



COMMONWEALTH OF THE BAHAMAS

MINISTRY OF EDUCATION

Health & Family Life

ARTS & SCIENCES SECTION

National Pacing Guide

GRADES 7-9

2022-2023

**Department of Education
National Pacing Guide: Grades 7-9
Health & Family Life
Junior High School (2022-2023)**

Term 1

Week	Grade 7	Grade 8	Grade 9
Orientation			
Topic: COVID-19 PROTOCOLS			
1	Subtopic: COVID-19 Protocols	1	Subtopic: COVID-19 Protocols
Topic: HYGIENE			
2	Subtopic: Personal Hygiene	2	Subtopic: Good Grooming
Topic: INTRODUCTION TO THE BAHAMIAN FAMILY			
3	Subtopic: The Bahamian Family is Unique Part 1	3	Subtopic: Customs, Traditions and Beliefs in the Bahamian Society Part 1
4	Subtopic: The Bahamian Family is Unique Part 2	4	Subtopic: Customs, Traditions and Beliefs in the Bahamian Society Part 2
Topic: FAMILY PATTERNS			
5	Subtopic: Types of Families	5	Subtopic: The Family Life Cycle
6	Subtopic: Advantages and Disadvantages of Types of Families	6	Subtopic: Exceptions to the Pattern
Topic: HOW FAMILIES CHANGE			
7	Subtopic: How Families Change	7	Subtopic: The Impact of Death

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Term 1

Week	Grade 7	Week	Grade 8	Week	Grade 9
Topic: FUNCTIONS OF THE FAMILY					
7	Subtopic: All Families Have Needs	7	Subtopic: Rights	7	Subtopic: Reproduction
8	Subtopic: Roles and Responsibilities	8	Subtopic: Values and Manners	8	Subtopic: Contraception
Topic: INFLUENCES ON THE FAMILY STRUCTURE/ FUNCTIONS OF THE FAMILY					
9	Subtopic: Influences on Family Values	9	Subtopic: Reproduction and Family Size	9	Subtopic: The Importance of Love
10	Subtopic: Understanding Each Other	10	Subtopic: Building Relationships	10	Subtopic: The Importance of Acceptance
Topic: INFLUENCES ON THE FAMILY STRUCTURE/ FUNCTIONS OF THE FAMILY					
11	Subtopic: Economics on the Family Structure Part 1	11	Subtopic: The Effects of the Media on the Family	11	Subtopic: Pooling Resources
12	Subtopic: Economics on the Family Structure Part 2	12	Subtopic: The Effects of the Peer Pressure on the Family	12	Subtopic: Performing Home Tasks

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Term 1

Week	Grade 7	Week	Grade 8	Week	Grade 9
Topic: INTRAPERSONAL HEALTH					
13	Subtopic: Personality	7	Subtopic: Self -Image /Self -Esteem	7	Subtopic: Self- Concept
14	Subtopic: Habits (Good and Bad)	8	Subtopic: Goal Setting	8	Subtopic: Stress/Stress Management

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Term 2

Week	Grade 7	Week	Grade 8	Week	Grade 9
Topic: INTRAPERSONAL HEALTH					
1	Subtopic: Basics of Communication	1	Subtopic: Strengths	1	Subtopic: Suicide/Suicide Prevention
2	Subtopic: Verbal and Nonverbal Communication	2	Subtopic: Weaknesses	2	Subtopic: Identifying and Managing Peer Pressure
3	Subtopic: Communication and Conflict Resolution	3	Subtopic: Friendship	3	Subtopic: Conflict/Conflict Resolution
4	Subtopic: Dating	4	Subtopic: Gangs and Violence/Conflict Resolution (Management)	4	Subtopic: Violence/Coping with Violence/Cliques
Topic: GROWTH AND DEVELOPMENT					
5	Subtopic: The Male Reproductive System	5	Subtopic: Physical Maturity/Puberty	5	Subtopic: Skeletal System
6	Subtopic: The Female Reproductive System	6	Subtopic: The Nervous and Excretory Systems	6	Subtopic: Muscular System

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Term 2

Week	Grade 7	Week	Grade 8	Week	Grade 9
Topic: HUMAN SEXUALITY					
7	Subtopic: Mensural Cycle/ Coping with Sexual Pressure	7	Subtopic: Sexuality (What makes a person male or female?)	7	Subtopic: Human Growth and Development
8	Subtopic: Sperm Production/Ejaculation	8	Subtopic: Social Choices	8	Subtopic: Sexual Abuse-Identification and Prevention
9	Subtopic: Fertilization and Fetus Development	9	Subtopic: Social Expressions and Safety	9	Subtopic: Sexually Transmitted Diseases (STDs) and Control
Topic: NUTRITIONAL AND PHYSICAL HEALTH					
10	Subtopic: Being a Healthy Consumer	10	Subtopic: Identifying Nutritious Food	10	Subtopic: Nutrients
11	Subtopic: Analyzing Commercials	11	Subtopic: Analyzing Labels	11	Subtopic: Vitamins and Minerals
12	Subtopic: Analyzing Commercials	12	Subtopic: Analyzing Labels	12	Subtopic: Food and Body Weight

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Term 3

Week	Grade 7	Week	Grade 8	Week	Grade 9
Topic: NUTRITIONAL AND PHYSICAL HEALTH					
1	Subtopic: Decision Making and Health Products	1	Subtopic: Creating a Physical Routine	1	Subtopic: Food and Body Weight
2	Subtopic: Eating Disorders	2	Subtopic: Components of Health Related Fitness	2	Subtopic: Bush Medicine
3	Subtopic: Physical Fitness	3	Subtopic: Dehydration	3	Subtopic: REVISION- Skeletal System
Topic: DISEASE CONTROL					
4	Subtopic: Communicable Diseases (HIV etc.)	4	Subtopic: Sexually Transmitted Diseases (STDs)	4	DRUGS Subtopic: Types of Drugs
5	Subtopic: Non-communicable Diseases (Diabetes, High Blood Pressure etc.)	5	Subtopic: Prevention of Sexually Transmitted Diseases	5	Subtopic: Advantages and Disadvantages of Drugs
6	DRUGS Subtopic: Prescription Drug and Abuse	6	DRUGS Subtopic: Alcohol/Tobacco	6	INTERPERSONAL HEALTH Subtopic: Anger Management
7	Subtopic: Illegal Drugs and Abuse/Treatment	7	Subtopic: Impact of Drugs on the Body and Family	7	Subtopic: REVISION- Muscular System