**Jr. High School Health Curriculum**

Course Outline: Below is an outline of Units and Chapters that we will be covering in Health this semester. The below list is subject to change at any time during the semester.

**Unit 1:** **Taking Charge of Your Health**

Chapter 1: Understanding Your Health

Lessons 1, 2, and 3

Chapter 2: Health Skills: The Foundation

Lessons 1, 2, 3, and 4

**Unit 3: Physical Health and Fitness**

Chapter 8: Nutrition for Health

Lessons 1, 2, 3, and 4

Chapter 9: Physical Activity and Fitness

Lessons 1, 2, 3, and 4

Chapter 10: Your Body Image

Lessons 1 and 2

**Unit 2: Building Safe and Healthy Relationships**

Chapter 4: Mental and Emotional Health

Lessons 1, 2, 3, 4, and 5

Chapter 5: Promoting Social Health

Lessons 1 and 2

Chapter 6: Relationships: The Teen Years

Lessons 1, 2, and 3

**Unit 5: Understanding Your Body**

Chapter 14: Personal Care

Lessons 1, 2, and 3

Chapter 15: Your Body Systems

Lessons 1, 2, 3, 4, 5, 6, 7, and 8

**Unit 4: Making Safe and Drug-Free Decisions**

Chapter 11: Medicines and Drugs

Lessons 1, 2, 3, and 4

Chapter 12: Tobacco

Lessons 1, 2, and 3

Chapter 13: Alcohol

Lessons 1, 2, and 3