

Ministry of Education

NATIONAL HEALTH SCIENCE PACING GUIDE

Standard Version – 3 Years

GRADE 7 HEALTH SCIENCE

TERM I : CHRISTMAS TERM : SEPTEMBER – DECEMBER 2020

(Approx. 13 weeks)

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| WEEK | TOPIC/FOCUS |
| 1 Sept  21 - 25 | **Introduction to Health Science**  Health Science, health Disease  Characteristics of living things : Nutrition, Respiration, Growth, excretion, Reproduction, Movement, Sensitivity  Body cavities and related Organs  Level of Organization with examples  Cells, Tissues, Organs, system  Ten Body Systems  Skeletal, Muscular, Circulatory, Digestive, Respiratory, Nervous,Male Reproductive, Female Reproductive, Endrocrine, Urinary |
| 2 & 3  Sept 28 –  Oct 9th |
| 4  Oct 12 - 16 |
| 5  Oct 19 - 23 |
| 6 & 7  Oct 26 – Nov6 | **Skeletal System**  Functions and Composition  Names of Bones: common Vs. Scientific  Five types of joints  Four types of tissues  Injuries and diseases  Good health practices  Correct posture. Diet, rest, stretches, exercise |
| 8&9  Nov 9th -20th |
| 10  Nov 23 – 27 | **Muscular system**, functions  Types: skeletal, cardiac and smooth. Names of muscles common and scientific |
| 11  Nov 30 – Dec 4th | Movement: Relaxing and contracting  Voluntary vs Involuntary  Injuries and diseases |
| 12  Dec 7th – 11th | Good health practices  Correct posture, diet, rest  Stretches, exercise |



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| WEEK | TOPIC/FOCUS |
| 1 Sept  21 - 25 | **Circulatory System**  Heart; Structure, function, labels  How the blood flows through the heart  Valves  Heart activities/models |
| 2 & 3  Sept 28 –  Oct 9th |
| 4  Oct 12 - 16 | Blood Components & Functions |
| 5  Oct 19 - 23 | Blood Vessels |
| 6 & 7  Oct 26 – Nov6 | Circulation  Pulmonary Vs. Systemic Circulation  Diseases of the Circulatory system |
| 8&9  Nov 9th -20th | **Lymphatic System and Spleen**  **Respiratory System**: respiratory structures and their functions  Draw and label system. Label parts and state their function |
| 10  Nov 23 – 27 | Define the terms respiration, breathing and gas exchange  Describe gas exchange in the alveolus features of the alveoli |
| 11  Nov 30 – Dec 4th | State the equation for respiration word and simplified chemical equations  Create a lung model  Breathing process (inhalation & exhalation) |
| 12  Dec 7th – 11th | Air composition (both inspired and expired air  Common respiratory diseases |
| 13 |  |

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GRADE 9 HEALTH SCIENCE

TERM I : CHRISTMAS TERM : SEPTEMBER – DECEMBER 2020

(Approx. 13 weeks)

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| WEEK | TOPIC/FOCUS |
| 1 Sept  21 - 25 | **Nervous system**  Function and parts  Central nervous System: Brain and Spinal Cord  Peripheral nervous System: Peripheral Nerves  Neurons  3 types of neurons and their functions  Motor, Sensory and Intermediate |
| 2 & 3  Sept 28 –  Oct 9th |
| 4  Oct 12 - 16 |
| 5 & 6  Oct 19 - 30 | Reflex arc and reflex action |
| 7  Nov 2 - 6 | Five Senses and their sense organs  Taste – Tongue |
| 8&9  Nov 9th -20th | Sound – Ears  Feeling – Skin  Odors - Nose |
| 10  Nov 23 – 27 |
| 11  Nov 30 – Dec 4th | Sight – eyes  Diagrams and labels for Ears eyes, tongue and skin |
| 12  Dec 7th – 11 | Diseases of the Eye  Glaucoma Cataracts  Conjunctivitis |