

SCOPE AND SEQUENCE
7th Grade Health

	<u># of Days</u>
Orientation	1
Wrap – Up	1
Personality Testing	5
Unit 1: Mental and Emotional Health	
What is Mental and Emotional Health	1
Your Emotions	1
Managing Stress	2
Mental and Emotional Problems	2
Review and Assessment	2
Unit 2: Resolving Conflicts and Preventing Violence	
Conflicts at Home and at School	1
Conflict Resolution Skills	2
Preventing Violence	2
Dealing with Abuse and Finding Help	1
Review and Assessment	2
Unit 3: Personal Safety and Injury Prevention	
Developing Safe Habits	1
Safety at Home and In School	1
Outdoor and Recreational Safety	1
Weather Emergencies and Natural Disasters	1
First Aid	1
Review and Assessment	2
Unit 4: Personal Health and Consumer Choices	
Caring for Teeth, Skin, Hair, and Nails	1
Caring Eyes and Ears	1
Consumer Choices and Your Health	1
Being an Informed Consumer	4
Health Care Providers and Services	1
Review and Assessment	2

Total	40