

FALMOUTH NAVIGATORS

SCHOOL: FMS

SUBJECT: Health

[Grade 6 Student View](#)

[Grade 7 Student View](#)

[Grade 8 Student View](#)

[Grade 10 Student View](#)

	Fall	Winter	Spring
Grade 6 Health Course Outline	Social Health Social Health Social Skills Mental Health Digital Citizenship Online safety Balance Proper email	Fitness Types of fitness Fitness Benefits Fitness Terms Injuries/treatment Nutrition Essential Nutrients Calories Food Groups Food Label reading	Emergency Response 3 C's First Aid Kit Basic Injuries/Treat Injury Prevention Fire Safety Injury Treatment CPR/AED use Emergency Response Project
Grade 7 Health Course Outline	Body Image/Self Esteem Body Image Self Esteem Eating Disorders	Drug Education Drug Info & basics Drug Categories Drug Effects	Drug Education cont. Nicotine info & basics Nicotine Forms Nicotine Effects

Updated 9/2024

	Stereotypes Personal Skills Media Influences Personal Influences Goal setting: short term goals Talk about the process at FMS and do the Julien activity and the process at FHS.	Alcohol info & basics Alcohol Factors Alcohol Effects	Assertive Communication re “Drug” Scenarios Advocacy: Have students write a letter to Legislature advocating about banning flavored tobacco/nicotine.
Grade 8 Health Course Outline	Mental Health Stigma Disorders/”Challenges” Self-Harm Stress Treatment	Relationships & Reproduction Healthy Relationships Unhealthy Relation Assertive communication	Reproductive Systems Contraception STD/STI’s Pregnancy/Childbirth
Grade 10 Health	2020 Wellness Life expectancy Dimensions of Wellness Heart disease Goals Mental Health Stress Stigma Disorders Suicide Addiction addiction/brain vaping/opioids	2023 Wellness Life Expectancy Dimensions of Wellness Heart Disease Goals Mental Health Stigma Overview disorders Stress Suicide Addiction addiction/brain model Cannibas vs vaping Opioids--documentary	2024 Wellness 9 Dimensions of Wellness Health Habits Being Proactive/Reactive Goal Setting Mission Statement/Vision Casting Impact of health habits on goal setting Executive Functioning, time management, prioritizing Analyzing Influences Peer Pressure/Following the

	Guest speaker Nutrition Food intake analysis Nutrition labels Marketing Sexuality Consent	Nutrition Food intake analysis (not personal) Nutrition labels Marketing Sexuality Consent Anatomy 101 STI/BC Gender identity 101 language	Herd Social media/cell phone/ Advertising Nutrition, tobacco, alcohol Effective Communication I Messages, conflict resolution Synergy Emotional/Mental Wellness “Finding Happiness” Suicide Decision Making Drugs, Alcohol, Tobacco Sexuality, Nutrition, Emergency situations Advocacy Seeking medical & emotional help STI/STD Consent *Accessing Reliable Information is included in each unit