

Subjects covered in middle school Health

Memory Techniques and Study Skills	Standard 5 & 6 5 days
Body Systems	Standard 1 & 7 40 days
Nutrition Education	Standard 1,3, 8 14 days
Stress and Time Management	Standard 1 & 2 4 days
First Aid	Standard 4 & 5 5 days
Drug and Alcohol Awareness	Standard 2 & 4 7 days
Principles of Fitness	Standard 6, 7, 8 4 days

* Health Standards come from the National Standards and Performance Indicators

The NHES are written expectations for what students should know and be able to do by grades 2, 5, 8, and 12 to promote personal, family, and community health.

Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3

Students will demonstrate the ability to access valid information, products, and services to enhance health.

Standard 4

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5

Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6

Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8

Students will demonstrate the ability to advocate for personal, family, and community health.

Physical Education Standards

Ohio Physical Education Standards

Standard 1: A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: A physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: A physically literate individual exhibits responsible, personal and social behavior that respects self and others.

Standard 5: A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Units covered in 7 weeks/35 days

Badminton - 5 days

Volleyball - 3 days

Capture the Flag - 1 day

Basketball - 3 days

Mile Run - 1 day

Create-a-Game projects - 6 days

Soccer - 3 days

Movement Sequence - 3 days

Ultimate Frisbee - 3

Whiffleball - 3 days

Team Handball - 2 days

Units by Category

Invasion games

Small group project

Striking games

Net games

Fitness Assessment

Standards covered

11 days - S: 1, 2,4

6 days - S: 4 & 5

10 days - S: 1 & 5

8 days - S: 1 & 3

4 days - S: 2 & 3