

**East Penn School District**  
Curriculum and Instruction

Curriculum for:  
**Grade 7 Health**

**Course(s): Grade 7 Health**

**Grades: 7**

**Department: Wellness/Fitness**

**Length of Period (average minutes): 43 minutes**

**Periods per cycle: 6**

**Length of Course (yrs): 0.333**

**Type of offering:** \_\_\_\_\_\_ required    \_\_\_\_\_\_ elective

**Credit(s) awarded: N/A**

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<b>Big Idea</b> <b>10.1</b> <b>Health</b> <b>Concepts of Health</b>	<b>Standard Statement</b>	<b>Essential Questions/Content</b>	<b>Competencies</b>
Health Concepts are essential for wellness and health-enhancing lifestyle.	<b>10.1.9.A</b> Analyze factors that impact growth and development between adolescence and adulthood. <ul style="list-style-type: none"> <li>• relationships (e.g., dating, friendships, peer pressure)</li> <li>• interpersonal communication</li> <li>• risk factors</li> <li>• abstinence</li> <li>• STD and HIV prevention</li> <li>• community</li> </ul>	<ul style="list-style-type: none"> <li>• <b>What factors influence the male/female reproductive systems?</b>                          Heredity, Biology and Environment</li> </ul>	<ul style="list-style-type: none"> <li>• Categorize male and female reproductive system parts</li> <li>• Examine what factors contribute to reproductive system diseases/disorders</li> <li>• Analyze the importance of early detection strategies in managing disease control.</li> </ul>
Health Concepts are essential for wellness and health-enhancing lifestyle.	<b>10.1.9.B</b> Analyze the interdependence existing among the body systems.	<ul style="list-style-type: none"> <li>• <b>Describe how components of each body system work together?</b>                          * skeletal                          * muscular                          * nervous</li> </ul>	<ul style="list-style-type: none"> <li>• Explain how the systems function independently and how they work together to help your body function</li> </ul>
Health Concepts are essential for wellness and health-enhancing lifestyle.	<b>10.1.9.C</b> Analyze factors that impact nutritional choices of adolescents. <ul style="list-style-type: none"> <li>• body image</li> <li>• advertising</li> <li>• eating disorders</li> <li>• peer influence</li> </ul>	<ul style="list-style-type: none"> <li>• <b>What factors impact your food choices</b>                          * body image, advertising, eating disorders, peer influence</li> <li>• <b>How do those choices impact your overall health?</b>                          * self-esteem, mental health, relationships                          * media (Internet, advertising, TV, movies, video games, etc.)                          * peer pressure, current trends (fads)</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluate how different social and environmental factors impact your food choices.</li> <li>• Analyze how your food choices impact your health in a negative and positive way.</li> </ul>
Health Concepts are essential for wellness and health-enhancing	<b>10.1.9.D</b>	<ul style="list-style-type: none"> <li>• <b>What factors influence your health regarding alcohol use during late adolescence and early adulthood?</b> peer pressure, availability,</li> </ul>	

Health Big Idea Template

lifestyle.	Analyze prevention and intervention strategies in relation to adolescent and adult drug use. <ul style="list-style-type: none"> <li>• decision-making/refusal skills</li> <li>• situation avoidance</li> <li>• goal setting</li> <li>• professional assistance (e.g., medical, counseling, support groups)</li> <li>• parent involvement</li> </ul>	education, decision making and refusal skills, situation avoidance, goal setting, professional assistance, parent involvement, involvement in extracurricular activities, STOP-say no to alcohol refusal skills	<ul style="list-style-type: none"> <li>• Explain different strategies and professionals that help individuals avoid/overcome substance abuse.</li> </ul>
Health Concepts are essential for wellness and health-enhancing lifestyle.	<b>10.1.9.E</b>	<b>Covered in 8<sup>th</sup> Health</b>	
<b>Big Idea 10.2 Health Healthful Living</b>	<b>Standard Statement</b>	<b>Essential Questions/Content</b>	<b>Competencies</b>
<b>Community well-being is dependent upon a balance of personal and social responsibility.</b>	<b>10.2.9.A</b> Identify and describe health care products and services that impact adolescent health practices.	<b>Covered in 8th grade</b>	
<b>Community well-being is dependent upon a balance of personal and social responsibility.</b>	<b>10.2.9.B</b> Analyze the relationship between health-related information and adolescent consumer choices. <ul style="list-style-type: none"> <li>• tobacco products</li> <li>• weight control products</li> </ul>	<b>Covered in 8th grade</b>	
<b>Community well-being is dependent upon a balance of personal and social responsibility.</b>	<b>10.2.9.C</b> Analyze media health and safety messages and describe their impact on personal health and safety.	<b>Covered in 8th grade</b>	
<b>Community well-being is dependent upon a balance of personal and social responsibility.</b>	<b>10.2.9.D</b> Analyze and apply a decision-making process to adolescent health and safety issues.	<b>Covered in 8<sup>th</sup> Health</b>	
<b>Community well-being is dependent upon a balance of personal and social responsibility.</b>	<b>10.2.9.E</b> Explain the interrelationship between the environment and	<ul style="list-style-type: none"> <li>• <b>What is the impact of your environment and health care practices on your personal health?</b> ozone layer and skin cancer, air pollution and respiratory diseases, availability of health</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate how environmental factors affect a person's personal health.</li> </ul>

Health Big Idea Template

	personal health. • ozone layer/skin cancer • availability of health care/individual health • air pollution/respiratory disease	care/individual health	
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Materials and Resources:

Big Idea 10.2 Health  Healthful Living	Standard Statement	Essential Questions/Content	Competencies
Safety impacts individual and community well-being.	<b>10.3.9.A</b> Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community. • violence prevention in school • self-protection in the home • self-protection in public places	<ul style="list-style-type: none"> <li>• <b>What steps do you take to ensure your safety at home, at school, and in the community?</b>                              * awareness of surroundings, peer pressure, family, technology safety, current state, local and school policies/laws, school and community resources</li> </ul>	<ul style="list-style-type: none"> <li>• Examine how a person can take responsibility for their personal safety.</li> </ul>
Safety impacts individual and community well-being.	<b>10.3.9.B</b>	<b>COVERED in 8<sup>th</sup> Health</b>	
Safety impacts individual and community well-being.	<b>10.3.9.C</b> Analyze and apply strategies to avoid or manage conflict and violence during adolescence. • effective negotiation • assertive behavior	<ul style="list-style-type: none"> <li>• <b>What are the pros and cons of different strategies used to manage conflict?</b>                              Interpersonal skills, time, place, location, body language, methods of communication</li> <li>• <b>What strategies would you use to avoid or manage conflict and violence during adolescence?</b>                              “I” messages, conflict resolution, peer mediation, Decision making model</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss the pros and cons of different conflict management techniques.</li> <li>• Choose strategies to minimize/avoid potential conflicts.</li> </ul>
Safety impacts individual and community well-being.	<b>10.3.9.D</b> Analyze the role of individual responsibility for safety during organized group activities.	<ul style="list-style-type: none"> <li>• <b>How can you ensure that you are exercising safely?</b>                              choosing activity, schedule, monitor heart rate, weather, facility, equipment, nutrition, hydration, phases of exercise, medical history.</li> </ul>	<ul style="list-style-type: none"> <li>• Assess an individual’s responsibility to exercise safely.</li> </ul>

