<table>
<thead>
<tr>
<th>Length of Time in Weeks</th>
<th>Concepts &amp; Competencies</th>
<th>Common Assessments</th>
<th>Academic Standards (PA Core if applicable)</th>
</tr>
</thead>
</table>
| 5 | Mental/Emotional Health  
Decision Making, Conflict Resolution, Communication, Risk, Values  
Students will be able to practice responsible decision making skills and develop skills needed for healthful and responsible relationships. | Decision Making Quiz I  
Decision Making Test | 10.3.6C  
10.2.9D  
10.3.9C |
| 5 | Fitness  
Heart Rate, Components of Fitness, FITT Principle, Goal Setting, Benefits of Exercise, Principles of Training  
Students will be able to identify benefits of fitness, calculate target heart rate and identify and apply the five components of fitness. | Workout Card  
Fitness Quiz  
Principles of Training Quiz | 10.4.6C  
10.4.9B  
10.4.6B  
10.4.9C  
10.5.9D |
| 4 | Nutrition  
Nutrients, Eating Disorder, Food Groups, Fast Foods, and Healthy Choices  
Students will be able to identify the six essential nutrients of the body, determine healthy eating choices, and identify and apply skills necessary to read food labels. | Nutrition Exam  
Nutrients Quiz | 10.1.6C  
10.1.9C  
10.1.6E |
| 6 | Drug Education  
Drug Terminology, Drug Attitudes, Decision Making, Drug Use/Abuse  
Students will practice resistance skills and be able to analyze the input of media sources on the use of drugs. | Power Point Assessment  
Terminology Quiz  
Drug Quiz | 10.1.9D  
10.1.6D  
10.1.9A |
| 7 | Human Sexuality  
Male Anatomy, Female Anatomy, Reproduction, Puberty, Sexually Transmitted Diseases, Contraception  
Students will be able to identify physical, social and emotional characteristics of growth and development. Students will discuss the decision to practice abstinence. | Anatomy Quiz  
Reproduction Quiz  
Human Sexuality Quiz | 10.1.9A  
10.1.6B  
10.1.6E |
and disease prevention as it results to sexual health. Students will identify anatomy and physiology of the male and female reproductive system.

<table>
<thead>
<tr>
<th>Stress Management</th>
<th>Stressors, Signs and Symptoms, Body’s Response to Stress and Stress Management Techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Students will recognize the physical symptoms of stress, identify ways to deal with stressful situations and develop plans to cope with stress in our lives.</td>
</tr>
</tbody>
</table>

| Unit 7 | xxxxxxxx | xxxxxxxx |

| 10.1.6D | 10.1.12E | x |