

HEALTH EDUCATION  
EUSTACE MIDDLE SCHOOL  
COACH LANE STAHL

**FIRST SIX WEEKS:**

- CHAPTER 1 – LIVING A HEALTHY LIFE
- CHAPTER 2 – BUILDING HEALTH SKILLS AND BEHAVIORS
- CHAPTER 4 – PHYSICAL ACTIVITY FOR LIFE
- CHAPTER 5 – NUTRITION
- CHAPTER 6 – MANAGING WEIGHT AND BODY COMPOSITION

**SECOND SIX WEEKS:**

- CHAPTER 7 – ACHIEVING GOOD MENTAL HEALTH
- CHAPTER 8 – MANAGING STRESS AND ANXIETY
- CHAPTER 9 – MENTAL AND EMOTIONAL HEALTH
- CHAPTER 10 – HEALTHY RELATIONSHIPS
- CHAPTER 12 – PEER RELATIONSHIPS

**THIRD SIX WEEKS:**

- CHAPTER 15 – SKELETAL MUSCULAR SYSTEMS
- CHAPTER 16 – CARDIOVASCULAR AND RESPIRATORY SYSTEMS
- CHAPTER 21 – TOBACCO AND ALCOHOL
- CHAPTER 23 – MEDICINES AND DRUGS
- CHAPTER 27 – INJURY PREVENTION AND SAFE BEHAVIORS