

**7<sup>th</sup> GRADE CURRICULUM**  
**Health Education**  
**Ms. Maloney**

<b>Grade 7th</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
<b>Week 1</b>	<b>Intro. To HE</b> Rules Syllabus <i>Wonderful Me</i> worksheet	<b>Ice Breaker</b> <i>Team</i> <i>Challenge</i>	<b>Define</b> <b>Healthy</b> Posters	<b>Health Facts</b> around the room	<b>Self</b> <b>Concept</b> <b>Bags</b>
<b>Week 2</b>	<b>Self Esteem</b> Define and grid a typical day	<b>Self Concept</b> <b>Bag</b> Presentations	<b>Nutrition</b> <b>Unit</b> Self Evaluation	<b>Nutrition</b> Dietary Guidelines Nutrients	<b>Nutrition</b> Food Pyramid
<b>Week 3</b>	<b>Nutrition</b> Nutrient Project	<b>Nutrition</b> Nutrient Project	<b>Nutrition</b> Nutrient Presentation	<b>Nutrition</b> Healthy Breakfast	<b>Nutrition</b> Computer Lab Food Safety
<b>Week 4</b>	<b>Project Alert</b> <b>I</b> <b>Drug</b> <b>Resistance</b> <b>Program</b>	<b>Project Alert</b> <b>II</b> Tobacco	<i>I Can't</i> <i>Breathe</i> Tobacco video	<b>Middleton</b> <b>Prison</b> <b>Field Trip</b>	Debrief Field Trip
<b>Week 5</b>	<b>Tobacco</b> Alien Essay Media Influence	<b>Project Alert</b> <b>III</b> Alcohol and Marijuana	<b>Project</b> <b>Alert IV</b> Pressures to use Drugs	<b>Project Alert</b> <b>V</b> Social Pressures	<b>Project</b> <b>Alert VI</b> Internal and External Pressures
<b>Week 6</b>	<b>Project Alert</b> <b>VII</b> Practice Resistance	<b>Project Alert</b> <b>VIII</b> Inhalant Abuse	<b>Project</b> <b>Alert IX</b> Review	<b>DARE I</b> <i>Age</i> <i>Thresholds</i>	<b>Project</b> <b>Alert X</b> Smoking Cessation
<b>Week 7</b>	<b>Proj. Alert XI</b> Benefits of Not Using Test	<b>Depression</b> <b>and Suicide</b> <b>Prevention</b>	<b>Depression</b> <b>and Suicide</b> <b>Prevention</b>	<b>Dare II</b> <i>Criminal</i> <i>Justice</i> <i>System</i>	<b>Lyme</b> <b>Disease</b> Prevention

<b>Week 8</b>	<b>Reprod. System</b> Puberty & Hygiene	<b>Reprod. System</b> Female	<b>Reprod. System</b> Male	<b>Reprod. System</b> Review	<b>Reprod. System</b> Test
<b>Week 9</b>	<b>Final Test</b> Folder Check	<b>Tobacco</b> Computer Lab	<b>Floater day</b>	<b>Floater day</b>	<b>Floater day</b>

**\*\*This map is subject to change**