

**Department: Health**

**Course Title: 7th Grade Health**

**DESCRIPTION OF COURSE:**

Seventh grade health explores a variety of health topics that provide students with a foundation of many of today's health concerns. The students will learn basic decision making strategies about problems and changes they encounter in the social, physical, and mental/emotional domains of health. Students will use group discussion, various multi-media sources, and reading/writing activities to enhance learning. Students will understand that choices they make will affect their overall growth in all domains of their development.

**This course explores a variety of health topics such as:**

- **Physical Activity and Fitness**
- **Food and Nutrition**
- **Communicable/Non-communicable Diseases**
- **Drugs and Alcohol**
- **Tobacco**

Students will demonstrate their progress in Health through problem-solving activities, tests and quizzes, decision-making activities, class projects, and reading/writing activities.

*REQUIRED TOPICS OF STUDY*

*SUGGESTED INSTRUCTIONAL TIME*

*STANDARDS/ ASSESSMENT ANCHORS*

- **Physical Activity and Fitness**
- **Food and Nutrition**

**6 meetings**

**10.4.9 A, B, C, D, & F**

**6 meetings**

**10.1.9 A**

**10.2.9 B**

**10.4.9 B**

- **Communicable/Non-communicable Disease's**

**8 meetings**

**10.1.9 B & E**

**10.2.9 D & E**

**10.4.9 B**

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|----------------------------|-------------------|---|
| • <b>Drugs and Alcohol</b> | <b>4 meetings</b> | <b>10.1.9 A, D, &amp; E</b><br><b>10.2.9 C &amp; D</b><br><b>10.4.9 C &amp; F</b>               |
| • <b>Tobacco</b>           | <b>4 meetings</b> | <b>10.1.9 A, D, &amp; E</b><br><b>10.2.9 A, B, C, D, &amp; E</b><br><b>10.4.9 C, E, &amp; F</b> |

## **RESOURCES:**

- **Teen Health Course 2 Textbook (Glencoe) and all accompanying supplemental materials.**
- **Internet**
- **Multi-media sources**
- **Instructional Resources (ex. Books, Magazines, & Periodicals)**
- **Guest Speakers**