity; life cycle from conception to birth; health laws and policies; and assessing available health services in the community.  
**Part 1: Sexual Health**  
**Part 2: Pregnancy and Prenatal Care**  
**Part 3: Health Laws and Policies**  
**Part 4: Community Health Services**

2022	May					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 C6W2	02 Unit 5: Part 1 (10-45 min. class periods)	03	04	05	06	07
08 C6W3	09 Unit 5: Part 1 (10-45 min. class periods)	10	11	12	13	14
15 C6W4	16 Unit 5: Part 1 (10-45 min. class periods)	17	18	19	20	21
22 C6W5	23 Unit 5: Part 1 (10-45 min. class periods)	24	25	26	27	28
29 C6W6	30 Memorial Day	31 • Extend • Review • Assess • Reteach	01	02	03	04
05	06	Notes: May 30 - Memorial Day				



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#### Units of Instruction

- Unit 5: Personal and Reproductive Health and Community Health Services**  
This four-part unit focuses on abstinence from sexual activity; life cycle from conception to birth; health laws and policies; and assessing available health services in the community.
- Part 1: Sexual Health**
- Part 2: Pregnancy and Prenatal Care**
- Part 3: Health Laws and Policies**
- Part 4: Community Health Services**

2022		June				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 C6W6	30	31	01 • Extend • Review • Assess • Reteach	02	03	04
05 C6W7	06 • Extend • Review • Assess • Reteach	07	08 Teacher Prep Day (no students) END OF CYCLE 6	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	01	02
03	04	<b>Notes:</b> Jun. 8 - Teacher Preparation Day (no students)				