

Health Standards Seventh Grade Curriculum & Resources

NJSLS 2020	Disciplinary Concept	Core Idea	Performance Expectation	Week Number (1-9)	Approved Resources
<u>2.1 Personal and Mental Health</u> <u>6-8</u>	Personal Growth and Development	Individual actions, genetics, and family history can play a role in an individual's personal health.	2.1.8.PGD.1: Explain how appropriate health care can promote personal health. 2.1.8.PGD.2: Analyze how genetics and family history can impact personal health. 2.1.8.PGD.3: Describe the human reproductive systems, the external and internal body parts and their functions, and the natural variations that exist in human bodies.	1-5	Lesson: Body Systems - activities cover all body systems Scholastic Magazine-Your Amazing Brain Magic School Bus Muscles Bill Nye- Bones Kids Health
	Pregnancy and Parenting	An awareness of the stages of pregnancy and prenatal care can contribute to a healthy pregnancy and the birth of a healthy child.	2.1.8.PP.1: Describe pregnancy testing, the signs of pregnancy, and pregnancy options, including parenting, abortion, and adoption. 2.1.8.PP.2: Summarize the stages of pregnancy from fertilization to birth. 2.1.8.PP.3: Identify prenatal practices that support a healthy pregnancy and identify where to find medically accurate sources of information about prenatal care	6	Lesson: Puberty Fertilization Video Kids Health New Jersey Department of Health Advocates for Youth 3Rs : Pregnancy Basics <i>Note: This site contains a variety of lessons. Haddon Township Teachers will only be utilizing this lesson for this topic.</i>
		There are a variety of factors that affect the social, emotional, and financial challenges	2.1.8.PP.4: Predict challenges that may be faced by adolescent parents and their families. 2.1.8.PP.5: Identify resources to assist		

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		that are associated with parenthood.	with parenting.		
	Community Health Services and Support	Potential solutions to health issues are dependent on health literacy and locating resources accessible in a community.	2.1.8.CHSS.1: Identify professionals at school and in the community available to assist with health conditions and emergencies, sexual health services, life skills training and describe how they can be accessed (e.g., suicide prevention, CPR/AED, breast self-examination, traumatic stress) 2.1.8.CHSS.5: Identify medically accurate sources of information about STIs, including HIV, such as local STIs /HIV prevention, steps to obtain PrEP and PEP, testing, and treatment resources.	7	Lesson: Community Resources CDC Shape America Advocates for Youth 3Rs - STD Basics <i>Note: This site contains a variety of lessons. Haddon Township Teachers will only be utilizing this lesson for this topic.</i> EverFi - Character Playbook lessons/ Healthcare Literacy Courses
		Advocacy for personal, family, community, and global health can influence and change the interaction of people and their health.	2.1.8.CHSS.6: Develop advocacy plan regarding a health issue and share this information in an appropriate setting	7	
<u>2.3 Safety</u> <u>6-8</u>	Health Conditions, Diseases and Medicines	Diseases can be contracted from a variety of sources and choices individuals make may contribute to or prevent a person from being susceptible to a disease or health condition.	2.3.8.HCDM.2: Determine the role of genetics in being susceptible to disease and health conditions and identify the types of behavior that might reduce the risk factors. 2.3.8.HCDM.3: Describe behaviors which may contribute to or prevent a person from being susceptible to disease and illness (e.g., cardiovascular, stroke, hepatitis,	8	Lesson: Health Conditions & Diseases Shape America Youth Stroke Education Toolkit Discovery Education, Generation Health Lessons

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			sexually transmitted infections (STIs), HIV/AIDS, breast cancer, HPV, testicular cancer).		Johns Hopkins: Kids & Teens Health
		The degree to which an individual is impacted by a health condition or disease can be affected by their immune system and treatment strategies.	2.3.8.HCDM.7: Explain how certain methods of disease prevention, treatment strategies, and appropriate medication use promote health-enhancing behaviors.		
<u>2.2 Physical Wellness</u> <u>6-8</u>	Physical Fitness	A variety of effective fitness principles applied consistently over time, enhance personal fitness levels, performance, and health status (e.g., Frequency, Intensity, Time, Type (F.I.T.T)).	2.2.8.PF.5: Use evidence to predict how factors such as health status, body composition, interests, environmental conditions, healthy eating, anabolic steroids, physical activity, and lifestyle behaviors impact personal fitness and health.	9	Lesson: Fitness & Nutrition CDC Nutrition Rutgers New Jersey Health Kids Initiative OPEN Physical Education Modules My Plate
	Nutrition	Many factors can influence an individual's choices when selecting a balanced meal plan, which can affect nutritional wellness.	2.2.8.N.2: Identify skills and healthy behaviors that can support adolescents in losing, gaining, or maintaining healthy weights.		

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