



Health Syllabus

Grade 7

Healthy and Active Life style	Substance Abuse	Sex Education/Disease Prevention
Begin and maintain Food Journals, to include hours of sleep and exercise.	Identify school Board policies on substance abuse.	Introduction to the Sex Education. Explore topics that might concern students.
Evaluate present eating habits by examining unhealthy eating habits. Explore the food Pyramid.	Analyze the impact that the use of substances has on decisions, injuries, and crimes committed within society.	Relationships: Identify physical, emotional, and social changes in adolescence. Describe the process of conception via sexual intercourse. List the sexual transmitted diseases. Emphasis on HIV
Analyze the importance of exercise. Evaluate the present exercise habits and develop a plan to improve them.	Examine features that influence the use of these substances. (peer, media, social factors)	How HIV is transmitted, how it affects the immune system, prevention/ control of HIV.
Video: "Eating Healthy"		Project: HIV

Grade 8

Healthy and Active Life style	Substance Abuse	Sex Education/Disease Prevention
Wellness: Analyze food label and how to apply them in planning a healthy menu	Identify specific substances that belong to the following categories: depressants, and stimulants.	Introduce pregnancy and contraception
Examine eating disorders and other unhealthy eating habits	Effects of tobacco/nicotine on the body: Addiction and harmful effect.	Compare and contrast the methods of contraception that are current and available.
Identify the components of exercise, strength, endurance, flexibility, frequency, duration, intensity, aerobic exercise, and anaerobic exercise.	Alcohol and Abuse: Levels of intake Social, moderate, and abuse	Describe how the media may influence behaviors and decisions-makings related to sexuality.
Video: "Promoting Healthy Behavior"	Project: Research and develop strategies for anti-smoking campaign	

Health Syllabus

Grade 9

Healthy and Active Life style	Substance Abuse	Sex Education/Disease Prevention
Evaluate the influence of social, economic, cultural and emotional factors on personal eating habits.	Analyze the difference between physical and psychological dependency.	Analyze the value of abstinence and explain the value of postponing sexual activity. Or Human growth and Development: Conception to Birth
Examine temporary and long-term health problems related to poor food choices and eating habits.	Explore drug use and effect on teenagers and relations and society.	Life cycle Birth to senior citizen Stages of development and life style changes
Design a wellness plan that will balance nutritional intake, physical activity, and rest.	Discuss resources available in schools and community that can help provide help for substance abuse.	Practice responsible behaviors associated with mature, young, adult interaction HIV ?
	Project: Chemical dependency and its irreversible consequences.	Video: “ Truth Sex and videotapes: What teens really think”