

Health

Spring 2008 Syllabus

5th Six-Week Period

WEEK #1: Feb 26 – Feb 29:

CHAPTER 6, Glencoe HEALTH Text: Your Health and Wellness

- **Tuesday**, Feb 26: VIDEO DAY.
- **Wednesday**, Feb 27: pg. 131, Personal Health Inventory. Vocabulary, pg 132: find and define each term.
- **Thursday**, Feb 28: Pg. 138 questions 2-3 (essay)
- **Friday**, Feb 29: Vocabulary, pg. 139 (3) find and define each term. Pg 144, questions 1-3.

WEEK #2: March 3 – March 7 CHAPTER 6, cont.

- **Monday**, March 3: Vocabulary, pg. 145(6). “Making Responsible Decisions” exercise, pg. 147.
- **Tuesday**, March 4: Pg. 150 Lesson 3 Review Questions 1-3, 5. Vocabulary pg. 151(7) find and define each term.
- **Wednesday**, March 5: Lesson 4 Review, pg. 155, questions 1-4. Pg. 158, questions 1-19 in TOP section.
- **Thursday**, Mar 6: Chapter Review, pg. 158 questions 1-10 in BOTTOM section.
- **Friday**, March 7: **CHAPTER 6 TEST.**

WEEK #3: March 10 – March 14:

CHAPTER 8: Your Mental and Emotional Health

- **Monday**, March 10: Personal Health Inventory, pg 185, Vocabulary pg 186(2). Pg. 188, Building Health Skills Exercise.
- **Tuesday**, March 11: Lesson 1 Review pg 190, numbers 1-3. Pg 191 Lesson 2 Vocabulary(6). Find and Define each term.
- **Wednesday**, March 12: Lesson 2 Review, pg. 196, questions 1-3, 5. Pg. 197 Vocabulary (4) find and define each term.
- **Thursday**, March 13: Lesson 3 Review, Pg. 201, questions 1-3. Pg. 202 Vocabulary(2) find and define each term.
- **Friday**, March 14: Lesson 4 Review, pg. 207, questions 1-4. Chapter 8 Review, pg. 210, questions 1-13 in TOP section.

March 17 – 24: SPRING BREAK!!

WEEK #4: March 25 – March 28:

CHAPTER 8: Physical Fitness and Your Health

- **Tuesday**, March 25: Chapter 8 Review pg 210, numbers 1-4, 7-10 in BOTTOM section. Chapter review for remainder of period.
- **Wednesday**, March 26: **CHAPTER 8 Test.**
- **Thursday**, March 27: **Chapter 9** Personal Health Inventory, pg. 213. Vocabulary(8) pg. 214 find and define each term.
- **Friday**, March 28: Pg. 217, Adolescent Life-Change Event Scale. Determine your personal score from the last year. Lesson 1 Review, pg. 218 questions 1-3, 5.

WEEK #5: March 30 – April 3:

CHAPTER 9: Managing Stress in Your Life, cont.

- **Monday**, March 30: Pg. 219, Vocabulary(5) find and define each term. Lesson 2 Review, pg. 223 questions 1-3. Pg. 224 Vocabulary(5) find and define each term.
- **Tuesday**, March 31: Lesson 3 review, pg. 227 questions 1-2. Vocabulary(3) pg. 228 find and define each term. Lesson 4 Review, pg. 231 questions 1-3.
- **Wednesday**, April 1: Chapter 9 Review, pg. 234 questions 1-16 in TOP section.
- **Thursday**, April 2: Chapter 9 Review, questions 1-6 in BOTTOM section. CHAPTER REVIEW FOR REMAINDER OF PERIOD.
- **Friday**, April 3: **CHAPTER 9 TEST.**

WEEK #6: April 6 – April 10:

CHAPTER 10: Mental and Emotional Problems

- **Monday**, April 6: VIDEO DAY.
- **Tuesday**, April 7: Pg. 237 Personal Health Inventory. Vocabulary(8) pg. 238 find and define each term. Lesson 1 Review, pg. 242 questions 1-3.
- **Wednesday**, April 8: Pg. 243 Vocabulary(3) find and define each term. Lesson 2 Review, pg. 246 questions 1-4. Pg. 247 Vocabulary (4) find and define each term.
- **Thursday**, April 9: List at least 2 of the “Myths About Seeking Help” and its reality counterpart on pg. 249. Lesson 3 Review pg. 251 questions 1-3.
- **Friday**, April 10: Chapter 10 Review, pg. 254 questions 1-13 in TOP section.