

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