

Map Report

Grade: 7 | Subject: 6 | Quarter: 1 | Course: n/a | Parent Map:

Map Title: Health 7 2021-2022

Unit Title:

Applicable Weeks:

Content/Units:

I. Understanding Your Health

II. Skills for a Healthy Life

III. Mental and Emotional Health

IV. Mental and Emotional Problems

V. Nutrition for Health

VI. Physical Activity and Fitness

VII. Alcohol, Tobacco, and Drugs

VIII. Your Body Systems

IX. Promoting Social Health

X. Safety and Emergencies

Unit Learning Objectives:

I. a. Be able to name and describe the three sides of the health triangle

b. Be able to explain puberty and some of the effects it has on middle school students

c. Be able to describe actions you can take to become more responsible for your individual health

II. a. Be able to use the 6 step decision making process and goal-setting process to make educated decisions and realistic goals.

b. Be able to name and describe the 6 traits that make up good character

c. Be able to explain at least four health skills that you can use to improve overall health

III. a. Be able to describe the three main factors that determine your Mental Health (personality, self-concept, and self-esteem)

b. Be able to explain a fight-or-flight response and the potential long-term effects if you cannot deal with the stressor

c. Be able to determine what causes your emotions and healthy ways to deal with strong emotions.

IV. a. Be able to explain some signs and symptoms of common mental illnesses (Depression and Anxiety are the main two to focus on but there are many others in this unit).

b. Be able to describe the proper way to get help for yourself or for others if you suspect a possible mental illness.

c. Be able to communicate with someone who can help if yourself or someone else is contemplating suicide.

V. a. Be able to name the 6 main classes of nutrients and briefly describe each class

b. Be able to explain the negative effects of processed foods and why natural foods are an essential part of a healthy diet.

c. Be able to implement healthy eating strategies in everyday eating in order to improve overall health.

VI. a. Be able to explain to others the importance and benefits of regular physical activity.

b. Be able to make an exercise plan to help you reach your exercise goals

VII. a. Be able to explain the dangers of drug use and addiction

b. Be able to describe side effects of specific drugs (alcohol, tobacco, marijuana, LSD, cocaine, heroin, methamphetamine, pain pills, and a few others)

VIII. a. Be able to name the 8 different body systems and describe their main functions

b. Be able to explain how body systems work together to keep you alive and functioning

IX. a. Be able to name the 3 main types of relationships

b. Be able to describe some of the key concepts in healthy relationships (empathy, communication, compromise, kindness)

c. Be able to implement strategies to get along in different environments (i.e. school, sports, family, etc.)

X. a. Be able to make a plan to improve the chance of a safe outcome in an emergency situation (i.e. house fire, tornado, etc.)

b. Be able to describe the steps to take in the proper order in an emergency situation (i.e. make sure the area is safe before you administer aid to an unconscious person)

Learning Activities:

Read the book together as a class

Entire class discussions

In class individual assignments (vocabulary, questions on google docs, etc.)

Various projects

Small group work

Online research

Practical situations (i.e. going to walk on the track when we discuss physical fitness)

Assessments Used:

Health Pretest

Ch. 2 Project

Ch. 3 Project

Ch. 4 Project

Ch. 10 Meal Plan

Exercise Plan

Drug Project

Health Final

Ch. 1 Vocabulary Quiz

Ch. 2 Vocabulary Quiz

Ch. 3 Vocabulary Quiz

Ch. 4 Vocabulary Quiz

Ch. 10 Vocabulary Quiz

Ch. 9 Vocabulary Quiz

Ch. 12 Vocabulary Quiz

Ch. 14 Vocabulary Quiz

Ch. 16 Vocabulary Quiz

Attached Files:

There are no files attached to this map.