

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 Sept21 - 25 | **Introduction to Health Science**Health Science, health DiseaseCharacteristics of living things : Nutrition, Respiration, Growth, excretion, Reproduction, Movement, SensitivityBody cavities and related OrgansLevel of Organization with examplesCells, Tissues, Organs, systemTen Body SystemsSkeletal, Muscular, Circulatory, Digestive, Respiratory, Nervous,Male Reproductive, Female Reproductive, Endrocrine, Urinary |
| 2 & 3Sept 28 –Oct 9th |
| 4 Oct 12 - 16 |
| 5Oct 19 - 23 |
| 6 & 7Oct 26 – Nov6 | **Skeletal System**Functions and CompositionNames of Bones: common Vs. ScientificFive types of jointsFour types of tissuesInjuries and diseasesGood health practicesCorrect posture. Diet, rest, stretches, exercise |
| 8&9Nov 9th -20th |
| 10 Nov 23 – 27 | **Muscular system**, functions Types: skeletal, cardiac and smooth. Names of muscles common and scientific |
| 11Nov 30 – Dec 4th | Movement: Relaxing and contractingVoluntary vs InvoluntaryInjuries and diseases |
| 12Dec 7th – 11th | Good health practicesCorrect posture, diet, restStretches, exercise |



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| WEEK | TOPIC/FOCUS |
| 1 Sept21 - 25 | **Circulatory System**Heart; Structure, function, labelsHow the blood flows through the heartValvesHeart activities/models |
| 2 & 3Sept 28 –Oct 9th |
| 4 Oct 12 - 16 | Blood Components & Functions |
| 5Oct 19 - 23 | Blood Vessels |
| 6 & 7Oct 26 – Nov6 | CirculationPulmonary Vs. Systemic CirculationDiseases of the Circulatory system |
| 8&9Nov 9th -20th | **Lymphatic System and Spleen****Respiratory System**: respiratory structures and their functionsDraw and label system. Label parts and state their function |
| 10 Nov 23 – 27 | Define the terms respiration, breathing and gas exchangeDescribe gas exchange in the alveolus features of the alveoli |
| 11Nov 30 – Dec 4th | State the equation for respiration word and simplified chemical equationsCreate a lung modelBreathing process (inhalation & exhalation) |
| 12Dec 7th – 11th | Air composition (both inspired and expired airCommon 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 Sept21 - 25 | **Nervous system**Function and partsCentral nervous System: Brain and Spinal CordPeripheral nervous System: Peripheral NervesNeurons3 types of neurons and their functionsMotor, Sensory and Intermediate |
| 2 & 3Sept 28 –Oct 9th |
| 4 Oct 12 - 16 |
| 5 & 6Oct 19 - 30 | Reflex arc and reflex action |
|  7Nov 2 - 6 | Five Senses and their sense organsTaste – Tongue |
| 8&9Nov 9th -20th | Sound – EarsFeeling – SkinOdors - Nose |
| 10 Nov 23 – 27 |
| 11Nov 30 – Dec 4th | Sight – eyesDiagrams and labels for Ears eyes, tongue and skin |
| 12Dec 7th – 11 | Diseases of the EyeGlaucoma CataractsConjunctivitis |