



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Health Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 1: Health and Wellness

This unit focuses on the importance of personal hygiene, health, and wellness and making wise decisions while setting goals and using refusal skills to meet the objectives.

2021	August					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
	Enrichment Opportunities					
08	09	10	11	12	13	14
	Enrichment Opportunities					
15	16	17	18	19	20	21
	Teacher Service Days (no students)		Teacher Prep Day (no students)	Teacher Service Days (no students)		
22 C1W1	23 Unit 1 22- 45-min. class periods)	24	25	26	27	28
29 C1W2	30 Unit 1 22- 45-min. class periods)	31	01	02	03	04
05	06	Notes: Aug. 16-20 - Teacher Service Days (no students)				



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ALIGN, ADVANCE, ENGAGE.

Health Education – Grade 7

2021-2022 Pacing Calendar

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Unit 1: Health and Wellness

This unit focuses on the importance of personal hygiene, health, and wellness and making wise decisions while setting goals and using refusal skills to meet the objectives.

2021		September				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 C1W2	30	31	01 Unit 1 Part 1 (22 45-min. class periods)	02	03	04
05 C1W3	06 Labor Day	07 Unit 1 Part 1 (22 45-min. class periods)	08	09	10	11
12 C1W4	13 Unit 1 Part 1 (22 45-min. class periods)	14	15	16 Fall Holiday	17 Teacher Service Day (no students)	18
19 C1W5	20 Unit 1 Part 1 (22 45-min. class periods)	21	22	23	24	25
26 C1W6	27 Unit 1 Part 1 (22 45-min. class periods)	28	29	30 • Extend • Review • Assess • Reteach	01	02
03	04	Notes: Sept. 6 - Labor Day Sept. 16 - Fall Holiday Sept. 17 - Teacher Service Day (no students)				



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Health Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 2: Social, Emotional, and Mental Wellness

This unit focuses on students gaining skills necessary to cope, communicate, develop meaningful relationships, and respond to demands of everyday life, including identifying stressors, managing stress, anxiety, grief, and other mental/emotional issues which impact a person's well-being.

2021		October				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 C1W6	27	28	29	30	01 • Extend • Review • Assess • Reteach	02 END OF CYCLE 1
03 C2W1	04 Teacher Service Day (no students)	05 Unit 2 (23 45-min. class periods)	06	07	08	09
10 C2W2	11 Unit 2 (23 45-min. class periods)	12	13	14	15	16
17 C2W3	18 Unit 2 (23 45-min. class periods)	19	20	21	22	23
24 C2W4	25 Unit 2 (23 45-min. class periods)	26	27	28	29	30
31	01	Notes: Oct. 4 - Teacher Service Day (no students)				



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ALIGN, ADVANCE, ENGAGE.

Health Education – Grade 7

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Unit 2: Social, Emotional, and Mental Wellness

This unit focuses on students gaining skills necessary to cope, communicate, develop meaningful relationships, and respond to demands of everyday life, including identifying stressors, managing stress, anxiety, grief, and other mental/emotional issues which impact a person's well-being.

Unit 3: Nutrition

This unit focuses on learning about the essentials of nutrients and why it is essential to the body. This unit also focuses on the effects of drugs, alcohol, and tobacco, how to use medicine safely, and how alcohol impairs the ability to drive, and the consequences of smoking.

2021		November				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 C2W5	01 Unit 2 (23 45-min. class periods)	02	03	04	05	06
07 C2W6	08 • Extend • Review • Assess • Reteach	09	10	11	12	13 END OF CYCLE 2
14 C3W1	15 Unit 3 (24 45-min. class periods)	16	17	18	19	20
21	22	23	24	25	26	27
	Thanksgiving					
28 C3W2	29 Unit 3 (24 45-min. class periods)	30	01	02	03	04
05	06	Notes: Nov. 22-26 - Thanksgiving Break				



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Health Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 3: Nutrition
This unit focuses on learning about the essentials of nutrients and why it is essential to the body. This unit also focuses on the effects of drugs, alcohol, and tobacco, how to use medicine safely, and how alcohol impairs the ability to drive, and the consequences of smoking.

2021		December				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 C3W2	29	30	01 Unit 3 (24 45-min. class periods)	02	03	04
05 C3W3	06 Unit 3 (24 45-min. class periods)	07	08	09	10	11
12 C3W4	13 Unit 3 (24 45-min. class periods)	14	15	16	17	18
19	20 Enrichment Opportunities	21	22 Winter Break	23 Winter Break	24 Winter Break	25
26	27 Winter Break	28 Winter Break	29 Winter Break	30 Winter Break	31 Winter Break	01
02	03	Notes: Dec. 20-31 - Winter Break				



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Health Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 3: Nutrition
This unit focuses on learning about the essentials of nutrients and why it is essential to the body. This unit also focuses on the effects of drugs, alcohol, and tobacco, how to use medicine safely, and how alcohol impairs the ability to drive, and the consequences of smoking.

Unit 4: Influences on Health Behaviors
This unit focuses on the student acquiring knowledge of health services in their community and investigating the various media influences on health decisions.

2022		January				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01
02 C3W5	03 Unit 3 (24 45-min. class periods)					08
09 C3W6	10 • Extend • Review • Assess • Reteach				15	END OF CYCLE 3
16 C4W1	17 Martin Luther King, Jr. Day	18 Teacher Prep Day (no students)	19 Unit 4 (22 45-min. class periods)		22	
23 C4W2	24 Unit 4 (22 45-min. class periods)		26	27	28	29
30 C4W3	31 Unit 4 (22 45-min. class periods)	Notes: Jan. 17 - Martin Luther King, Jr. Day Jan. 18 - Teacher Preparation Day (no students)				



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Health Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 4: Influences on Health Behaviors

This unit focuses on the student acquiring knowledge of health services in their community and investigating the various media influences on health decisions.

Unit 5: Human Reproduction

This unit focuses on risk and consequences when confronted with decisions on sexual health, substance abuse, and inappropriate social behavior, in addition, tools to make positive life-changing choices.

2022		February				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 C4W3	31	01 Unit 4 (22 45-min. class periods)	02	03	04	05
06 C4W4	07 Unit 4 (22 45-min. class periods)	08	09	10	11	12
13 C4W5	14 Unit 4 (22 45-min. class periods)	15	16	17	18	19
20 C4W6	21 Teacher Service Day (no students)	22 • Extend • Review • Assess • Reteach	23	24	25	26 END OF CYCLE 4
27 C5W1	28 Unit 5 (26 45-min. class periods)	01	02	03	04	05
06	07	Notes: Feb. 21 - Teacher Service Day (no students)				



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Health Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 5: Human Reproduction

This unit focuses on risk and consequences when confronted with decisions on sexual health, substance abuse, and inappropriate social behavior, in addition, tools to make positive life-changing choices.

2022		March				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 C5W1	28	01 Unit 5 (26 45-min. class periods)	02	03	04	05
06 C5W2	07 Unit 5 (26 45-min. class periods)	08	09	10	11	12
13	14	15	16	17	18	19
	Enrichment Opportunities			Spring Break		
20 C5W3	21 Unit 5 (26 45-min. class periods)	22	23	24	25	26
27 C5W4	28 Chávez / Huerta Day	29 Unit 5 (26 45-min. class periods)	30	31	01	02
03	04	Notes: Mar. 14-18 - Spring Break Mar. 28 - César Chávez/Dolores Huerta Day				



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Health Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 5: Human Reproduction

This unit focuses on risk and consequences when confronted with decisions on sexual health, substance abuse, and inappropriate social behavior, in addition, tools to make positive life-changing choices.

Unit 6: Safety Preventions

This unit focuses on safety, at home, at school, and tools to perform basic first-aid skills, learn how to protect oneself from disasters, identify acts of violence like bullying and cyberbullying to respond in a powerful way of communication.

2022	April					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 C5W4	28	29	30	31	01 Unit 5 Part 1 (11 45-min. class periods)	02
03 C5W5	04 Unit 5 Part 1 (11 45-min. class periods)	05	06	07	08	09
10 C5W6	11 Unit 5 Part 1 (11 45-min. class periods)	12	13	14	15 Spring Holiday	16
17 C5W7	18 • Extend • Review • Assess • Reteach	19	20	21	22	23 END OF CYCLE 5
24 C6W1	25 Unit 6 (25 45-min. class periods)	26	27	28	29	30
01	02	Notes: Apr. 15 - Spring Holiday				



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Health Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 6: Safety Preventions

This unit focuses on safety, at home, at school, and tools to perform basic first-aid skills, learn how to protect oneself from disasters, identify acts of violence like bullying and cyberbullying to respond in a powerful way of communication.

2022		May				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 C6W2	02 Unit 6 (25 45-min. class periods)	03	04	05	06	07
08 C6W3	09 Unit 6 (25 45-min. class periods)	10	11	12	13	14
15 C6W4	16 Unit 6 (25 45-min. class periods)	17	18	19	20	21
22 C6W5	23 Unit 6 (25 45-min. class periods)	24	25	26	27	28
29 C6W6	30 Memorial Day	31 • Extend • Review • Assess • Reteach	01	02	03	04
05	06	Notes: May 30 - Memorial Day				



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Health Education – Grade 7

2021-2022 Pacing Calendar

Units of Instruction

Unit 6: Safety Preventions

This unit focuses on safety, at home, at school, and tools to perform basic first-aid skills, learn how to protect oneself from disasters, identify acts of violence like bullying and cyberbullying to respond in a powerful way of communication.

2022		June				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 C6W6	30	31	01 • Extend • Review • Assess • Reteach	02	03	04
05 C6W7	06 • Extend • Review • Assess • Reteach	07	08 Teacher Prep Day (no students) END OF CYCLE 6	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	01	02
03	04	Notes: Jun. 8 - Teacher Preparation Day (no students)				