## 8th Grade Health Curriculum Pacing Guide

Month	Unit	Suggested Duration
September	Units 1 and 2: Mental and Emotional Health	3–4 weeks
October	Unit 3: The Skeletal and Muscular Systems	2–3 weeks
November	Unit 4: Nutrients	3–4 weeks
December	Unit 5: Personal Health and Physical Activity	2–3 weeks
January	Unit 6: Violence and Injury Prevention	3 weeks
February	Unit 7: Alcohol, Tobacco, and other Drugs	3–4 weeks
March	Unit 8: Communicable and Chronic Diseases	2–3 weeks
April	Units 9 and 10: Community and Environmental Health	2–3 weeks
Мау	Review, Projects, or Mini-Units	2–3 weeks (flexible time)
June	Culminating Activities / Presentations	1–2 weeks