



# Health Year at a Glance (YAG)



First Semester		Second Semester	
1 <sup>st</sup> Nine Weeks – Aug. 14-Oct. 11		3 <sup>rd</sup> Nine Weeks – Jan. 3-Mar. 8	
<p><b>TEKS</b></p> <p>115.32(b) 1ABCDEFGH, 4AB, 5ABD, 9AB, 10A, 11ABC, 12BC, 13BC, 14ADEFG, 15A, 16ABC, 17BCD, 18ABC</p>	<p><b>Unit 1 –Health and Your Wellness</b> (2.2 Weeks)</p> <ul style="list-style-type: none"> <li>• Leading a Healthy Life</li> <li>• Skills for a Healthy Life</li> </ul> <p><b>Unit 2-Mental Health</b> (2.2 Weeks)</p> <ul style="list-style-type: none"> <li>•Self-°©-esteem and Mental Health</li> <li>• Managing Stress and Coping with Loss</li> </ul> <p><b>Unit 3- Health and Your Body</b> (1.2 Weeks)</p> <ul style="list-style-type: none"> <li>• Physical Fitness for Life</li> <li>• Nutrition for Life</li> <li>• Weight Management and Eating Behaviors.</li> </ul>	<p><b>TEKS</b></p> <p>115.32(b) 1ABCDEFGH, 4AB, 5ABD, 9AB, 10A, 11ABC, 12BC, 13BC, 14ADEFG, 15A, 16ABC, 17BCD, 18ABC</p>	<p><b>Unit 1 –Health and Your Wellness</b> (2.2 Weeks)</p> <ul style="list-style-type: none"> <li>• Leading a Healthy Life</li> <li>• Skills for a Healthy Life</li> </ul> <p><b>Unit 2-Mental Health</b> (2.2 Weeks)</p> <ul style="list-style-type: none"> <li>•Self-°©-esteem and Mental Health</li> <li>• Managing Stress and Coping with Loss</li> </ul> <p><b>Unit 3- Health and Your Body</b> (1.2 Weeks)</p> <ul style="list-style-type: none"> <li>• Physical Fitness for Life</li> <li>• Nutrition for Life</li> <li>• Weight Management and Eating Behaviors.</li> </ul>
2 <sup>nd</sup> Nine Weeks –Oct. 12- Dec.15		4 <sup>th</sup> Nine Weeks – Mar. 19-May 23	
<p><b>TEKS</b></p> <p>115.32(b)1JK, 2ABCDEFGH, 3ABCD, 4C, 5C, 6ABC, 7ABCDEFGH, 8ABCDEF, 10B, 12A, 13A, 14BC, 15BC, 17AE</p>	<p><b>Unit 4-Drugs (3 Weeks)</b></p> <ul style="list-style-type: none"> <li>• Understanding Drugs and Medicines</li> <li>• Alcohol</li> <li>• Tobacco/Vaping</li> <li>• Illegal Drugs</li> </ul> <p><b>Unit 5-Disease and Disorders</b> (2.2 Weeks)</p> <ul style="list-style-type: none"> <li>• Preventing Infectious Diseases</li> <li>• Lifestyle Diseases</li> </ul> <p><b>Unit 6-Adolescence, Adulthood and Family Life</b> (1.2 Weeks)</p> <ul style="list-style-type: none"> <li>• Adolescence and Adulthood</li> <li>• Marriage, Parenthood, and Families Parenting and Paternity Awareness P.A.P.A</li> </ul> <p><b>Unit 6- Reproductive Health</b> (1.2 Weeks)</p> <ul style="list-style-type: none"> <li>• Reproduction, Pregnancy and Development</li> <li>• Building Responsible Relationships</li> </ul>	<p><b>TEKS</b></p> <p>115.32(b)1JK, 2ABCDEFGH, 3ABCD, 4C, 5C, 6ABC, 7ABCDEFGH, 8ABCDEF, 10B, 12A, 13A, 14BC, 15BC, 17AE</p>	<p><b>Unit 4-Drugs (3 Weeks)</b></p> <ul style="list-style-type: none"> <li>• Understanding Drugs and Medicines</li> <li>• Alcohol</li> <li>• Tobacco/Vaping</li> <li>• Illegal Drugs</li> </ul> <p><b>Unit 5-Disease and Disorders</b> (2.2 Weeks)</p> <ul style="list-style-type: none"> <li>• Preventing Infectious Diseases</li> <li>• Lifestyle Diseases</li> </ul> <p><b>Unit 6-Adolescence, Adulthood and Family Life</b> (1.2 Weeks)</p> <ul style="list-style-type: none"> <li>• Adolescence and Adulthood</li> <li>• Marriage, Parenthood, and Families</li> </ul> <p><b>Unit 6- Reproductive Health</b> (1.2 Weeks)</p> <ul style="list-style-type: none"> <li>• Reproduction, Pregnancy and Development Parenting and Paternity Awareness P.A.P.A</li> <li>• Building Responsible Relationships</li> </ul>



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	<ul style="list-style-type: none"> <li>• Risks of Adolescent Sexual Activity</li> <li>• HIV and AIDS</li> </ul>		<ul style="list-style-type: none"> <li>• Risks of Adolescent Sexual Activity</li> <li>• HIV and AIDS</li> </ul>
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### Resources

1st Nine Weeks	2nd Nine Weeks	3rd Nine Weeks	4th Nine Weeks
Alamo Heights Fire Department  Health Textbook	<i>San Antonio AIDS Foundation</i> <i>EVERFI.com</i> <i>Truth About Drugs Online Resources</i> <i>Health Textbook</i> <i>P.A.P.A Curriculum office of Attorney General</i>	Alamo Heights Fire Department  Health Textbook	<i>San Antonio AIDS Foundation</i> <i>EVERFI.com</i> <i>Truth About Drugs Online Resources</i> <i>Health Textbook</i> <i>P.A.P.A Curriculum office of Attorney General</i>