



Middle School 2009-2010

Unit 1 Personal Fitness

- Strive for Fitness
- Getting Fit!
- Interval Training
- Sports, Dance, and Cheer

Unit 2 Nutrition and Health

- MyPyramid.gov
- Your Personalized MyPyramid Plan
- Cooking for Health
- The Importance of Breakfast - Healthy Choices When Time is Limited

Unit 3 Body Systems

- The Amazing Human Body
- A Closer Look at the Human Body Systems
- Making Choices that can Positively Affect Your Body Systems
- Preventive Medicine

Unit 4 Growth and Development

- Stages of Growth and Development
- Emotional and Social Changes during Adolescence
- Problem Solving and Decision Making
- Making Smart Choices!

Unit 5 Avoidance of High Risk Behaviors

- Smoking and Disease
- You have the Power! – Alcohol and Drug Prevention
- Avoiding Dangerous Supplements and Substances
- Pregnancy, HIV/STDs Awareness and Prevention – Abstinence Approach
- The Facts on Teen Parenting
- About Abstinence
- Prevent Abuse, Neglect, and Domestic Violence
- Building Healthy Relationships

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

- Using Health Information to Improve Your Health
- How the Media Can Influence Health Behaviors

Unit 7 Environmental and Social Factors Affecting Health

- The Environment and Your Health
- Be Prepared for Your Exercise Environment/Exercising with Friends and Family

Unit 8 Safety

- Adolescents and Accidents
- Making Your School Environment Safe and Healthy

Unit 9 Social and Mental Health

- Your Social Health
- Staying Emotionally Healthy

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