

	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Sixth Grade	Personal Health <i>Components of fitness</i> <i>FITT principle</i> <i>Goal setting for fitness</i> <i>Fitness and nutrition</i> <i>Healthy food choices</i>	Personal Health <i>healthy food choices</i> Circulatory and Lymphatic Systems <i>circulatory system - blood cells</i> <i>lymph nodes - tonsils</i> <i>blood pressure and cholesterol</i>	Immune System <i>Fights infection</i> <i>Antibodies and vaccines</i> <i>Communicable vs noncommunicable diseases</i> <i>Epidemics</i> <i>bacterial diseases</i> <i>Antibiotics</i> <i>Viral disease</i>	Review <i>FITT principle</i> <i>Components of Fitness</i> <i>Goal Setting</i>
Seventh / Eighth Grade (2013-2014 only)	Personal Health <i>Female/Male Reproductive systems</i> <i>HIV, STDs and pregnancy</i> <i>Facts and responsible actions</i> <i>Resisting sexual pressure and saying no</i>	Teens and Drug Use <i>Truth about: alcohol, tobacco, marijuana, medicines</i> <i>Experimentation and addiction</i> <i>Consequences of Drug Use</i>	Teens and Drug Use <i>influences on choices</i> <i>being drug free</i> <i>peers and feelings</i> <i>family, school and community rules</i> <i>Tobacco and Alcohol companies and marketing</i>	Peer Pressure <i>read between the lines</i> <i>Ways to say No</i> <i>Saying No</i> <i>Role play: resisting drug pressure</i>

last edited October 8, 2013