

Middle School Health
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Unit 1: Diseases (Weeks 1-5)

- Content: Types of diseases, prevention, and management.
- Activities: Research project on a specific disease, disease prevention poster creation.
- Assessments: Written report and presentation on researched disease.

Unit 2: Growth and Development (Weeks 6-10)

- Content: Human development stages, emotional and physical changes.
- Activities: Personal growth journal, group discussions.
- Assessments: Reflective essay on personal growth.

Unit 3: Nutrition (Weeks 11-15)

- Content: Nutrients, healthy eating habits, dietary choices.
- Activities: Meal planning project, nutrition label analysis.
- Assessments: Nutrition plan presentation.

Unit 4: Physical Activity and Fitness (Weeks 16-20)

- Content: Importance of physical activity, fitness regimes.
- Activities: Fitness challenge, personal fitness plan development.
- Assessments: Fitness log review and assessment.

Unit 5: Reproductive Systems (Weeks 21-25)

- Content: Anatomy, reproductive health, safety.
- Activities: Educational videos, Q&A sessions.
- Assessments: Quiz on reproductive health.

Unit 6: Tobacco (Weeks 26-30)

- Content: Effects of tobacco, smoking prevention.
- Activities: Anti-smoking campaign creation, guest speaker sessions.
- Assessments: Tobacco awareness campaign presentation.

Unit 7: Understanding Your Own Health (Weeks 31-36)

- Content: Personal health assessment, mental health, wellness strategies.
- Activities: Personal health diary, stress management workshop.
- Assessments: Personal health plan submission.