

RJK Middle School
6th Grade Health Curriculum

Week 1- Syllabus/Name Game

- Holistic health model
 - (health triangle)

Week 2- Intro to Health Education

- Illness wellness continuum
- Physical, Social and Mental health
 - Influences (positive and negative)

Week 3- Mental, Emotional and Social Health

- Personality traits- what makes you who you are
- Self-Esteem
 - Bean activity
 - compliments
- Self-Concept
 - Video

Week 4- Expressing Emotions

- Ways to handle them
- Defense mechanisms
- Stress management/relaxation
- Importance of taking time for yourself
- Mental Health Brochure – (disorders)

Week 5- Nutrition and Physical Activity

- Food guide pyramid and food labels
- PRASAD
- Importance of physical activity

Week 6- Alcohol, Tobacco and Substance Abuse

- Use, misuse and abuse
- Alcohol
- Tobacco
- Methods of use
- Quiz

Week 7- CPR- Alex Boss

- Quiz
- Mrs. Boss (nurse)

Week 8- Puberty and Adolescence

- Hormones/Endocrine system/ physical development
- Reproductive system
- STD's- general

Week 9- Person Health

- Personal hygiene -skin, hair, body odor, and advertisements
- Project

Week 10- Test/ Project/Make-up work

RJK Middle School

7th Grade Health Curriculum

Week 1- Syllabus and Name Game

- Intro/review

Week2- Mental, Emotional and Social Health

- Moslow's Hierarchy of Needs
 - Goal Setting
 - Relationships
 - Communication
 - Healthy relationships
 - Violence in relationships
- Video/ worksheet (Relationships- When they help, when they hurt)

Week 3- Communication/ Values

- Guest speaker- SRO
- relationships
- "I" messages
- Decision making
 - Life raft activity

Week 4- Violence

- Current events
- Gangs
- Bullying
- Peer pressure

Week 5- Substance Abuse

- Overview of drugs
- Classification
 - Recognizing influences
 - Decision making skills-advertisements

Week 6- Effects on the body

- Methods of usage
- Laws-Police officer

Week 7- Disease

- Healthy alternatives
 - Communicable
 - Non-communicable

Week 8- Nutrition and Fitness

- What is a calorie
- 6 essential nutrients\
- Fitness Project – map and brochure

Week 9- Pyramid compare/contrast old vs. new

- Food labels-choices of food
- Obesity/fitness/disease prevention
- Sedentary lifestyle

Week 10- Test/Project/Make-up work

RJK Middle School

8th Grade Health Curriculum

Week 1- Syllabus/Name Game

- Wellness/ Optimal Health
- Six areas of health
- Influences

Week 2- Stress

- How to handle emotions and what they are
 - Stress- signs and symptoms, prevention and relief strategies (positive and negative)
 - Personality (identify yourself as an individual)
 - Defense Mechanisms (Skit)

Week 3- Mental Health Disorders

- Depression
- Suicide
- Death and dying
- Coping mechanisms
- Test

Week 4- Fitness and Nutrition

- F.I.T.T. principle
- Create meal (mypyramid.gov) meal plan

Week 5- Human Growth and Development

- What is sexuality
- Reproductive System- male/female
- Maintaining a health reproductive system

Week 6- STD's (cancer's of reproductive system)

- Power point presentations

Week 7- Teen Pregnancy and Parenting

- Life changes
- Money
- Teen drop-out rate
- Responsibilities

Week 8- Person Safety and First Aid

- Review CPR and Heimlich
- Basic principles of First Aid

Week 9- Emergencies

- Resources
- 911
- Fire safety
- Police
- Environmental Health
- Quiz

Week 10- Adolescence to Adult Hood Test/ Make-up Work