



Course Outline: HOPE

Purpose: The purpose of this course is to develop and enhance health behaviors that influence lifestyle choices and student health and fitness. Students will realize the full benefit of this course when it is taught with an integrated approach. In addition to the physical education content represented in the benchmarks below, specific health education topics within this course include, but are not limited to: Mental/Social Health, Physical Activity, Components of Physical Fitness, Nutrition and Wellness Planning, Diseases and Disorders, Health Advocacy, First Aid/PR, Alcohol, Tobacco, and Drug Prevention, Human Sexuality including Abstinence and HIV, Internet Safety

Standards: **HOPE CPALMS Standards**

Length: 36 Week Course (1 Year)

Textbook Resources (FLDOE Approved – Not adopted by SBBC): Health Opportunities through Physical

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Week s	Unit	Lesson Concept	Standards Addressed	Notes/Resources
1-12	Introduction to class Unit 1: Building a Foundation	<p><i>Introduction to Fitness, Health, Wellness</i></p> <p>Introduction to Class: Class norms/expectations, locker rooms, teamwork, cooperation, sportsmanship, etiquette, safety</p> <p>Physical Education Components: Aerobic Activities, Anaerobic Activities, Fitness Stations, Warm-Up, Cool Down, Tracking Heart Rate During Activities, Skill Related and Fitness Related Components, Develop Fitness SMART Goals, create workout plan to Improve Fitness Goal, Exercise Training Principles (Overload, Specificity, Progression, FITT)</p> <p>Health Education Components: Communication, Stress, Accessing Information, Depression, Suicide Prevention, Goal Setting, Advocacy, Safe/Smart Physical Activity, Lifestyle Physical Activity, Health Related Fitness Components</p>	<p>PE.912.L.4.3 PE.912.C.2.22 PE.912.L.3.2 PE.912.C.2.11</p> <p>HE.912.P.7.1 HE.912.P.7.2 HE.912.C.1.1 HE.912.B.6.2</p> <p>MA.K12.MTR.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1</p>	<p><i>Health Opportunities through Physical Education (Optional)</i></p> <p><i>Chapters 1, 2, 3, 4, 5, 6, 8, 10, 11, 12, 14</i></p> <p><i>Canvas Resources</i></p>

13-18	Unit 2: Nutrition	<p style="text-align: center;"><i>Nutrition Unit</i></p> <p>Physical Education Components: My plate, Compare and Contrast Fitness vs. Nutrition, Health Related and Skill Related Benefits to Physical Activity, keep a food and exercise log to track calorie intake and expenditure, measure and monitor intensity (HR) of activities, Exercise Fact vs. Fallacy, Running Dictation Activity</p> <p>Health Education Components: Diet, Supplements, Meal Evaluation, Healthy Meal Planning on a Budget, Benefits of Physical Activity, Self-Management Skills, Monitoring Physical Activity, My Plate, Essential Nutrients</p>	<p>PE.912.C.2.13 PE.912.C.2.16 PE.912.C.2.23 PE.912.C.2.18</p> <p>HE.912.B.3.3 HE.912.C.2.6</p>	<p><i>Health Opportunities through Physical Education (Optional)</i></p> <p><i>Chapters 7, 9, 13,14, 15, 22, 25, 26</i></p> <p><i>Canvas Resources</i></p>
19-20	Unit 3: First Aid and Safety	<p style="text-align: center;"><i>First Aid and Safety</i></p> <p>Physical Education Components: Hydration, Health related illness, CPR, AED, First Aid</p> <p>Health Education Components: Choking, Heart Attack, Stroke, CPR, AED, First Aid, Heat-related illness, extreme weather conditions</p>	<p>PE.912.M.1.17 PE.912.C.2.8 PE.912.C.2.9</p> <p>HE.912.B.3.4 HE.912.c.2.3</p>	<p><i>Health Opportunities through Physical Education (Optional)</i></p> <p><i>Chapters 4, 34</i></p> <p><i>NFHS Resources</i></p> <p><i>Canvas Resources</i></p>

21-26	Unit 4: Substance Abuse	<p style="text-align: center;"><i>Substance Abuse</i></p> <p>Re-Introduction to Class: Class norms/expectations, locker rooms, teamwork, cooperation, sportsmanship, etiquette, safety, etc</p> <p>Physical Education Components: Risks and safety factors, performance enhancing drugs, fatal vision goggles</p> <p>Health Education Components: Drug tolerance, overdose, over-the-counter drugs, prescription drugs, alcohol, blood alcohol concentration, binge drinking, fetal alcohol syndrome, tobacco, marijuana, illicit drugs, drugs in sports</p>	<p>PE.912.L.3.6 PE.912.C.2.27</p> <p>HE.912.B.3.4 HE.912.C.2.4 HE.912.C.1.8 HE.912.C.2.2</p>	<p><i>Health Opportunities through Physical Education (Optional)</i></p> <p><i>Chapters 21, 22, 24, 31, 32, 33</i></p> <p><i>Canvas Resources</i></p> <p><i>Ever-Fi Resources</i></p> <p><i>Living Skills in Schools Presentation (see Canvas)</i></p>
27 - 29	Unit 5: Wellness Recap and Fitnessgram Post Test	<p style="text-align: center;"><i>Wellness Recap and FitnessGram Post Test</i></p> <p>Physical Education Components: SMART Goals, Exercise benefits to HR and SR Components, Exercise training principles, Aerobic and Anaerobic Exercises</p> <p>Health Education Components: Goal Setting, Advocacy, Safe/Smart Physical Activity, Lifestyle</p>		<p><i>Health Opportunities through Physical Education (Optional)</i></p> <p><i>Chapters 19, 20, 30</i></p>

		Physical Activity, Health Related Fitness Components		Canvas Resources
30-32	Unit 6: Building Relationships and Lifelong Health	<p>Building Relationships and Lifelong Health</p> <p>Physical Education Components: Risk and Safety factors, performance enhancing drugs, fatal vision goggles</p> <p>Health Education Components: Anatomy, disorders, family living and healthy relationships, health care consumerism, sexual health</p>	<p>PE.912.C.2.25 PE.912.R.6.2</p> <p>HE 912.B.4.2 HE.912.B.4.3 HE.912.C.1.4 HE.912.B.3.4</p>	<p>Health Opportunities through Physical Education (Optional)</p> <p>Chapters 28, 29, 30</p> <p>Canvas Resources</p>
33-36	Unit 7: Health Environment s and Lifelong Physical Activity Summative Examination	<p>Healthy Environments, Lifelong Physical Activity, Diseases</p> <p>Physical Education Components: Health related problems, benefits of physical activities, strategies, science of active living, sports and sportsmanship</p> <p>Health Education Components: Prevention, infectious, lifestyle, HIV</p>	<p>PE.912.L.4.6 PE.912.C.2.25 PE.912.C.2.25 PE.912.M.1.19 PE.912.R.6.2</p>	<p>Health Opportunities through Physical Education (Optional)</p> <p>Chapters 17, 18, 35, 36</p> <p>Canvas Resources</p>

English Language Development ELD Standards Special Notes Section: [si.pdf \(windows.net\)](#)