Randolph Township Schools Department of Health and Physical Education Randolph Middle School

Health Education Curriculum Grade 7

"The ability to be in the present moment is a major component of mental wellness."

~Abraham Maslow

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Curriculum Developed:

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Mission Statement

We commit to inspiring and empowering all students in Randolph schools to reach their full potential as unique, responsible and educated members of a global society.

Affirmative Action Statement Equality and Equity in Curriculum

The Randolph Township School district ensures that the district's curriculum and instruction are aligned to the state's standards. The curriculum provides equity in instruction, educational programs and provides all students the opportunity to interact positively with others regardless of race, creed, color, national origin, ancestry, age, marital status, affectional or sexual orientation, gender, religion, disability or socioeconomic status.

N.J.A.C. 6A:7-1.7(b): Section 504, Rehabilitation Act of 1973; N.J.S.A. 10:5; Title IX, Education Amendments of 1972

EDUCATIONAL GOALS VALUES IN EDUCATION

The statements represent the beliefs and values regarding our educational system. Education is the key to self-actualization, which is realized through achievement and self-respect. We believe our entire system must not only represent these values, but also demonstrate them in all that we do as a school system.

We believe:

- The needs of the child come first
- Mutual respect and trust are the cornerstones of a learning community
- The learning community consists of students, educators, parents, administrators, educational support personnel, the community and Board of Education members
- A successful learning community communicates honestly and openly in a non-threatening environment
- Members of our learning community have different needs at different times. There is openness to the challenge of meeting those needs in professional and supportive ways
- Assessment of professionals (i.e., educators, administrators and educational support personnel) is a dynamic process that requires review and revision based on evolving research, practices and experiences
- Development of desired capabilities comes in stages and is achieved through hard work, reflection and ongoing growth

Introduction

The seventh-grade health education program is designed to give students the opportunity to further their knowledge of how to promote a healthy lifestyle by practicing healthy behaviors. The students will analyze health products and services to gain a better understanding of the influence that external sources have on wellness. The effects of external factors such as alcohol, tobacco, and other drugs will be examined as well as the legal and financial consequences of taking part in unhealthy behaviors. Students will gain the skills necessary to examine the short and long-term effects of their decisions. The curriculum is designed to help guide students to understand that taking part in certain behaviors, such as using and abusing drugs and being sexually active, can have consequences that could affect long-term goals. Through skills-based activities, students will understand the strategies available to deal with stress, conflict, crisis, and change. In seventh grade, the students will determine when it is necessary to seek help from a health professional and will look for ways that they can advocate for health issues. In order to achieve these goals, the course will be guided by both the New Jersey Student Learning Standards and the National Standards for Health Education. The knowledge section for each unit are created using the national health standards. These standards may be found in the appendix. Also in the appendix 18A:35-4.34: Financial literacy instruction and 18A:35-4.35 - History of disabled and LGBT persons included in the middle school curriculum.

Randolph Township Schools Randolph Middle School Grade 7 Health Curriculum Curriculum Pacing Chart RANDOLPH TOWNSHIP SCHOOL DISTRICT

Curriculum Pacing Chart Grade 7 Health

SUGGESTED TIME ALLOTMENT	UNIT NUMBER	CONTENT - UNIT OF STUDY
14weeks	Ι	Personal Growth and Wellness
2 weeks	II Community Health and Integrated Skills	
2 weeks	III	Alcohol, Tobacco, and Other Drugs
2 week	IV	Family Life

Unit I: Personal Growth and Wellness

TRANSFER: Taking responsibility for one	e's own health is an essential step towards developing an	nd maintaining a healthy, active lifestyle.
STANDARDS:	ENDURING UNDERSTANDINGS	ESSENTIAL QUESTIONS
NJSLS for Comprehensive Health		
Education	Developing and maintaining wellness requires an	What causes optimal growth and
2.1.8.A.1. Assess and apply health data to enhance each dimension of personal wellness.	ongoing evaluation and modification of lifestyle behaviors.	development?How can technology have an impact on wellness?
2.1.8.A.1.Compare and contrast the impact of genetics, family history, personal health practices, and environment on personal	Eating patterns are influenced by a variety of factors.	What nutrition facts should one consider in order to lead a healthy lifestyle?
growth and development in each life stage. 2.1.8.A.1 Relate advances in		 What are some challenges that individuals facewhen eating healthy?
technology to maintaining and improving personal health.	The prevention and control of diseases and health conditions are affected by many factors.	How can diseases and disorders affect a community?
2.1.8.A.1 Determine the impact of marketing		
techniques on the use of personal hygiene products, practices, and services.	KNOWLEDGE	<u>SKILLS</u>
	Students will know:	Students will be able to:
1.8.B.1.2. Analyze how culture, health status, age, and eating environment	Factors exist that have a direct impact on personal health.	Analyze the relationship between healthy behaviors and personal health. (1.8.1)
influence personal eating patterns and recommend ways to provide nutritional balance.		Analyze how the environment affects personal health. (1.8.3)
		Describe how income affects spending.

Unit I: Personal Growth and Wellness

		(9.1.8.A.6)
2.1.8.B.2 Identify and defend healthy ways		
for adolescents to lose, gain, or maintain weight.	Technology can be used to improve personal health.	Analyze the influence of technology on personal and family health. (2.8.6)
2.1.8.B.3 Design a weekly nutritional plan for families with different lifestyles,		Determine the accessibility of products that enhance health. (3.8.3)
resources, special needs, and cultural backgrounds.	Factors exist that influence a person's nutritional choices.	Examine how the family influences the health of adolescents. (2.8.1)
2.1.8.B.4 Analyze the nutritional values of new products and supplements.		Describe the influence of culture on health beliefs, practices, and behaviors. (2.8.2)
2.1.8.C.1.Evaluate emerging methods to diagnose and treat diseases and health conditions that are common in young		Describe how peers influence healthy and unhealthy behaviors. (2.8.3)
adults in the United States and other countries, including hepatitis, sexually transmitted infections, HIV/AIDS, breast		Analyze how the school and community can affect personal health practices and behaviors. (2.8.4)
cancer, HPV, and testicular cancer.		Analyze how messages from media influence health behaviors. (2.8.5)
2.1.8.C.1.2 Analyze local, state, national, and international public safety efforts to prevent and control diseases and health conditions.		
2.1.8.C.3 Analyze the impact of mental illness	There are safe and effective ways to lose weight.	Analyze the validity of health information, products, and services. (3.8.1)
(e.g., depression, impulse disorders such as gambling or shopping, eating disorders, and bipolar disorders) on physical, social, and emotional well-being.		Describe situations that may require professional health services. (3.8.4)

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There are many factors to consider when designing a weekly meal plan for someone with special dietary needs.	Analyze the relationship between healthy behaviors and personal health. (1.8.1)
The importance of analyzing new products and supplements.	Locate valid and reliable health products and services. (3.8.5)
Diagnostic and treatment options are available for various diseases.	Explain how appropriate health care can promote personal health. (1.8.6)
Mental illnesses effect on all areas of a person's health.	Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. (1.8.2)
KEY TERMS: nutrition, nutrients, food choices, food	
labels, calories, fat, sugar, meal planning, body image,	
healthy weight, eating disorders, media influences, FITT,	
frequency, intensity, time, type, target heart rate, recovery	
heart rate, pulse, noncommunicable disease, chronic	
disease, degenerative disease, congenital disorders, heredity, cancer and treatment, arthritis, diabetes, insulin,	
allergies, asthma, lifestyle choices, risk factors, heart	
disease, mental health disorders, (mood, personality, and	
anxiety), depression, suicide, therapy and treatment	

ASSESSMENT EVIDENCE: Students will show their learning by the following techniques, including but not limited to:

- Create an internet/mobile device awareness poster
- Log caloric intake/expenditure log
- Create Technology and health poster project
- Record meal planning and/or dietary log

Unit I: Personal Growth and Wellness

- Create restaurant menu for various dietary habits
- Write a review/article for dietary product
- Design disease/disorder pamphlet, poster, or class flip book
- Complete exit ticket

KEY LEARNING EVENTS AND INSTRUCTION:

- Small group presentations
- Research and present information
- Reviewing dietary product/diet ads and commercials
- Compare/contrast technology used to manage weight/physical activity
- Brainstorming

SUGGESTED TIME ALLOTMENT	4 Weeks	
SUPPLEMENTAL UNIT RESOURCES	Internet Resources (including but not limited to)	
	https://www.thegreatbodyshop.net/ (The Great Body Shop – Materials and Program	
	Guide/Program Map)	
	https://www.etr.org/healthsmart/ (Health Smart)	
	www.kidshealth.org (Kids Health) www.cdc.gov (Center for Disease Control)	
	www.nami.org (National Alliance for Mental Health) www.myplate.gov (USDA Choose My Plate)	
	https://www.cdc.gov/healthyschools/sher/standards/index.htm (National Health Standards)	
	https://www.cdc.gov/lgbthealth/youth-resources.htm (CDC – LGBT resources)	
	https://www.glaad.org/resourcelist (GLADD - LGBT resources	
	https://www.glsen.org/ (GLSEN Gay Lesbian Straight Education Network)	

Randolph Township Schools Randolph Middle School Grade 7 Health Curriculum Unit II: Community Health and Integrated Skills

TRANSFER: The use of critical thinking, decision making, problem solving, leadership and communication skills are essential to making informed personal, family and community health decisions.

STANDARDS:	ENDURING UNDERSTANDING	ESSENTIAL QUESTIONS
NJSLS for Comprehensive Health	ENDERING ONDERSTANDING	ESSETTIME QUESTIONS
Education		
2.2.8.A.1.Compare and contrast verbal and nonverbal interpersonal communication	Effective interpersonal communication encompasses respect and acceptance for all individuals.	How can communication skills vary depending on the situation?
strategies in a variety of settings and cultures		
in different situations.	Effective communication is the basis for strengthening interpersonal interactions and	How do our peers impact our ability to communicate?
2.2.8.A.2.Demonstrate the use of refusal, negotiation, and assertiveness skills when	relationships.	
responding to peer pressure, disagreements, or conflicts.	Every health-related decision has short-and long-term consequences.	Why might people make poor decisions? How can people with different beliefs make a group decision?
2.2.8.B.1Predict social situations that may		
require the use of decision-making skills.	<u>KNOWLEDGE</u>	SKILLS
2.2.8.B.1.Justify when individual or	Students will know:	Students will be able to:
collaborative decision-making is appropriate.	Effective communication strategies vary depending on the setting and situation.	Apply effective verbal and nonverbal communication skills to enhance health. (4.8.1)
2.2.8.B.3.Analyze factors that support or hinder the achievement of personal health goals during	Strategies are useful in dealing with peer pressure and conflicts.	Demonstrate refusal and negotiation skills that avoid or reduce health risks. (4.8.2)
different life stages. 9.1.8.A.5 Relate how the demand for certain skills determines an individual's earning power.		Demonstrate effective conflict management or resolution strategies. (4.8.3)

9.1.8.A.6 Explain how income affects spending	Various social situations will require decision	Demonstrate effective conflict management or
decisions.	making skills.	resolution strategies. (4.8.3)
		Determine when health-related situations require
		the application of a thoughtful decision-making
		process. (5.8.2)
	Situations exist that require the collaborative decision making of a group.	Distinguish when individual or collaborative decision making is appropriate. (5.8.3)
		Identify circumstances that can help or hinder healthy decision making. (5.8.1)
	Various factors exist that impact the achievement of personal health goals throughout an individual's lifetime.	Apply strategies and skills needed to attain a personal health goal. (6.8.3)
	Demand for a skill/ trade is directly proportionate to earning power and potential.	Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. (6.8.4)
	Developing more skills can make someone	Describe how workplace skills, trade skills, and
	more marketable in a competitive job market; understanding personal of skills, regardless of possible limitations, allows a person to achieve success.	education can help a person increase their earning potential. (9.1.8.A.5)
	Earning more money increases consumer purchasing power.	Describe the relationship between income and spending. (9.1.8.A.6)
	It is essential to budget and spend carefully, making sure to consider personal healthcare costs living expensive.	Create a budget that is realistic and within one's means. (9.1.8.A.6)

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KEY TERMS: internet safety, social	
media, media influences, sexting, online	
bullying, decision making,	
communication, goal setting, refusal and	
negotiation skills, collaborate,	
assertiveness, budget, purchasing power,	
job skills, trade skills, earning potential	
	<u>. </u>

ASSESSMENT EVIDENCE: Students will show their learning by:

- Write a role play about a conversation you may have regarding health
- Present a communication skit utilizing a rubric
- Write and solve decision making scenario
- Conduct a peer interview with checklist
- Writing in a journal
- Complete exit ticket

KEY LEARNING EVENTS AND INSTRUCTION:

- Vocabulary card activities (vocabulary and skill cue acronym)
- Role playing communication skills
- Partner and small group presentations
- Brainstorming/think, pair, share
- Scenarios
- Red, yellow and green light activities

SUGGESTED TIME ALLOTMENT	2 weeks
SUPPLEMENTAL UNIT RESOURCES	Internet Resources (including but not limited to) https://www.thegreatbodyshop.net/ (The Great
	Body Shop – Materials and Program Guide/Program Map)
	https://www.etr.org/healthsmart/ (Health Smart)
	www.kidshealth.org (Kids Health) www.cdc.gov (Center for Disease Control)
	www.charactercounts.org (Character Counts)
	www.commonsensemedia.org (Common Sense Education)

Kandolph Middle School Grade / Health Curriculum		
	https://www.cdc.gov/healthyschools/sher/standards/index.htm (National Health Standards)	
	https://www.cdc.gov/lgbthealth/youth-resources.htm (CDC – LGBT resources)	
	https://www.glaad.org/resourcelist (GLADD - LGBT resources	
	https://www.glsen.org/ (GLSEN Gay Lesbian Stright Education Network)	

Unit III: Alcohol, Tobacco, and Other Drugs

TRANSFER: Knowledge about drugs and medicines inform decision making related to personal wellness and the wellness of others.			
STANDARDS: NJSLS for Comprehensive Health	ENDURING UNDERSTANDINGS	ESSENTIAL QUESTIONS	
Education Education	Medicines come in a variety of forms and should be used as directed	Why do drugs affect people differently?	
2.3.8.A.1 Explain why the therapeutic effects and potential risks of commonly used overthe-counter medicines, prescription drugs, and herbal and medicinal supplements vary in different individuals.	There is a strong relationship between individuals who abuse drugs and health-risk behaviors.	 Why do people choose to use alcohol, tobacco, and other drugs when they are aware of the harmful effects. Do laws have an impact on a person's decision to use drugs? 	
2.3.8.B.1 Compare and contrast the physical and behavioral effects of commonly abused	KNOWLEDGE Students will know:	SKILLS Students will be able to:	
substances by adolescents. 2.3.8.B.2 Predict the legal and financial consequences of the use, sale, and possession	Drugs can affect people differently.	Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. (2.8.9)	
of illegal substances. 2.3.8.B.3 Analyze the effects of all types of tobacco use on the aging process.	Abusing substances can have both physical and behavioral effects.	Examine the likelihood of injury or illness if engaging in unhealthy behaviors. (1.8.8)	
2.3.8.B.4 Compare and contrast smoking laws in New Jersey with other states and countries.	Individuals associated with illegal substances can face both legal and financial consequences.	Analyze the outcomes of a health-related decision. (5.8.7)	
2.3.8.B.5Explain the impact of alcohol and other drugs on those areas of the brain that	Tobacco use can have a negative impact on the aging process.	Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. (1.8.9)	

Randolph Township Schools Randolph Middle School Grade 7 Health Curriculum Unit III: Alcohol, Tobacco, and Other Drugs

control vision, sleep, coordination, and
reaction time and the related impairment of
behavior, judgment, and memory.
2 3 8 B 6 Relate the use of alcohol and other

- drugs to decision-making and risk for sexual assault, pregnancy, and STI's.
- 2.3.8.B.7 Explain the impact of inhalant use and abuse on social, emotional, mental, and physical wellness.
- 2.3.8.B.8 Analyze health risks associated with injected drug use.

he smoking laws in New Jersey have similarities and differences from other states and countries.	Explain how school and public health policies can influence health promotion and disease prevention. (2.8.10)
Alcohol and other drug abuse can affect the brain causing impairment to everyday functions.	Demonstrate behaviors to avoid or reduce health risks to self and others. (7.8.3)
The use of alcohol and other drugs can impact decision making skills causing a risk for sexual assault, pregnancy, and STI's.	Describe the benefits and barriers to practicing healthy behaviors. (1.8.7)
Inhalants affect all three areas of a person's health.	Describe the interrelationship of emotional, intellectual, physical, and social health in adolescence. (1.8.2)
The use of injected drugs can lead to various health problem.	Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. (1.8.9)
KEY TERMS: inhalant, marijuana, THC, medicinal, OTC, prescription, legal, illegal, risks, intentional, unintentional, abuse, impairment	
will show their learning by:	•

ASSESSMENT EVIDENCE: Students will show their learning by:

- Complete actives at substance abuse learning and reflective stations
- Write a letter to my older self
- Maintain an alcohol prevention journal
- Write a persuasive or factual newspaper article

Randolph Township Schools Randolph Middle School Grade 7 Health Curriculum Unit III: Alcohol, Tobacco, and Other Drugs

- Create a life-size body outline with drug effects
- Complete exit tickets

KEY LEARNING EVENTS AND INSTRUCTION:

- Learning stations
- Risk factor graphic organizer
- Debate the pros and cons of medical marijuana
- Current event discovery
- Vocabulary card activities

SUGGESTED TIME ALLOTMENT	2 weeks	
SUPPLEMENTAL UNIT RESOURCES	Internet Resources (including but not limited to)	
	https://www.thegreatbodyshop.net/ (The Great Body Shop – Materials and Program Guide/Program	
	Map)	
	https://www.etr.org/healthsmart/ (Health Smart)	
	www.kidshealth.org (Kids Health) www.cdc.gov (Center for Disease Control)	
	<u>www.drugfree.org</u> (Partnership for Drug-Free Kids)	
	https://www.cdc.gov/healthyschools/sher/standards/index.htm (National Health Standards)	

Unit IV: Family Life

TRA	NSFER: Understanding the	e various aspects of	of human relationships a	nd sexuality assists i	n making good decision	is about healthy living.
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STANDARDS:	ENDURING UNDERSTANDINGS	ESSENTIAL QUESTIONS
NJSLS for Comprehensive Health Education 2.4.8.B.1 Analyze the influence of hormones, nutrition, the environment, and heredity on the physical, social, and emotional changes that occur during puberty. 2.4.8.B.1Determine the benefits of sexual	Personal lifestyle habits and genetics influence sexual development as well as overall growth patterns. Responsible actions regarding sexual behavior impact the health of oneself and others.	 Why are there so many unintended pregnancies and sexually transmitted infections? What are the consequences of being sexually active?
abstinence and develop strategies to resist pressures to become sexually active. 2.4.8.B.4 Relate certain behaviors to placing	Pregnancy, childbirth, and parenthood are significant events that cause numerous changes in one's life and the lives of others.	 How does someone's life change when they become a parent? What are basic responsibilities of expecting parents?
one at greater risk for HIV/AIDS, STIs, and unintended pregnancy. 2.4.8.C.1 Summarize the signs and symptoms of pregnancy and the methods available to confirm pregnancy. 2.4.8.C.2 Distinguish physical, social, and	KNOWLEDGE Students will know: Many factors can impact the changes that occur during puberty.	SKILLS Students will be able to: Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. (1.8.2)
emotional changes that occur during each stage of pregnancy, including the stages of labor and childbirth and the adjustment period following birth.	Sexual abstinence has many benefits. There are ways to resist the pressure to be sexually active.	Analyze the relationship between healthy behaviors and personal health (1.8.1) Describe how peers influence healthy and unhealthy behaviors. (2.8.3)

Unit IV: Family Life

2.4.8.C.2 Determine effective strategies and resources to assist with parenting.		Demonstrate refusal and negotiation skills that avoid or reduce health risks. (4.8.2)
2.4.8.C.4Predict short- and long-term impacts of teen pregnancy.	Sexual activity increases the risk for HIV/AIDS, STIs, and unintended pregnancy.	Analyze the outcomes of a health-related decision. (5.8.7)
2.4.8.C.5 Correlate prenatal care with the prevention of complications that may occur during pregnancy and childbirth.		Explain how the perceptions of norms influence healthy and unhealthy behaviors. (2.8.7)
	Pregnancy has signs and symptoms as well as methods of detection.	Describe situations that may require professional health services. (3.8.4)
	Many changes take place during pregnancy that affects all three areas of a woman's health.	Explain the importance of assuming responsibility for personal health behaviors. (7.8.1)
	Labor and childbirth occur in stages.	Examine how the family influences the health of adolescents. (2.8.1)
	Prenatal care is important for preventing complications during pregnancy and childbirth.	Explain how appropriate health care can promote personal health. (1.8.6)
	It is important for every individual to experience a positive environment that is safe, secure, welcoming, and where they feel a sense of belonging.	Create a list of topics and/or issue related to LGBTQ and disabled persons to discuss with family and friends.

Unit IV: Family Life

ASSESSMENT EVIDENCE: Students will show their learning by:

- Design STI posters
- Create a visual display demonstrating the stages of fetal development for mom and baby
- Compose a letter to your younger self about the consequences of sexual activity
- Develop a moms-to-be brochure
- Complete exit tickets

KEY LEARNING EVENTS AND INSTRUCTION:

- STI jigsaw activity
- Partner and small group activities
- Scenarios
- Reflective activities
- Red/yellow/green light activities

SUGGESTED TIME ALLOTMENT	2 weeks
SUPPLEMENTAL UNIT RESOURCES	Internet Resources (including but not limited to)
	https://www.thegreatbodyshop.net/ (The Great Body Shop – Materials and Program Guide/Program
	Map)
	https://www.etr.org/healthsmart/ (Health Smart)
	www.kidshealth.org (Kids Health) www.cdc.gov (Center for Disease Control)
	www.pgschoolprograms.com (Proctor and Gamble School Programs)
	www.plannedparenthood.org/learn/parents (Planned Parenthood) www.babycenter.com (Baby
	Center-Expert Advice about Pregnancy and Parenting)
	https://www.cdc.gov/healthyschools/sher/standards/index.htm (National Health Standards)
	Resourceson Disability and LGBTQ
	https://selfadvocacyinfo.org/wp-content/uploads/2019/03/Annotated-Bibliography-A-list-of-
	Resources-on-Disability-and-LGBTQ-Followed-by-a-Short-Description.pdf
	Teaching Tolerance
	https://www.tolerance.org/sites/default/files/2018-09/TT-LGBTQ-Best-Practices-Guide.pdf

APPENDIX A

RANDOLPH TOWNSHIP SCHOOL DISTRICT Grade 7 Health APPENDIX

A. SHAPE America National Health Standards

https://www.shapeamerica.org/standards/health/

B. Section: 18A:35-4.34: Financial literacy instruction

1. The State Board of Education shall require that a school district incorporate in each of the grades six through eight financial literacy instruction to pupils enrolled in those grades. The purpose of the instruction shall be to provide middle school students with the basic financial literacy necessary for sound financial decision-making.

The instruction shall meet the requirements established by the State board and shall:

- a. be appropriate to, and reflect the age and comprehension of, the students enrolled in the particular grade level; and
- b. include content on budgeting, savings, credit, debt, insurance, investment, and other issues associated with personal financial responsibility as determined by the State board.

C. Section 18A:35-4.35 - History of disabled and LGBT persons included in middle and high school curriculum

A board of education shall include instruction on the political, economic, and social contributions of persons with disabilities and lesbian, gay, bisexual, and transgender people, in an appropriate place in the curriculum of middle school and high school students as part of the district's implementation of the New Jersey Student Learning Standards.

Policy 2422 updated June 2020