

Name: _____

Period _____

Unit 1 Health and Wellness

Grade

Worksheet / Activity

Causes of Death Worksheet

Family Medical History Activity

Personal Injury Activity

6 Components of Health Worksheet

Making GREAT Decisions Worksheet

10 Life Skills Worksheet

Wellness Wheel Activity

Goal Setting Activity

Skeletal and Muscular Worksheet

Skeletal and Muscular Diagrams

Body Systems Worksheet

Advertising Technique Worksheet

Total Points

Name: _____

Period _____

Unit 2 Mental Health

Grade

Worksheet / Activity

Personality Worksheet

Personality Test

Understanding Mental Illness Worksheet

Defense Mechanism & Emotions Worksheet

Grief and Suicide Worksheet

Paper Doll Activity

Total Points

Name: _____

Period _____

Unit 3 Physical Fitness

<i>Grade</i>	<i>Worksheet / Activity</i>
_____	Physical Fitness Journal
_____	Physical Fitness Worksheet
_____	Stress Prone Habits Activity
_____	Stress Scale Activity
_____	Stress Worksheet
_____	Total Points

Name: _____

Period _____

Unit 4 Nutrition and Weight Management

<i>Grade</i>	<i>Worksheet / Activity</i>
_____	Nutrition Worksheet
_____	Fast Food Activity
_____	Food Label Worksheet
_____	Food label Activity
_____	Nutrient and Food Group Worksheet
_____	Super Star Nutrition Team Activity
_____	Weight Management Worksheet
_____	Nutrition Journal
_____	Obesity in a Bottle Worksheet
_____	Supersize Me Worksheet
_____	<i>Total Points</i>

Name: _____

Period _____

Unit 5 Marriage, Parenthood and Family

<i>Grade</i>	<i>Worksheet / Activity</i>
_____	Communication Worksheet
_____	Listening Triads Activity
_____	Marriage, Parenthood and Family Worksheet
_____	Shopping for the Ideal Parent Activity
_____	Understanding a Child's Needs Activity
_____	What Is a Parent? Activity
_____	What It Takes To Be a Parent? Activity
_____	Marriage and Families Activity
_____	Marriage: Fact or Fiction Activity
_____	Whose Job Is It? Activity
_____	Marriage, Parenthood and Family Worksheet
_____	Parenting As A Team Activity
_____	Love, Marriage and a Baby Carriage Activity
_____	Personal Timeline Activity
_____	Establishing Paternity Worksheet
_____	Parents Who Don't Pay Activity
_____	<i>Total Points</i>

Name: _____

Period _____

Unit 6 Sexual Health

Grade

Worksheet / Activity

Female Reproduction Worksheet

Male Reproduction Worksheet

Reproduction and Hereditary Worksheet

Sexually Transmitted Disease Worksheet

Understanding HIV and AIDS Worksheet

Contraception Worksheet

Total Points

Name: _____

Period _____

Unit 7 Adolescences Relationships

<i>Grade</i>	<i>Worksheet / Activity</i>
_____	Myths of Womanhood Essay
_____	Myths of Manhood Worksheet
_____	Responsible Relationship Worksheet
_____	Violence and Dating Worksheet
_____	“Is this a Warning Sign” Activity
_____	“Relationship Drama” Activity
_____	“Maria Wears My Jacket” Activity
_____	“Feels Just Like Home” Activity
_____	Sexual Abuse Worksheet
_____	<i>Total Points</i>

Name: _____

Period _____

Unit 8 Alcohol and Tobacco

<i>Grade</i>	<i>Worksheet / Activity</i>
_____	Alcohol Quiz
_____	Alcohol Worksheet
_____	Binge Drinking / Cool Spot Internet Activity
_____	Tobacco Worksheet
_____	“Build Your Own Death Cigarette Package” Activity
_____	<i>Total Points</i>

Name: _____

Period _____

Unit 9 Illegal Drugs and Medicine

Grade

Worksheet / Activity

Illegal Drug Worksheet

Understanding Drugs and Medicines Worksheet

Total Points

Name: _____

Period _____

Unit 10 Diseases and Disabilities

Grade

Worksheet / Activity

Diseases Worksheet

Stages of a Disease and Immune System Diagram

Lifestyle Diseases Worksheet

Other Diseases & Disabilities Worksheet

Total Points

Name: _____

Period _____

Unit 11

<i>Grade</i>	<i>Worksheet / Activity</i>
_____	First Aide Part 1 Worksheet
_____	First Aide Part 2 Worksheet
_____	CPR / AED Worksheet
_____	<i>Total Points</i>