



Carlstadt Public School District Curriculum Guide

Family Life Grade 7 - 40 minutes/week - full year

Scope & Sequence

Unit	Pacing (Days/Weeks)	Key Ideas	Standards
Becoming a Lifelong Learner	4 weeks	Critical thinking skills; problem solving; barriers to the decision-making process; practicing creative thinking; collaboration; cooperation; setting realistic short-term and long-term goals; working independently; collecting information from a variety of sources; using major tools of technology; communicating a message; practicing verbal and visual presentation skills; exploring a range of skills for life-long learners	2.1.8.CHSS.8; 2.1.8.EH.1; 2.1.8.EH.2; 2.1.8.PGD.4; 2.1.8.SSH.3; 2.1.8.SSH.6; 2.2.8.LF.7; 2.3.8.PS.1; 2.3.8.PS.7;
Body Systems	4 weeks	Naming body systems; identifying major body parts and functions; interrelationships; consequences of failure of one body system; health habits and behaviors to increase peak function; influences for long term health; leading health indicators; health risk and protective factors; interdependence of body systems	2.1.8.EH.2; 2.1.8.PGD.1 2.1.8.PGD.3; 2.1.8.PGD.4; 2.2.8.N.2; 2.2.8.PF.1
Fitness & Nutrition	4 weeks	Building understanding of good nutrition, daily exercise, and sufficient rest; daily diet, exercise and rest needed in adolescence; purpose and benefits of exercise; basic principles of training; guidelines for exercise; personal plans for fitness; disease/disorders that go with poor labels of fitness and/or nutrition; the role of health behaviors in disease and wellness levels; sleep levels and performance; healthy food choices; eating disorders; dietary guidelines; food groups	2.1.8.EH.1; 2.1.8.PGD.1; 2.1.8.PGD.4; 2.2.8.LF.1; 2.2.8.LF.2; 2.2.8.LF.4; 2.2.8.LF.5; 2.2.8.LF.6; 2.2.8.MSC.1; 2.2.8.MSC.2; 2.2.8.MSC.3; 2.2.8.N.1; 2.2.8.N.2; 2.2.8.N.3; 2.2.8.N.4; 2.2.8.PF.1; 2.2.8.PF.3; 2.2.8.PF.4; 2.2.8.PF.5; 2.3.8.HCDM.3
The Cycle of Life	5 weeks	Physical and emotional stages, characteristics, and developmental needs throughout life; cycle	2.1.8.CHSS.3; 2.1.8.CHSS.4; 2.1.8.EH.2



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		of life; changing relationships; genes, DNA, heredity; developing a realistic body image; birth control and pregnancy prevention; abstinence; concept of family; dating and friendship; peer pressure, risk taking; setting goals; hygiene routines; sexual responsibility; hormones and body systems; social and emotional changes during adolescence; refusal skills; respect; gender equity	2.1.8.PGD.4; 2.1.8.PP.1; 2.1.8.PP.2; 2.1.8.PP.3; 2.1.8.SSH.1; 2.1.8.SSH.3; 2.1.8.SSH.6; 2.1.8.SSH.8; 2.1.8.SSH.9; 2.1.8.SSH.10; 2.1.8.SSH.11; 2.3.8.ATD.1; 2.3.8.ATD.5; 2.3.8.DSDT.4; 2.3.8.HCDM.3; 2.3.8.HCDM.5; 2.3.8.PS.2
Social and Emotional Health	5 weeks	Relationship between physical changes and self-esteem; positive character traits; responsible decisions; communication; identification of feelings; resources for assistance; appropriate expression and management of feelings; friendships and dating; dealing with disrespect; peer/parent interaction; influence of technology, culture and media; healthy, safe relationships; harassment and bullying	2.1.8.CHSS.1; 2.1.8.CHSS.4; 2.1.8.CHSS.8; 2.1.8.EH.1; 2.1.8.EH.2; 2.1.8.PGD.4; 2.1.8.SSH.3; 2.1.8.SSH.4; 2.1.8.SSH.5; 2.1.8.SSH.7; 2.3.8.ATD.4; 2.3.8.ATD.5; 2.3.8.PS.2; 2.3.8.PS.6
Disease and Illness Protection	4 weeks	Communicable and noncommunicable diseases; methods of transmission; effects of lifestyle/hygiene; disease vs. disorder; chronic conditions; causes and categories of diseases; reducing risk factors; HIV; catastrophic diseases; empathy, self care and concern for the kill; community resources; bacteria and viruses; personal responsibility	2.1.8.CHSS.5; 2.1.8.CHSS.8 2.1.8.PGD.2; 2.1.8.PGD.4; 2.1.8.SSH.8; 2.1.8.SSH.9; 2.3.8.HCDM.2; 2.3.8.HCDM.3; 2.3.8.HCDM.4; 2.3.8.HCDM.5; 2.3.8.HCDM.7
Safety, Injury & Violence Protection	5 weeks	Unintentional vs. intentional injury; recognizing actions and behaviors lead to injury; analyzing injury prevention information; safety precautions; injury prevention at home, school, and community; weather precautions; guns and other weapons; violence risk factors; harassment and bullying; sexual and other abuse; getting help for emergencies; first aid procedures; resources in the community	2.1.8.CHSS.1; 2.1.8.CHSS.2; 2.1.8.CHSS.8; 2.1.8.EH.1; 2.1.8.SSH.3; 2.2.8.LF.1; 2.2.8.LF.6; 2.2.8.MSC.5; 2.2.8.MSC.7; 2.3.8.ATD.1; 2.3.8.ATD.3; 2.3.8.ATD.4; 2.3.8.ATD.5; 2.3.8.PS.1; 2.3.8.PS.3; 2.3.8.PS.4; 2.3.8.PS.6;



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			2.3.8.PS.7
Substance Abuse Prevention	5 weeks	Define substance abuse and addiction; list addictive substances; inhalants, OTC drugs, tobacco, alcohol; legal vs. illegal drugs; intervention and treatment; drug dependency; statistics on success rates in treating drug abuse; internal and external protective factors; continuum of risk behaviors; asset building; influence of the media	2.1.8.EH.2; 2.1.8.PGD.2; 2.1.8.SSH.11; 2.2.8.PF.5; 2.3.8.ATD.1; 2.3.8.ATD.2; 2.3.8.ATD.4; 2.3.8.ATD.5; 2.3.8.DSDT.1; 2.3.8.DSDT.2; 2.3.8.DSDT.4; 2.3.8.DSDT.5; 2.3.8.HCDM.2; 2.3.8.HCDM.4; 2.3.8.HCDM.5; 2.3.8.PS.6
Consumer, Community, & Environmental Health	4 weeks	Healthcare consumer habits and preferences; consumer trends; useful healthcare products and services; analyzing influences in healthcare decisions; importance of a healthy environment; possible effects of pollution; community and individual responsibility for health of the environment	2.1.8.CHSS.1; 2.1.8.CHSS.6; 2.1.8.CHSS.7; 2.1.8.PGD.1; 2.3.8.HCDM.1; 2.3.8.PS.1; 2.3.8.PS.6