


7th Grade-Middle School Health Curriculum Topics 2019-2020

7th Grade	Thursday	Friday
Week #1 11/16 - 11/20	11/19 First Day of Health! Stress & Mindfulness	11/20 Decision Making Skills Teenager Under Construction & Brain Development
Week #2 11/23 - 11/27	Thanksgiving Break 11/25 - 11/27	
Week #3 11/30 - 12/4	12/3 WISE Consent	12/4 WISE Day 2 Consent & Sexual Harassment
Week #4 12/7 - 12/11	12/10 Teenager Under Construction & Brain Development	12/11 Finish Brain Development Cyberbullying
Week #5 12/14 - 12/18	12/15 Communication Skills & Peer Activity	12/18 Media Awareness
Week #6 12/21 - 12/25	Holiday Break!! 	
Week #7 12/28 - 1/1		
Week #8 1/4 - 1/8	1/7 SOS	1/8 See Something, Say Something
Week #9 1/11 - 1/15	1/14 Drugs and Medication Safety Vaping & Tobacco - Assign Projects	1/15 Tobacco & Vaping Videos
Week #10 1/18 - 1/22	1/21 Projects Due Practice Presentations	1/22 Present to 5th Grade - TBA
Week #11 1/25 - 1/29	1/28 Mental Health & Depression	1/29 Eating Disorders
Week #12 2/1 - 2/5	2/4 Positive Body Image/Self Esteem	2/5 PE
Week #13 2/8 - 2/12	2/11 Make Up Day Review	2/12 PE/Final Exam
Week #14 2/15 - 2/19	Winter Break!!	
Week #15 2/22 - 2/26	2/25 PE or Final Exam	2/26 PE
Week #16 3/1 - 3/5	3/4 PE	3/5 PE

- *All dates and topics are subject to change*
- *All work must be completed and turned in by the end of Quarter 3*