

WMS 7th Grade Health Curriculum Guide

Pacing	Objectives	Topics, Activities, and Assessments
Unit #1 Nutrition and Physical Activity 2 weeks	https://www.michigan.gov/documents/mde/HealthK-8_313770_7.pdf	Pre-Test MyPlate Food Groups 6 Essential Nutrients Daily Food Log SuperTracker Online Tool Analyze personal diet and exercise Developing Goals Reading and Understanding Food Labels Unit #1 Review Unit #1 Test
Unit #2 Alcohol, Tobacco, and Other Drugs 2 weeks	https://www.michigan.gov/documents/mde/HealthK-8_313770_7.pdf	Tobacco Vocabulary Tobacco Video Alcohol Centers Long/Short Term effects Influences Refusal Skills Alcohol Billboards Utilizing accurate online resources Drug Keynote Drug Keynote Presentations
Unit #3 Sexuality Education and HIV and STI Prevention 2 weeks	https://www.michigan.gov/documents/mde/HealthK-8_313770_7.pdf	Pre-test Female Reproductive System (parts and functions) Male Reproductive System (parts and functions) Abstinence (define and why to choose it) HIV and STIs (what they are and the effects it has on the body) Unit #3 Review Unit #3 Test

**WMS uses the Michigan Model Health Curriculum in all units

**WMS uses the Michigan Model Abstinence-Only curriculum in the Sexual Health Unit