

## SWALLOW SCHOOL DISTRICT CURRICULUM GUIDE

**Curriculum Area:** Health

**Course Length:** 20 Lessons

**Grade:** 7th

**Date Last Approved:** March 15, 2017; Reviewed Spring 2021

### Stage 1: Desired Results

**Course Description and Purpose:**

The seventh grade Health Education Program is based on developing skills in relation to age appropriate health topics. By developing skills related to effectively accessing health resources, communicating, analyzing peer and media influences, goal setting, decision making, and health advocacy, and tobacco, alcohol and other drugs students at Swallow School will be able to achieve and maintain optimal wellness.

**Enduring Understanding(s):**

1. The use of AODA can have a negative impact on a healthy lifestyle.
2. Media and entertainment industries do not always report or portray AODA in an accurate or complete way.
3. There are life changing risks associated with the use of AODA.

**Essential Question(s):**

1. Why are tobacco, alcohol, and some drugs addictive?
2. What does it take to overcome addiction to these substances?
3. Is the teen brain more susceptible to addictions than the adult brain?
4. How can you tell the difference between valid and invalid sources of information about alcohol, tobacco, and other drugs?
5. Why is it important to understand that media messaging has embedded values and points of view?
6. Why should I care about being alcohol, tobacco, and drug free?
7. Would people still use tobacco if it did not have an addictive quality?
8. How does alcohol and tobacco affect the body?
9. Why is it important to be accountable for decisions about substance use?
10. What would you say to a friend who asked you to try a cigarette when you did not want to?

**Learning Targets:**

1. Students can demonstrate practices that promote a healthy lifestyle. (Skill)
2. Students will identify factors that influence health behaviors. (Knowledge)
3. Students will access health related information from valid sources. (Reasoning)

### Stage 2: Learning Plan

**I. AODA**

- A. Alcohol and its effects on the body
- B. Factors influencing BAL
- C. Users and the patterns they follow
- D. Steps to recovery
- E. Dangers of driving under the influence of alcohol
- F. Alcohol and Tobacco – Gateway drugs
- G. Tobacco and its effects on the body

**Standards:**

WI DPI State Standards for Health: 1:3:A1-A2, 1:3:B1-B3, 2:3:A1-A5, 5:3:A1, 5:3:B1-B3, 6:3:A1-A3, 7:3:A1, 7:3:B1-B2,

**Learning Targets Addressed:**

Target 1  
Target 2  
Target 3

**Key Resources:** Teacher Created Resources, Safari Montage Video Resources

- H. Nicotine and addiction
- I. The influence of media and advertising
- J. Peer pressure and the strategies to defend against it
- K. Smokeless tobacco

**Assessment Map:**

Type	Level	Assessment Detail
Practice	Knowledge	In class activities
Formative	Knowledge	Written response
Summative	Knowledge	Written response