



## Middle School Coordinated Health 6-8 2010-2011 School Year

### Unit 1 Personal Fitness

- The Components of Fitness
- Aerobic and Anaerobic Exercises
- Playing Sports
- Eating for Sports and Physical Activity

Newspaper 1 - (Unit 1 and 2) pages 1-8  
Newspaper 2 – (Unit 3 and 4) pages 1-8  
Newspaper 3 – (Unit 5) pages 1-8  
Newspaper 4 – (Unit 6-9) pages 1-8

\*Schools receive non-dated issues in one shipment.

### Unit 2 Nutrition and Health

- MyPyramid.gov
- MyPyramid.gov Personalized Plan
- Balance, Variety, and Moderation
- Breaking Bad Food Habits

### Unit 3 Body Systems

- The Human Body
- The Body's Major Systems
- The Importance of Diet and Exercise
- Preventive Medicine

### Unit 4 Growth and Development

- Physical Changes During Growth and Development
- Growing Up
- Are You a Responsible Teenager?
- Nutrition and Exercise During Adolescence

### Unit 5 Avoidance of High Risk Behaviors

- Tobacco and Your Health
- Alcohol and Drug Prevention
- Supplements and Scams
- You Can Make Healthy Choices! - Pregnancy, HIV/STDs Awareness and Prevention – Abstinence Approach
- Teenage Pregnancy
- Choosing Abstinence
- Abuse, Neglect, and Domestic Violence
- Relationships

## **Unit 6 Using Health Information and the Influence of Media and Technology**

- Accessing and Using Health Information
- Influence of Media and Technology on Health

## **Unit 7 Environmental and Social Factors Affecting Health**

- The Environment and Health
- Environmental Factors Related to Exercise

## **Unit 8 Safety**

- Preventing Accidents
- A Safe and Healthy School Environment

## **Unit 9 Social and Mental Health**

- Self-Esteem and Peer Pressure
- The Benefits of Healthy Lifestyle Choices

**\*Home Connection** activities are built into each lesson.