

High School Health
CreatedMarch 4, 2025 Revised February 2026

Course Title	Health (Grade 9-12)					
Author	Jaycie Puttlitz					
Statement of Outcome	Students will develop literacy to promote health-enhancing behaviors, and demonstrate proficiency in skills to reduce health risks and improve or manage health outcomes. Course at a Glance					
Unit Name & Timeframe	Personal Health Part 1: Introduction to Health (Accessing Information and Advocacy skills) 20 classes (includes time for CPR/First Aid instruction)	Personal Health Part 3: Nutrition (Accessing Information skill) 12 classes	Mental & Emotional Health: Stress Management (Self-Management skill) 15 classes	Mental & Emotional Health: Substance use prevention (Analyzing Influences skill) 10 classes	Sexuality & Reproductive Health Part 1: Preventing Pregnancy & STIs (Decision making skill) 15 classes	Sexuality & Reproductive Health Part 2: Violence Prevention (Communication skill) 5 classes
Topic(s) and driving question.	How do practices and behaviors affect my health? How do I access reliable and accurate health information? How do I inspire others to take action for their health?	How do nutrients affect my body? How can I use information to help me get the nutrients I need?	How does stress affect my wellbeing? How can I support and manage my mental health?	What influences my perceptions and choices about substance use? How can I manage substance use influences on my health behavior and wellbeing?	How do I take care of my sexual health? How can I use decision making skills to prevent unplanned pregnancy and/or sexually transmitted infections?	How do I effectively communicate my health needs?
GX Focus	Self-Awareness, Evidence of Growth	Self-Awareness, Evidence of Growth	Self-Awareness, Evidence of Growth, Reflection	Self-Awareness	Self-Awareness, Evidence of Growth	Self-Awareness, Evidence of Growth
GP- Performance Indicators	SEH.HL.9-10.1: Evaluate practices and behaviors that support health and well-being, including how to manage health conditions. SEH.HL.9-10.2: Analyze the relationships between various dimensions of wellness as related to health outcomes. SEH.HL.9-10.3 Evaluate behaviors that reduce or prevent illnesses and injuries. SEH.HES.9-10.5 Evaluate and use valid, reliable and accessible sources of health information, products, services and other resources. SEH.HES.11-12.3: Demonstrate advocacy skills and strategies to promote health and well-being at interpersonal	SEH.HL.9-10.1: Evaluate practices and behaviors that support health and well-being, including how to manage health conditions. SEH.HL.9-10.3 Evaluate behaviors that reduce or prevent illnesses and injuries. SEH.HES.9-10.5 Evaluate and use valid, reliable and accessible sources of health information, products, services and other resources.	SEH.HL.9-10.1: Evaluate practices and behaviors that support health and well-being, including how to manage health conditions. SEH.HL.9-10.2 Analyze the relationships between various dimensions of wellness as related to health outcomes. SEH.HL.9-10.3 Evaluate behaviors that reduce or prevent illnesses and injuries. SEH.HES.9-10.2 Evaluate practices, behaviors, and other factors supporting individual health and well-being. SEH.HES.9-10.3 Demonstrate a variety of practices and behaviors supporting individual health and well-being. SEH.HES.9-10.5 Evaluate and	SEH.HES.9-10.1 Evaluate the interrelationships and impacts of various influences and health behaviors on health and well-being. SEH.HL.9-10.3 Evaluate behaviors that reduce or prevent illnesses and injuries.	SEH.HL.9-10.1 Evaluate practices and behaviors that support health and well-being, including how to manage health conditions. SEH.HL.9-10.2 Analyze the relationships between various dimensions of wellness as related to health outcomes. SEH.HL.9-10.3 Evaluate behaviors that reduce or prevent illnesses and injuries. SEH.HES.9-10.4 Apply an individual, supported, or collaborative decision-making process to maintain or improve health and well-being. SEH.HES.9-10.2 Evaluate practices, behaviors, and other factors supporting individual health and well-being.	SEH.HES.9-10.6 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

High School Health

CreatedMarch 4, 2025 Revised February 2026

	level		use valid, reliable and accessible sources of health information, products, services and other resources.			
Summative Assessment	Disease Infographic Project: Students gather accurate/reliable information about a disease and create a graphic with the message of promoting healthy behaviors Wellbeing Self-Awareness (Expo Practice Project)	Personal Meal Plan: Create a personal one-day meal plan based on MyPlate Plan recommended values and understanding of nutrient values based on skill of accessing information	Self Management Plan project: develop a personalized plan for how to promote wellbeing and prevent mental health issues; practice skill of self-management. Self-Management Journaling & Reflection activity: put plan into action and journal about experience; practice skill of self-management.	Personal Values Interview: student analyze how personal values influence choices on health Influences Around Me Project: Students analyze where there are substance use influences in their lives; practice skill of analyzing influences	STI Case Study Project (Decision Making skill)	Consent dialogue scenarios; practice skill of interpersonal communication
Link to Unit	Personal Health Unit Planning document	Nutritional Health Unit Planning Document (TBD)	Mental Health Unit Planning document	Substance Use Prevention Unit Planning Document	Sexuality Health Unit Planning Document	Violence Prevention (Consent/Communication) Unit Planning Document