

## Health Curriculum Guide Grade 7

National Standards	Outcomes	Assessments	Units/Topics/ Activities	Materials and Resources
Students will comprehend concepts related to health promotion and disease prevention.	<p>Understand the 5 components of health and their relationship to personal health.</p> <p>Know the structure and physiology of the reproductive system, how to prevent sexually-transmitted infections, and the characteristics of sexuality</p>	<p>Completion of the Total Person Concept Packet and part of a written test</p> <p>Unit test on human sexuality and quiz on reproduction system</p>	<p>Inter-relationship of physical, emotional, social, mental and spiritual health (enhancing self-esteem, preventing or coping with eating disorders)</p> <p>Human Sexuality</p>	<p>Total Person Concept Packet</p> <p>Revised from Search Institute's "Values and Choices" materials</p>
Students will demonstrate the ability to access valid health information and health-promoting products and services.	Demonstrate procedures for sudden illness or injury (taught in 8 <sup>th</sup> grade physical education)	First Aid Booklet project	First Aid	First Aid video Computer lab and Media Center – use for teaching
Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	<p>Demonstrate the ability to recognize abusing and/or harassing behaviors</p> <p>Describe the effects of using tobacco, alcohol, and marijuana</p>	<p>Essay</p> <p>Visual Display promoting abstinence and written test</p>	<p>Violence prevention</p> <p>Chemical abuse unit</p>	
Students will analyze the influence of culture, media, technology and other factors on health.	Describe the effects of using tobacco, alcohol, and marijuana	Visual Display promoting abstinence and written test	Chemical abuse unit	
Students will demonstrate the ability to use interpersonal communication skills to	Demonstrate the ability to recognize abusing and/or harassing behaviors	Essay	<p>Violence prevention</p> <p>Refusal skills taught as part of Chemical Abuse and Human Sexuality units</p>	

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enhance health.	Know and understand a decision-making process	Written test	"Healthy Living" Test	Decision-making process found in materials
Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.	Apply a decision-making process to attain personal goals	Goal-setting and personal timeline of future goals	What is Health? unit and Human Sexuality unit	Total Person Concept Packet
Students will demonstrate the ability to advocate for personal, family and community health.				