

Year at a glance 7th Grade and 8th Health Topics and Curriculum:

Below is the curriculum for the 7th and 8th grade Health classes in the 2020-2021 school year. Students currently have 6 weeks of health in the school year and being that there is less time than in year's past for in -person instruction, below are the topics that we are going to focus on:

Foundations of Health	<p>3 Dimensions of Health</p> <ul style="list-style-type: none"><li>- Physical Health</li><li>- Mental/Emotional Health</li><li>- Social Health</li><li>- SMART Goals<ul style="list-style-type: none"><li>- Designing and implementing your own goals</li><li>- Process vs the product</li></ul></li><li>- Effective Communication</li></ul>
Suicide Prevention	<ul style="list-style-type: none"><li>- Lifelines Curriculum</li><li>- Scenarios</li></ul>
Healthy Relationships	<ul style="list-style-type: none"><li>- Qualities in a Healthy vs unhealthy relationships</li><li>- Types of relationships</li><li>- Consent</li><li>- Boundaries<ul style="list-style-type: none"><li>- Rigid vs Soft vs Healthy</li></ul></li><li>- Communication</li><li>- Verbal/Physical Abuse</li><li>- Scenario Cards</li></ul>
Stress & Anxiety	<ul style="list-style-type: none"><li>- Define Stress and Anxiety</li><li>- Understand the bodies response to stress</li><li>- Positive and appropriate ways to handle stress</li></ul>
Nutrition	<ul style="list-style-type: none"><li>- Macro vs Micro nutrients</li><li>- Understanding nutrition facts and food labels</li><li>- Creating a balanced meal</li></ul>