| [◄ Jul 2025](#July_2025) | **August 2025** | [Sep 2025 ►](#September_2025" \o "Jump to Sep 2025) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| ActivationFocusGuidedCollabIndependentClosing |  |  |  |  | 1  | 2  |
| 3 Learning Target Success CriteriaDimensions of Health | 4  | 5 First Day of SchoolFirst Day of SchoolRules & ExpectationsRituals & Routines | 6 **A:** Quizziz Review Rules & ExpectationsRituals & Routines-Define “wellness” in your own words. (post on padlet)**F**: 1.Syllabus Review**G**: Dimensions of HealthC/ **I:** Students use resources to work on brochureStudents will work individually or in pairs (2) to create and fill in brochure and post on padlet. The following should be included 1.Title Page: name, title of brochure, relevant image, class period-**20pts**2.Each dimension of health should have its own page with the followinga.heading B.detailed description in your own wordsC.3 healthy choices for the specific dimension of health (include things you might do personally)D.One relevant image (**60 pts: 20 per dimension)**3.On the back 5-7 sentence summary explaining the relationship between all of the dimensions of health **(20pts)** | 7 **A: N/A****F: Quizziz login**Quiz on Rules, Expectations, & Syllabus-reviewC/I: Students work in pairs on individually to complete the dimensions of health brochure Collab PlanningFocus: Assessment Unit1 | 8 **A**: Health video**F:** Review of expectations (notebook are needed by Monday: no assignments accepted on loose paper moving forward)**G:** Video class discussion and review of what students expect from Health class this semester and would like to learn along with how**C/I:** Turn in Dimensios of Health brochure (reminder this will later be used as a part of the class portfolio project | 9  |
| 10 Learning Target Success CriteriaFactors that Impact Health (video/podcast) | 11 **Learning Target**: I can identify and explain the difference between environmental, genetic, behavioral, and technological influences on health.**Success Criteria**:* I can define each health factor and provide at least one example.
* I can compare how different factors influence health outcomes.

**Instructional Sequence**:* **Activation** (10 min): Kahoot/Quizizz: “What Influences Your Health?”
* **Focus** (15 min): Mini-lecture with visuals defining each health factor
* **Collaboration** (10 min): Partner discussion – rank the four factors in order of impact on teens today
* **Guided Practice** (10 min): Fill out graphic organizer with definitions/examples
* **Independent Work** (10 min): Quick write reflection: “What factor impacts you the most and why?”
 | 12 **🔹 DAY 2 – Deep Dive: Environmental & Behavioral Factors****Learning Target**: I can explain how environmental and behavioral factors impact short- and long-term health.**Success Criteria**:* I can describe how pollution, access to resources, and lifestyle choices affect health.
* I can evaluate the consequences of health-related behaviors.

**Instructional Sequence**:* **Activation** (5 min): Image analysis—urban vs. rural environments
* **Focus** (20 min): Case studies—students read short environmental and behavioral scenarios (e.g., air pollution, smoking, sedentary lifestyle)
* **Collaboration** (10 min): Group discussion using case study prompts
* **Guided Practice** (10 min): Create a T-chart: Environmental vs. Behavioral—examples and effects
* **Independent Work** (5 min): Exit ticket—one change you can make to improve your behavior or environment
 | 13 **🔹 DAY 3 – Deep Dive: Genetics & Technology/Social Media****Learning Target**: I can analyze the role genetics and technology/social media play in personal health.**Success Criteria**:* I can identify inherited health conditions.
* I can explain both positive and negative impacts of technology/social media on health.

**Instructional Sequence**:* **Activation** (5 min): Poll – “Can you control your health destiny?”
* **Focus** (20 min): Interactive slideshow on genetics and tech/social media (with videos on digital well-being and hereditary conditions)
* **Collaboration** (10 min): Small group stations – rotate through genetics, social media, and tech examples
* **Guided Practice** (10 min): Students highlight and annotate key info in handout
* **Independent Work** (5 min): Journal prompt: “One way I will protect my health from tech/social pressure…”
 | 14 **🔹 DAY 4 – Project Launch: Health Influencer Video/Podcast****Learning Target**: I can plan a multimedia presentation that advocates for healthier choices based on identified health influencers.**Success Criteria**:* I can develop a storyboard or script focused on one or more health influencers.
* I can use credible sources and include factual health information.

**Instructional Sequence**:* **Activation** (5 min): Sample teen health video/podcast clip
* **Focus** (10 min): Explain project guidelines, rubric, and expectations
* **Collaboration** (10 min): Brainstorm topics and assign groups or individual work
* **Guided Practice** (15 min): Begin working on project storyboard/script using planning template
* **Independent Work** (10 min): Research and gather evidence from handout
 | 15 **🔹 DAY 5 – Project Production & Peer Review****Learning Target**: I can produce and revise a multimedia project to advocate for health awareness.**Success Criteria**:* I can present clear, accurate, and engaging information.
* I can incorporate feedback to improve my product.

**Instructional Sequence**:* **Activation** (5 min): Remind students of rubric and success criteria
* **Focus** (15 min): Work on recording or editing video/podcast
* **Collaboration** (15 min): Peer feedback using checklist (2 stars and a wish)
* **Guided Practice** (10 min): Make revisions and polish
* **Independent Work** (5 min): Submit final product or plan to submit over the weekend
 | 16  |
| 17 Learning Target Success CriteriaADAP**Weekly Learning Target:****Students will create an engaging and informative brochure on ADAP topics to demonstrate understanding of TADRA, alcohol and drug awareness, traffic laws, and safe driving practices.****Success Criteria:****I can identify and explain the major components of TADRA, alcohol and drug awareness, and Georgia traffic laws.****I can collaborate with peers to develop a creative and accurate ADAP brochure.****I can present the brochure with clarity, ensuring it is informative and visually appealing** | 18 Day 1: Introduction to ADAP and TADRAActivation (5 minutes)Begin with a discussion: “What are some important rules or laws teens should know about driving in Georgia?”Share quick statistics on teen driving safety to grab attention.Focus (10 minutes)Explain the Teenage and Adult Driver Responsibility Act (TADRA):Graduated Driver’s License (GDL) system: Class CP, D, and C licenses.Consequences for violating TADRA.Guided (10 minutes)Discuss key TADRA rules and their purpose (e.g., curfews, passenger limits).Show an example of an effective brochure for inspiration.Collaborative (15 minutes)In small groups, students brainstorm brochure themes and begin organizing content sections (e.g., TADRA, alcohol awareness, traffic laws).Independent/Closing (5 minutes)Exit ticket: “Write down one thing you learned about TADRA today and one idea for your brochure.”ADAP Brochure Checklist for Students:TADRA: Include details about GDL, curfews, and passenger limits.Alcohol and Drug Awareness: Effects of impairment, zero-tolerance laws, and consequences.Traffic Laws: Speed limits, seatbelt laws, hands-free requirements.Safe Driving Practices: Tips for avoiding distractions and defensive driving.Homework: Sign up for the online course with parents at home  | 19 Day 2: Alcohol and Drug AwarenessActivation (5 minutes)Teacher/Students contact parents of those not logged into the online course (check off those that are logged in)Think-Pair-Share: “How can alcohol and drugs impair a driver’s ability to make safe decisions?”Focus (10 minutes)Teach the effects of alcohol and drugs on driving:Reaction time, decision-making, and coordination.Georgia’s zero-tolerance laws for underage drinking.Guided (10 minutes)Show real-life examples or case studies of accidents caused by impaired driving.Collaborative (15 minutes)Groups outline how they will present alcohol and drug awareness in their brochures (e.g., statistics, visuals, tips).Teacher checks progress and offers feedback.Independent/Closing (5 minutes)Students write one key takeaway from today and how they’ll incorporate it into the brochure.Homework: complete online course & ADAP assessment (upload grade and certificate into Canvas) | 20 Day 3: Georgia Traffic LawsActivation (5 minutes)Quick quiz: “What is the speed limit in a school zone?” or other common traffic laws.Focus (10 minutes)Discuss Georgia traffic laws:Seatbelt requirements.Hands-free device laws.Consequences of breaking traffic laws (fines, points on a license).Guided (10 minutes)Review resources, such as the Georgia Driver’s Manual, for accurate information.Collaborative (15 minutes)Groups draft the traffic laws section of their brochures.Midweek progress check: Review drafts and provide targeted feedback.Independent/Closing (5 minutes)Reflection: “What did you learn today that surprised you about Georgia traffic laws?”Homework: complete online course & ADAP assessment (upload grade and certificate into Canvas) | 21 Grade put in for ADAP assessment from online scoresDay 4: Brochure Design and Safe Driving PracticesActivation (5 minutes)Show examples of visually appealing brochures and discuss key design elements (e.g., color, layout, font).Focus (10 minutes)Teach about safe driving habits:Avoiding distractions (e.g., phones, passengers).Defensive driving techniques.Guided (10 minutes)Walk students through the process of organizing information for clarity and impact.Collaborative (15 minutes)Groups finalize content and design their brochures.Teacher conducts a final progress check to ensure readiness for submission.Independent/Closing (5 minutes)Homework: Students review their section of the brochure for accuracy and completeness. | 22 Day 5: Presentation and Peer FeedbackActivation (5 minutes)Quick reflection: “What was the most challenging part of creating your brochure?”Focus (10 minutes)Review presentation expectations:Clarity of explanation.Engaging delivery.Guided (15 minutes)Each group presents their brochure to the class.Collaborative (15 minutes)Peer feedback: Students complete a feedback form for each presentation, highlighting strengths and areas for improvement.Independent/Closing (5 minutes)Exit ticket: “What’s one new thing you learned from another group’s presentation?”Assessment for Progress Checks and Final Brochure:Rubric (Total: 100 points)Content Accuracy (40 points): Correct and thorough information on TADRA, alcohol awareness, traffic laws, and driving safety.Creativity and Design (20 points): Engaging visuals, clear organization, and readability.Team Collaboration (20 points): Equal participation and teamwork during the project.Presentation (20 points): Clear, concise, and engaging delivery of brochure content | 23  |
| 24 Learning Target 1.I can assess my own mental and emotional health2. I can take the steps to discover and embrace my unique identiySuccess Criteria1.I can explain the importance of self discovert2.I can compare and contrast mental and emotional health along with identify factors affecting both3.I can describe strategies for developing emotional intelligencePromoting Mental & Emotional Health | 25 **🔹 DAY 1 – Understanding Mental vs. Emotional Health****Focus**: Definitions, differences, and real-life application* **Activation**: Journal Prompt – “How would you define mental and emotional health in your own words?”
* **Focus**: Teacher-led presentation defining and comparing mental and emotional health, examples of each
* **Guided**: Venn Diagram: Compare & Contrast Mental vs. Emotional Health
* **Collaboration**: Small groups share one factor they believe affects both mental and emotional health (stress, environment, relationships, etc.)
* **Independent**: Create a short list of personal habits that positively or negatively impact your mental or emotional state
 | 26 **🔹 DAY 2 – Factors Affecting Mental & Emotional Health****Focus**: Exploration of internal and external influences**Activation**: Quick Poll – “What’s the biggest stressor for teens today?”**Focus**: Interactive notes with a short video and discussion on the following factors:RelationshipsSocial mediaSleep & nutritionFamily dynamicsSelf-esteem* **Guided**: Students complete a chart connecting each factor to a personal example
* **Independent**: Write a journal entry reflecting on how one external and one internal factor has impacted your mental or emotional health
 | 27 **🔹 DAY 3 – Who Am I? A Self-Discovery Project****Focus**: Identity, self-reflection, and self-esteem**Activation**: “Who Are You?” Slideshow with visuals of diverse identities and interests**Focus**: Introduce project: “Who Am I?” Poster/Collage/Video/Slide Deck-Include: strengths, core values, role models, favorite quotes, emotional triggers, coping strategies, goals, etc.**Collaboration**: Think-Pair-Share – “What makes you unique?” and “What helps you thrive emotionally?”**Guided**: Students begin planning/sketching layout of their project**Independent**: Continue working on the project throughout the week (due Friday) | 28 **🔹 DAY 4 – Mindfulness & Meditation Day****Focus**: Tools to improve mental and emotional health* **Activation**: Calm breathing activity (2 minutes)
* **Focus**: Teacher-led explanation of meditation, mindfulness, breathing techniques, grounding exercises
* **Guided**: 10-minute guided meditation session with relaxing visuals or audio
* **Collaboration**: Brief group share on how the experience felt
* **Independent**: Complete “Mental Reset” worksheet with personal stress triggers and at least 3 coping strategies
 | 29 **🔹 DAY 5 – Showcase: "Who Am I?" Projects & Reflection****Focus**: Self-expression, confidence, and connection**Activation**: Positive Affirmation Circle – each student writes and shares a positive phrase**Focus**: Students present their “Who Am I?” projects in small groups or gallery walk**Guided**: Give and receive feedback: “2 Stars and a Wish” sticky notes**Independent**: Final reflection journal:What did I learn about myself this week?What are two strategies I will use to protect or improve my mental/emotional health? | 30 **🎯 FINAL PROJECT: “Who Am I?” Self-Discovery Artifact****Format Options**:* Poster board
* Digital slide deck
* Infographic
* Poem & visual art combo
* Short video or narrated photo slideshow

**Must Include**:* At least 5 personal identifiers (values, traits, likes, influences)
* Mental & emotional health factors (positive & negative)
* One relaxation/coping strategy you’ve found helpful
* A quote or mantra that represents your identity
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| 31  | **Georgia Health Standard (GPSH)**:* **HEHS.1**: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
* **HEHS.5**: Students will demonstrate the ability to use decision-making skills to enhance health.
* **HEHS.8**: Students will demonstrate the ability to advocate for personal, family, and community health.

**🟩 WEEKLY LESSON PLAN: “Who Am I?” – Exploring Mental & Emotional Health****🔹 Grade Level: High School Health Education****🔹 Unit Focus: Mental & Emotional Health, Identity, Self-Awareness****🔹 Georgia Standards for Health Education (GPSH):*** **HEHS.1**: Comprehend concepts related to health promotion and disease prevention.
* **HEHS.2**: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
* **HEHS.4**: Demonstrate the ability to use interpersonal communication skills to enhance health.
* **HEHS.6**: Demonstrate the ability to use goal-setting skills to enhance health.
* **HEHS.7**: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| ActivationFocusGuidedCollabIndependentClosingLearning Target Success CriteriaPromoting Mental & Emotional Health & makeups | 1 Labor Day  | 2 PowerUp Asynchronous Learning Day | 3  | 4  | 5  | 6  |
| 7 Learning Target Success CriteriaPositve Thinking | 8  | 9  | 10  | 11  | 12 **Fall Semester Progress Report #1** | 13  |
| 14 Learning Target Success Criteria**CTB** | 15  | 16  | 17  | 18  | 19  | 20  |
| 21 Learning Target Success CriteriaFollowing a Healthy Diet ch. 8 | 22  | 23  | 24  | 25  | 26  | 27  |
| 28 Learning Target Success CriteriaFollowing a Healthy Diet ch. 8 | 29  | 30  |  |

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| ActivationFocusGuidedCollabIndependentClosing |  |  | 1  | 2  | 3  | 4  |
| 5 Learning Target Success CriteriaMakeups & Reflections | 6  | 7  | 8  | 9 Student Holiday/Professional Learning Day | 10 PowerUp Asynchronous Learning Day | 11  |
| 12 Learning Target Success CriteriaEngaging IN physical activity ch. 10 | 13 Student/Teacher Fall Break | 14 Student/Teacher Fall Break | 15  | 16  | 17  | 18  |
| 19 Learning Target Success CriteriaEngaging IN physical activity ch. 10 | 20  | 21  | 22  | 23  | 24  | 25  |
| 26 Learning Target Success CriteriaVision Boards & Portfolio | 27  | 28  | 29  | 30  | 31 **Fall Semester Progress Report #2** |  |

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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| ActivationFocusGuidedCollabIndependentClosing |  |  |  |  |  | 1  |
| 2 Learning Target Success CriteriaVision Boards & Portfolio | 3  | 4  | 5  | 6  | 7  | 8  |
| 9 Learning Target Success CriteriaPortfolio completion | 10  | 11 Veterans Day Holiday | 12  | 13  | 14  | 15  |
| 16 Learning Target Success Criteria**First Aid**  | 17  | 18  | 19  | 20  | 21  | 22  |
| 23 Learning Target Success Criteria | 24 Thanksgiving | 25 Thanksgiving  | 26 Thanksgiving | 27 Thanksgiving | 28 Thanksgiving | 29  |
| 30  |  |

| [◄ Nov 2025](#November_2025) | **December 2025** | [Jan 2026 ►](https://www.wincalendar.com/Holiday-Calendar/January-2026%22%20%5Co%20%22January%202026) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| ActivationFocusGuidedCollabIndependentClosingLearning Target Success CriteriaFirst Aid & Makeups | 1  | 2  | 3  | 4  | 5  | 6  |
| 7 Final Exam Prep | 8  | 9  | 10  | 11  | 12  | 13  |
| 14  | 15 Semester Exams | 16 Semester Exams | 17 Semester Exams | 18 **Semester Exams** | 19 Semester ExamsEarly Release | 20  |
| 21  | 22 Christmas Break | 23 Christmas Break | 24 Christmas Break | 25 Christmas Break | 26 Christmas Break | 27  |
| 28  | 29 Christmas Break | 30 Christmas Break | 31 Christmas Break |  |