

Middle School Health/ Wellness Schedule 2018-2019

Week	Dates	6th Grade	7th Grade	8th Grade
1		Open Procedures- Life Map	Opening Procedures- Life Map	Opening Procedures and Intro Life Map Part A
2		Wellness Triangle Goodheart-Willcox: 1.1: Interrelatedness of Health Animation Video (2 min) Goodheart-Willcox: Lesson 1.1 Reading Wellness Triangle Worksheet (google docs) Goodheart-Willcox: Lesson 1.1 Graphic Organizer	Body Image Goodheart-Willcox: Chapter 4: Being Mentally and Emotionally Healthy Lesson 4.1- Getting to Know Yourself Activity C Lesson 4.2- Making Sense of Your Emotions Activity E Lesson 4.3- Managing Stress Activities G & H *Check out Graphic Organizers	Life Map Part B Student work on life map reflecting on past, planning for future and goal setting for present. (Project Outline in Google Drive)
3		Wellness Triangle Goodheart-Willcox: Activity A Lesson 1.1 Activity C Lesson 1.1	Body Image Goodheart-Willcox: Chapter 5: Getting Help for Mental Health Conditions Lesson 5.1- Recognizing Mental Health Conditions Activity D- Use "articles" for snapchat, instagram, twitter, etc. Activity E	Nutrition Nourish: Lesson 2 Students complete Seasonal Circle assignment
4		Wellness Triangle Goodheart-Willcox: Chapter 12: Preventing and Responding to Accidents and Injuries Activity B Lesson 12.1 Station Rotation and Chart completion	Alcohol Prevention- Goodheart-Willcox: Chapter 9- Lesson 9.1 The Effects of Alcohol Activities A-C	CREST Presenter- Helena Kilstrom ~ Food Samples ~ Local Food Options ~ Sustainable
5		Nutrition Lesson 6.1 Graphic Organizer as Warm-Up and Review during video clip 6.1 Types of Nutrients Animation Video (5 min) Lesson 6.2 Graphic Organizer Food Benefits	Alcohol Prevention Goodheart-Willcox: Chapter 9- Lesson 9.2 Preventing and Treating Alcohol Use Disorders Activities D-G	Sexual Health- Rules of Dating Goodheart-Willcox: Abstinence, Consent, Refusal Skills (U.S. Laws, Creating Rules for Dating, Teen Dating Commission Worksheet) *Optional: Individual Homework or Exit Ticket
6		Nutrition Reading Food Labels	Alcohol Prevention- Impairment Goggles Stations: 1. Poly Spots- Balance 2. iPads- Typing 3. Health Books- Reading 4. Writing 5. Large Volleyballs- Reaction time 6. Shooting- Aim 7. Walk the line- Concentration 8. Reactions balls	Sexual Health- STDs Goodheart-Willcox: Making Responsible Sexual Decisions

7		CREST Presenter- Nutrition Helena Kilstrom Farm Field Trip or Guest Speaker	Nutrition- Goodheart-Willcox: Chapter 6 Lesson 6.3- Managing Your Weight Activity H	Sexual Health- Preventing Pregnancy and STDs Goodheart-Willcox
8		Stress Goodheart-Willcox Figure 4.13 Stress Test Warm- Up Stress Chapter Reading 116- 120 Stress Worksheet (Activity G or H)	Nutrition- Goodheart-Willcox: Chapter 6- Lesson 6.4- Treating and Preventing Body Image Issues Activities J & K	Sexual Health- Disease and Birth Control Methods Goodheart-Willcox
9		Fire Safety Presentation: Amber Cross, Guest Speaker	Tualatin Valley Fire and Rescue Hands Only CPR: Amber Cross	Sexual Health- Preventing Pregnancy and STDs Goodheart-Willcox: Lesson 19.2 Activity G
10		Injury Prevention: Legacy Trauma Nurse	Healthy Hearts Legacy: Astin	Sexual Health- Gender Identity/Sexuality Goodheart-Willcox: Review Key Terms pg. 606 Building Your Skills Activity pg. 614
11		Second Step: Counselor- Bullying Prevention(advisory) *Erin's Law	Second Step: Counselor- Gender Harassment(advisory) *Erin's Law	Second Step: Counselor- Sexual Harassment/Erin's Law
12		Second Step: Counselor- Erin's Law	Second Step: Counselor- Erin's Law Goodheart-Willcox: Lesson 5.1-Recognizing Mental Health Conditions, Activity: A-H	Second Step: Counselor Suicide Prevention Goodheart-Willcox- Lesson 5.3- Preventing Suicide
13		Communicable and Non- Communicable Diseases Goodheart-Willcox: Chapter 11 Understanding and Preventing Diseases video clip Goodheart-Willcox: Graphic Organizer 11.1 Understanding Communicable Diseases 334- 340.	Sexual Health: Goodheart- Willcox- Chapter 14- Promoting Healthy Relationships Lessons 14.1 What is a Healthy Relationship? Activities A-C	Drug Prevention Goodheart-Willcox: Lesson 10.1-10.2 Part One: Lesson 10.1 Teacher directed PowerPoint Presentation w/ 10.1 Reading Guide (see Instructor Resources) Part Two: 10.2 Drug Expert Groups (teacher created)
14		Sexual Health: Responsible Decisions Reproductive System Presentation Goodheart-Willcox: Chapter 16.1 Human Development Video Instructor Resources Goodheart-Willcox Activity A and B 16.1 Reproductive System worksheets and Reading Guide Goodheart-Willcox 16.1 Vocabulary Activity Pages 530-535	Sexual Health: Goodheart- Willcox- Chapter 14- Promoting Healthy Relationships- Lesson 14.2 Family Relationships Activities E & F	Drug Prevention Activity G is warm-up Goodheart-Willcox: Lesson 10.3 Activity: H or I
		Sexual Health: Reproduction, Sexuality, Puberty	Sexual Health: Goodheart- Willcox Chapter 14- Promoting	Research Information: Librarian for Research

15		Goodheart-Willcox School Nurse Puberty Presentation with Instructor Goodheart-Willcox Resources Lesson 16.3 Reading Guide and Activity Pages 544-552	Healthy Relationships- Lesson 14.3- Peer Relationships Activities H & I	Project (See Research Project handout)
16		Sexual Health: Reproduction, Sexuality, Puberty Goodheart-Willcox	Sexual Health: Goodheart Willcox Chapter 14- Promoting Healthy Relationships- Lesson 14.4- Dating Relationships Activities J-L	Research Project (See Research Project handout)
17		<u>Tobacco/E-Cig Prevention</u> Goodheart-Willcox 8.1 Tobacco in the Bloodstream Animation Video Lesson 8.1 Read Pages 243- 247 and Worksheet side 1 or Lesson 8.1 Graphic Organizer Tobacco Cause and Effect *Tar Jar, Straw Experiment*	Sexual Health: Goodheart Willcox Chapter 14- Promoting Healthy Relationships and Consent	Research Project (See Research Project handout)
18		<u>Tobacco/E-Cig Prevention</u> Goodheart-Willcox Warm-Up: Lesson 8.2 Graphic Organizer Give One, Get One Discussion Read pages 248-259 worksheet side 2 Activity 3 Lesson 8.3	Sexual Health: Goodheart- Willcox Chapter 18, Gender Identity: Respect and Acceptance Definitions	Research Project (See Research Project handout)
19		<u>Tobacco/E-Cig Prevention</u> Newsela Pro/Con: Are Federal Regulations Needed for E-Cigs Choices Scholastic article and worksheets.	Sexual Health: Goodheart- Willcox Chapter 18- Understanding Sexuality- Lesson 18.1- What is Sexuality? Activities B & C	Presentation Day