

Course Title:	Middle School Health	
Select standards: MDE MI Health Education Standards		
Unit 1		
Unit Objectives:	• Explain the term “health.” • Explain the term “wellness.” • Identify skills that will help you stay healthy. • Explain how heredity and environment affect health. • Demonstrate understanding of the health triangle. • Identify good sources of health information in print, in person, and in mass media, • Identify the reliable source of health information on the Internet. • Explain how to use reliable health information. • Explain the steps of the decision-making process. • Identify examples of short-term and long-term goals. • Explain the process of working toward a goal.	
Standards	Assignment	Description
7th-8th grade standards-1.10 1.11 4.9 4.15 5.3 5.13	0.1 Introduction to the Discussion Board	Graded Discussion
	1.1 Balancing Your Health	Graded Assignment
	1.1 What Are Health And Wellness?	Graded Quiz
	1.2 Quack or Cure Assignment	Graded Assignment
6th grade standards-1.1 1.5 4.6 4.7	1.2 Where Can You Find Health Information?	Graded Quiz
	1.3 Decision Time	Graded Assignment
	1.3 How Do You Make Healthy Choices?	Graded Quiz
	Unit 1 Health and Wellness	Graded Exam
Unit 2		
Unit Objectives:	• Define “mental health.” • Define “self-concept” and identify ways to build a positive self-concept. • Explain what emotions are and healthy ways to express them. • Define different types of stress and identify ways to manage stress. • Identify types of families. • Describe ways to build a strong family foundation. • Define “friendship.” • Explain how peer pressure can be positive or negative. • List ways to deal with negative peer pressure. • Define “communication.” • Explain effective speaking skills. • Explain effective listening skills. • List the skills needed to have a difficult conversation.	

Standards	Assignment	Description
7th and 8th grade standards- 4.6, 4.7 4.14 4.10 4.11 3.9 6th grade standards- 4.1 4.5 4.10 4.11	2.1 Mental Health Inventory	Graded Assignment
	2.1 Caring For Your Own Mental Health	Graded Quiz
	2.2 Creating A Family Tree	Graded Assignment
	2.2 What Are Healthy Relationships?	Graded Quiz
	2.3 Lights! Camera! Action!	Graded Assignment
	Unit 2 Mental, Social, Emotional Health	Graded Exam
Unit 3		
Unit Objectives:	• Explain why food choices are important. • Define "nutrition." • Identify macronutrients and micronutrients. • Explain the functions of common nutrients in the body. • Identify the five food groups. • Name foods that belong to each group. • Explain the MyPlate food guide. • Explain how food preparation choice affect food's nutritional value. • Identify appropriate serving sizes for each food group. • Explain healthy ways to maintain an appropriate weight. • Describe two types of eating disorders.	
Standards	Assignment	Description
7th-8th grade standards- 1.1, 1.2, 1.7 1.10 1.11 6th grade standards- 1.1, 1.4 1.5 1.7	3.1 Keeping A Food Log	Graded Assignment
	3.1 What Is Nutrition?	Graded Quiz
	3.2 How Am I Doing?	Graded Assignment
	3.2 What Should You Eat?	Graded Quiz
	3.3 How Much Do You Eat?	Graded Assignment
	3.3 How Much Should You Eat?	Graded Quiz
	Unit 3 Nutrition	Graded Exam
Unit 4		
Unit Objectives:	• Define "physical activity." • Define "sedentary." • List the health risks of being sedentary. • Explain the benefits of physical activity and ways to increase a person's level of physical activity. • Define "physical fitness." • Explain the components of physical fitness. • Identify myths about physical fitness. • Evaluate lifestyle factors that improve physical fitness. • Identify ways to prevent injuries before, during, and after physical activity.	

	• Explain the RICE system of treating minor injuries. • Explain how germs are spread. • Identify communicable diseases. • Explain what sexually transmitted infections are and how they are spread. • Identify the body's defenses against disease.	
Standards	Assignment	Description
7th and 8th grade standards- 1.1 1.2 1.10 1.11 1.16 6th grade standards- 1.1 1.4 1.5 1.7	4.1 How Active Am I?	Graded Assignment
	4.1 Physical Activity	Graded Quiz
	4.2 How Fit Am I?	Graded Assignment
	4.2 Physical Fitness	Graded Quiz
	4.3 Injuries And How To Prevent Them	Graded Assignment
	4.3 Preventing And Treating Activity-Related Injuries	Graded Quiz
	Unit 4 Activity and Health	Graded Exam
Unit 5		
Unit Objectives:	• Explain how germs are spread. • Identify communicable diseases. • Explain what sexually transmitted infections are and how they are spread. • Identify the body's defenses against disease. • Identify causes of noncommunicable diseases. • List ways to avoid or control noncommunicable diseases. • Describe ways of lowering your cancer risk. • Identify warning signs of cancer. • Explain how alcohol affects a person's physical and mental health. • Define terms used in alcohol, tobacco, and other drugs. • List dangerous substances in tobacco. • Describe effects tobacco has on the body. • List guidelines for taking medicine.	
Standards	Assignment	Description
7th-8th grade standards- 2.1 5.2 5.12 6.1	5.1 Diseases Caused By Germs	Graded Assignment
	5.1 Preventing Disease 1: Communicable Diseases	Graded Quiz
	5.2 All About the X	Graded Assignment
6th grade standards- 2.1 2.14	5.2 Preventing Disease 2: Noncommunicable Diseases	Graded Quiz

5.1 7.4	5.3 Teen Substance Use	Graded Assignment
	5.3 Alcohol, Tobacco And Other Drugs	Graded Quiz
	Unit 5 Preventing Illness	Graded Exam
Unit 6		
Unit Objectives:	• Describe the structure and function of the major body systems. • Identify ways to protect your nervous system. • Identify the physical, social, mental, and emotional changes that typically occur during adolescence. • Define “personality” and discuss the factors that influence personality • Describe common physical developmental differences. • Explain common intellectual developmental differences. • Identify learning disabilities and how they differ from learning styles. • Describe how environmental pollution can affect health. • Describe ways people can help protect the air, water, and land from pollution. • List ways to reduce waste, reuse items, and recycle. • Describe how to prepare for weather dangers. • List the safety rules for outdoor activities.	
Standards	Assignment	Description
7th/8th grade standards- 3.16 3.19 7.10	6.1 Human Growth And Development	Graded Quiz
	6.2 Welcome To Our Class!	Graded Assignment
	6.2 Developmental Differences	Graded Quiz
6th grade standards- 3.8	6.3 Staying Safe And Having Fun	Graded Assignment
	8.3 How Does The Environment Affect Your Health?	Graded Quiz
	Unit 6 You And Your Environment	Graded Exam