



7th Grade Health Curriculum Pacing Guide

Month	Unit	Standards	Suggested Duration
September	Unit 1: Personal Growth & Development	2.1.8.PGD	2–3 weeks
October	Unit 2: Mental & Emotional Health	2.1.8.EH	2–3 weeks
November	Unit 3: Social & Sexual Health	2.1.8.SSH	3–4 weeks
December	Unit 4: Physical Fitness & Wellness	2.2.8.PF, LF, MSC	2–3 weeks
January	Unit 5: Nutrition & Body Image	2.2.8.N	3 weeks
February	Unit 6: Substance Use & Dependency	2.3.8.ATD, DSDT, HCDM	3–4 weeks
March	Unit 7: Personal Safety & Injury Prevention	2.3.8.PS	2–3 weeks
April	Unit 8: Community Health & Resources	2.1.8.CHSS	2–3 weeks
May	Review, Projects, or Mini-Units	Various	2–3 weeks (flexible time)
June	Culminating Activities / Presentations	Cross-unit	1–2 weeks