

Grade Level:		7th and 8th Grade				
Subject/Course:		Health				
Month/ Quarter	Topic	Standards	Skills	Resources/Materials /Activities	Key Terminology	Assessments
Q2 October	Understanding Your Health	1.8.1 2.8.1 2.8.3 2.8.4 2.8.5 2.8.7 2.8.8 5.8.2 6.8.1 7.8.2	- understanding health triangle components - identifying health skills as physical, mental/emotional, or social - analyzing influences on health - discussing responsibility for health	- "An Apple a Day" poem review	Health Wellness Adolescence Peers Risk behaviors Precautions Prevention Abstinence	- Poem review - Note packet completion - Chapter review packet - Chapter quiz
Q2 November	Skills for a Healthy Life	2.8.3 4.8.2 4.8.3 5.8.2 5.8.4 5.8.6 6.8.1	- identifying skills for healthy communication - practicing refusal skills - incorporating "I" messages - discussing goal setting - identifying traits of good character	- character foldable	Decision making Values Goal setting H.E.L.P. S.M.A.R.T. Character Communication Stress	- Note packet completion - Chapter review packet - Chapter quiz
Q2 November	Mental and Emotional Health	1.8.5 1.8.7 2.8.4 6.8.1 7.8.2	- recognizing emotions - building stress management skills - identifying causes of stress - defining health body image and self esteem - analyzing the stages of grief	- Harbor TV Episodes with discussions - practicing different stress management techniques - research careers in mental health field	Self-Concept Self-Esteem Emotions Anxiety Stress Time management Grief Coping	- Note packet completion - Harbor TV episode discussions - Chapter review packet - Chapter test

Q2 December	Mental and Emotional Problems	1.8.7 2.8.3 4.8.1 6.8.1 7.8.2 8.8.1 8.8.2	<ul style="list-style-type: none"> - addressing stigma - identifying common mental/emotional health problems - introducing rarer problems - identifying resources 	Exploring teenmentalhealth.org <ul style="list-style-type: none"> - discuss stigma - discuss common problems - introduce more rare problems - identify helpful resources 	Disorder Depression Suicide Therapy	<ul style="list-style-type: none"> - Note packet completion - Stigma video review - Chapter review packet - Chapter quiz
Q3 Dec/Jan	Relationships: The Teen Years	2.8.3 4.8.2 4.8.3 4.8.4 5.8.1 6.8.2 7.8.2 8.8.2	<ul style="list-style-type: none"> - reviewing goal setting - applying communication skills - identifying positive and negative peer pressure - identifying importance of setting limits for health - reviewing refusal skills - discussing abstinence 	<ul style="list-style-type: none"> - refusal skill skits or comic strips - "Which Are You?" project (A, P, A) 	Relationships Peer pressure Clique Sympathetic "I" messages Active Listening Aggressive Passive Assertive Limits Affection Consequences	<ul style="list-style-type: none"> - Note packet completion - Chapter review packet - Chapter test
Q3 Dec/Jan	Promoting Social Health	1.8.5 2.8.1 4.8.1 5.8.7	<ul style="list-style-type: none"> - identifying different types of relationships and roles - defining respect -analyzing marriage and parenthood responsibilities and expectations 	<ul style="list-style-type: none"> - platonic friendship discussion 	Role Tolerance Family (types) Commitment Divorce Unconditional love	<ul style="list-style-type: none"> - Note packet completion - Chapter review packet - Chapter
Q3 January	Conflict Resolution	2.8.4 4.8.3 7.8.2	<ul style="list-style-type: none"> - recognizing the nature of conflicts - identifying prevention skills - identifying resolving skills 		Conflict Bullying Prejudice Revenge Mediation Compromise	<ul style="list-style-type: none"> - Note packet completion - Chapter review packet - Chapter quiz

Q3 February	Violence Prevention	1.8.1 5.8.2 5.8.7 7.8.2 7.8.3	<ul style="list-style-type: none"> - differentiating between bullying and harassment - identifying abusive signs and behaviors - strategizing for preventing violence and abuse - identifying resources for coping 	<ul style="list-style-type: none"> - “toe the line” activity - reinforcing discussion 	Violence Zero tolerance policy Victim Assault Rape Harassment Abuse Neglect Cycle of abuse	<ul style="list-style-type: none"> - Note packet completion - Self-defense application (weapon ID) - Chapter review packet - Chapter quiz
Q3 February	Physical Activity (PA) and Fitness	1.8.5 6.8.2 6.8.3	<ul style="list-style-type: none"> - analyzing the benefits of PA - define and calculate Target Heart Rate - identifying the 5 fitness components - reviewing goal setting 	<ul style="list-style-type: none"> - research and discuss advanced in exercise research day - research careers in exercise science field - calculating THR activity - Lung capacity activity 	Physical activity Calories (PA) Exercise Endurance Strength Flexibility Body composition Heredity Heart rate F.I.T.T. P.R.I.C.E.	<ul style="list-style-type: none"> - Note packet completion - Fitness app/ advancement review and report - Chapter review packet - Chapter test
Q3 March	Nutrition for Health	1.8.1 6.8.2 6.8.3 7.8.2	<ul style="list-style-type: none"> - identifying importance of nutrition - defining diet - analyzing nutrition - researching nutritional guidelines 	<ul style="list-style-type: none"> - research careers in dietetics field - food label scavenger hunt 	Nutrients Appetite Hunger Calorie (nutrition) Nutrient density	<ul style="list-style-type: none"> - Note packet completion - “Food Matters” guided worksheet - Chapter review packet - Chapter test
Q3 March	Your Body Image	1.8.9 2.8.5 2.8.7 3.8.2	<ul style="list-style-type: none"> - understanding strategies for maintaining a healthy weight - identifying pressures to be “perfect” - calculating BMI and understanding BMI/other tools 	<ul style="list-style-type: none"> - “toe the line” activity - reinforcing discussion 	Body image BMI Appropriate weight Eating disorders	<ul style="list-style-type: none"> - Note packet completion - “Starving Secrets” guided worksheet - Chapter

			used - differentiating between eating disorders - accessing help for eating disorders			review packet - Chapter test
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