Health Unit Course Outline

Grades 5 – 7

Oakwood Avenue School

Mr. Luke

The Following unit will be covered from January 27, 2014 to March 28, 2014.

January 27 – February 7

**Understanding Health and Wellness**

A. Your total Health

B. Skills for building health

C. What affects your health?

D. Health risks and your behavior

February 10 – February 21

**Physical Activity and Fitness**

A. Becoming physical fit

B. Exploring skeletal and muscular systems

C. Exploring the circulatory system

D. Creating a fitness plan

E. Preventing physical activity injuries

February 25 – March 7

**Nutrition**

A. Nutrients for good health

B. Planning healthful meals

C. Body image and healthy weight

D. Media messages about food

March 10 – March 28

**Drugs**

A. Drug use and abuse

B. Types of drugs and their effects

C. Drug risks and teens

D. Staying drug free

E. Helping others say no to drugs