

Essential Health Pacing Guide

<i>Based on Essential Health, Goodheart-Willcox, 2023</i>	Recommended Weeks
FCCLA INTRODUCTION	3 Weeks
Topic 1: Taking Charge of Your Health and Wellness	5 Weeks
<ul style="list-style-type: none"> • Understanding Your Health and Wellness • Knowing How Your Body Works • Developing Good Personal Hygiene • Getting the Sleep You Need 	
Topic 2: Taking Care of Mental and Emotional Health*	4 Weeks
<ul style="list-style-type: none"> • Understanding Mental and Emotional Health • Understanding Mental Illnesses 	
Topic 3: Nutrition and Physical Activity	5 Weeks
<ul style="list-style-type: none"> • Nutrition • Physical Activity 	
TESTING	1 Week
Topic 4: Tobacco, Alcohol, and Other Drugs	3 Weeks
<ul style="list-style-type: none"> • Tobacco and Vaping • Alcohol • Medications and Drugs 	
Topic 5: Protecting Your Physical Health and Safety	4 Weeks
<ul style="list-style-type: none"> • Understanding and Preventing Diseases • Promoting Safety and Preventing Injuries • Protecting Environmental Health 	
Topic 6: Social Health and Wellness	5 Weeks
<ul style="list-style-type: none"> • Promoting Healthy Relationships • Preventing and Responding to Violence 	
Topic 7: Human Development and Reproductive Health	5 Weeks
<ul style="list-style-type: none"> • Human Development • Sexually Transmitted Infections and HIV/AIDS 	
TESTING	1 Week

Pacing Guide prepared by Mary Jane Grayson

***Mind Matters** from Dibble Institute is an excellent resource to incorporate into this unit.