

Unit	Standards	Suggested Timeframe
Unit 1: Physical Activity	PE.912.C.2.7 PE.912.C.2.10 , PE.912.C.2.17 , PE.912.C.2.25 , PE.912.C.2.27 , PE.912.L.4.2 PE.912.L.3.1 , PE.912.L.3.4 PE.912.M.1.12 PE.912.M.1.15 PE.912.M.1.33 PE.912.M.1.34 PE.912.M.1.35 , PE.912.R.5.2 PE.912.R.5.3 , PE.912.R.5.5	Ongoing
Unit 2: Mental, Social, Emotional Health	PE.912.L.3.3 , PE.912.L.4.3 , PE.912.R.5.3 PE.912.R.5.4 , PE.912.R.6.1 , HE.912.B.4.3 , HE.912.B.4.4 , HE.912.B.5.2 , HE.912.B.5.1 , HE.912.B.5.3 , HE.912.B.5.4 , HE.912.C.1.2 , HE.912.C.2.1 , HE.912.C.2.2 , HE.912.C.2.3 , HE.912.C.2.6 , HE.912.C.2.7 , HE.912.C.2.8 , HE.912.P.8.1	1-2 weeks (5-10 days)
Unit 3: Components of Physical Fitness	PE.912.C.2.6 PE.912.C.2.8 PE.912.C.2.9 , PE.912.C.2.11 , PE.912.C.2.12 , PE.912.C.2.14 , PE.912.C.2.15 , PE.912.C.2.16 , PE.912.L.3.2 , PE.912.L.4.1 PE.912.L.4.5 , PE.912.M.1.13 , PE.912.M.1.16 PE.912.M.1.19 , PE.912.R.6.3 , HE.912.C.1.4	Ongoing
Unit 4: Nutrition and Wellness Planning	PE.912.C.2.13 , PE.912.L.4.7 , HE.912.B.6.1 , HE.912.B.6.3 , HE.912.B.6.4 , HE.912.C.1.7 , HE.912.C.1.8 , HE.912.C.2.1 , HE.912.P.7.1	1-2 weeks (5-10 days)
Unit 5: Diseases and Disorders	HE.912.C.1.1 , HE.912.C.1.5 , HE.912.C.2.4 , HE.912.P.7.1	1 week (3-5 days)
Unit 6: Human Sexuality including Abstinence & HIV	HE.912.B.4.2 , HE.912.B.5.1 , HE.912.B.5.3 , HE.912.C.1.5 , HE.912.C.1.8 , HE.912.C.2.2 , HE.912.C.2.8 , HE.912.C.2.9 , HE.912.P.7.1 , HE.912.P.7.2	1-2 weeks (5-10 days)
Unit 7: Health Advocacy including Interpersonal Relationships and Teen Dating Violence Prevention	PE.912.C.2.18 , PE.912.C.2.22 , PE.912.L.3.5 , PE.912.L.3.6 , PE.912.L.4.6 , PE.912.M.1.14 , PE.912.M.1.17 , PE.912.R.6.2 , HE.912.B.4.2 , HE.912.B.4.3 , HE.912.B.4.4 , HE.912.B.5.2 , HE.912.B.5.4 , HE.912.B.6.2 , HE.912.C.1.2 , HE.912.C.1.7 , HE.912.C.2.1 , HE.912.C.2.4 , HE.912.C.2.9 , HE.912.P.8.3	1-2 weeks (5-10 days)
Unit 8: Alcohol, Tobacco, and Drug Prevention	HE.912.B.4.2 , HE.912.B.5.1 , HE.912.B.5.3 , HE.912.C.1.8 , HE.912.C.2.2 , HE.912.C.2.5 , HE.912.C.2.8 , HE.912.P.7.2	1-2 Weeks (5-10 days)
Unit 10: Internet Safety	PE.912.C.2.23 , PE.912.L.4.4 , HE.912.C.2.5 , HE.912.C.2.6	1-2 Days

Health standards are indicated in black.
Last Updated: 07/26/2021