

<b>Wellness Pacing Guide First Semester</b>				
	1 <sup>st</sup> Quarter	TN Standards	Lesson Focus	Additional Notes
	Week 1	3.10	Chp.1 Understanding Health & Wellness	
	Week 2	4.8		
	Week	6.12		
	Week 4	2.2	Chp.3 Achieving Mental & Emotional Health	
	Week 5	2.3		
	Week 6	2.4		
	Week 7	2.10	Chp.5 Mental & Emotional Problems	
	Week 8	2.11		
	Week 9	2.12		
<b>End of 1<sup>st</sup> Quarter</b>				
<b>Fall Break</b>				
	2 <sup>nd</sup> Quarter	TN Standards	Lesson Focus	Additional Notes
	Week 1	3.1	Chp.10 Nutrition For Health	
	Week 2	3.2		
	Week 3	3.3		
	Week 4	3.7		
	Week 5	3.5	Chp.11 Managing Weight and Eating Behaviors	
	Week 6	3.5		
	Week 7	4.1-4.3	Chp.12 Physical Activity and Fitness	
	Week 8	4.4		
	Week 9	4.5	Semester Exams	
<b>End of 2<sup>nd</sup> Quarter</b>				
<b>End of 1<sup>st</sup> Semester</b>				
<b>Semester Exam</b>				
<b>Winter Break</b>				

## Wellness Pacing Guide Second Semester

	3 <sup>rd</sup> Quarter	TN Standards	Lesson Focus	Additional Notes
	Week 1	4.2	Chp.14 Skeletal, Muscular, Nervous Systems	
	Week 2	4.2		
	Week 3	4.2		
	Week 4	4.2		
	Week 5	6.4	Chp.16 Endocrine & Reproductive Health	
	Week 6	6.5		
	Week 7	6.5		
	Week 8	1.4, 1.1	Chp.24 Sexually Transmitted Diseases & HIV/Aids	
	Week 9	6.6		
	Week 10	6.8		
	<b>End of 3<sup>rd</sup> Quarter</b>			
	4 <sup>th</sup> Quarter	TN Standards	Lesson Focus	Additional Notes
	Week 1	7.1	Chp.20 Tobacco	
	Week 2	7.1,7.2	Chp.20 Tobacco	
	Weeks 3-5	7.1,7.4	Chp.21 Alcohol	
	Week 6	7.1	Chp.22 Illegal Drugs	
	Week 7	7.3,7.7		
	Weeks 8-9	5.3-5.6	Chp.27 First Aid/CPR	
	Week 10		Final Exams	
	<b>End of 4<sup>th</sup> Quarter</b>			
	<b>End of 2<sup>nd</sup> Semester</b>	<b>Semester Exam</b>		

