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