

**Moon Area School District Curriculum Map**

**Course: Health 7**

**Grade Level: 7<sup>th</sup>**

**Content Area: Health**

**Frequency: Nine Weeks Course**

**Big Ideas**

1. To teach, challenge, and support every student to realize his or her maximum potential and acquire the knowledge and skills needed to maintain overall health and wellness.
2. To develop an understanding of the human body systems, having the ability to identify and know the location of the major systems, know the functions, and interrelationship of the systems as well.
3. Provide students with knowledge and skills that will enable them to achieve and maintain a healthy lifestyle.
4. Students will increase their chances of achieving their highest potential becoming and remaining physically, mentally, socially, and emotionally healthy.

**Essential Questions**

1. What is health, how is health important to you, and how can you take care of your body?
2. How does each of the 4 parts of health work together to achieve wellness?
3. How can social media effect the student’s overall health in a positive or negative way?
4. Why is having an understanding of each body system’s functions and organs important?
5. What are some health choices you can make to help prevent issues of each body system?

**Primary Resource(s) & Technology:**

Textbook Series, IXL online software,  
Microsoft Teams, Promethean Boards, Student Laptops/iPads

**Pennsylvania and/or focus standards referenced at:**

[www.pdesas.org](http://www.pdesas.org)  
[www.education.pa.gov](http://www.education.pa.gov)

<b>Big Ideas/ EQs</b>	<b>Focus Standard(s)</b>	<b>Assessed Competencies (Key content and skills)</b>	<b>Timeline</b>
1,3,4 1,2,3	10.2.6.A 10.2.6.C	<ul style="list-style-type: none"><li>• Define health</li></ul>	August

		<ul style="list-style-type: none"> <li>• Identify the 4 parts of health and examples of each</li> <li>• Explain how balance of health relates to achieving wellness</li> <li>• Identify social media's effect on the student's overall health and safety</li> </ul>	5 days
1,2,3 4,5	10.1.6.B 10.1.6.E	<ul style="list-style-type: none"> <li>• Identify the human body's levels of organization: cells, tissue, organs, and organ systems</li> <li>• Identify and know the location and function of the digestive system organs.</li> <li>• Develop general understanding of possible health issues of the digestive system.</li> <li>• Describe ways to prevent these possible health issues of the digestive system</li> </ul>	September 6 days
1,2,3 4,5	10.1.6.B 10.1.6.E	<ul style="list-style-type: none"> <li>• Identify and know the location and function of the skeletal system organs.</li> <li>• Develop general understanding of possible health issues of the skeletal system.</li> <li>• Describe ways to prevent these possible health issues of the skeletal system</li> </ul>	September 6 days
1,2,3 4,5	10.1.6.B 10.1.6.E	<ul style="list-style-type: none"> <li>• Identify and know the location and function of the muscular system organs: including the 3 types of muscle tissue.</li> <li>• Develop general understanding of possible health issues of the muscular system.</li> <li>• Describe ways to prevent these possible health issues of the muscular system</li> <li>•</li> </ul>	September 6 days
1,2,3 4,5	10.1.6.B 10.1.6.E	<ul style="list-style-type: none"> <li>• Identify and know the location and function of the circulatory system organs: including an understanding of the 4 chambers of the heart and veins and arteries.</li> <li>• Develop general understanding of possible health issues of the circulatory system.</li> <li>• Describe ways to prevent these possible health issues of the circulatory system</li> </ul>	September/ October 6 days
1,2,3 4,5	10.1.6.B 10.1.6.E	<ul style="list-style-type: none"> <li>• Identify and know the location and function of the respiratory system organs: following the pathway of oxygen throughout the system.</li> <li>• Develop general understanding of possible health issues of the respiratory system.</li> </ul>	October 6 days

		<ul style="list-style-type: none"> <li>Describe ways to prevent these possible health issues of the respiratory system including vaping dangers.</li> </ul>	
1,2,3 4,5	10.1.6.B 10.1.6.E	<ul style="list-style-type: none"> <li>Identify and know the location and function of the immune system organs.: understanding the 3 lines of defense within the body.</li> <li>Develop general understanding of possible health issues of the immune system.</li> <li>Describe ways to prevent these possible health issues of the immune system</li> </ul>	October 6 days