7th Grade	Personal	Health	Curriculum			
Unit	Standards Taught (MDE)	Lesson Activity	Key Concepts/Vocabula	Resources/Technol	Assessments	Notes
SOCIAL SKILLS	4,7	Self-Esteem	*Understanding physical differences	*Michigan Model	*Worksheets	
			*Understanding physical genetic characteristics	*Worksheets	*Class discussion	
			*Understanding what you can control and what you can not			
			*Everyone has talents			
			*How to effectively practice a skill			
			*How to effectively study			
NUTRITION/PHYSICAL ACTIVITY	1,2,3,5	Calories/exercise	*Understanding what a calorie is	*Michigan Model	*Worksheets	
			*Understanding which foods are high in caloric intake	*Worksheets	*Class discussion	
			*Understanding the balance between caloric intake and exercise			
SOCIAL AND EMOTIONAL HEALTH	1,2,4,6,7,8	Bullying	*Defining acts of Bullying	*Videos	*Class Discussion	
			* The difference between bullying and normal conflict	*Worksheets	*Role Playing	
			*Reporting acts of bullying vs "ratting"			
			*Discussing characteristics of: a Bully, a Victim and a Bystander			

			*Strategies for dealing with a Bully			
PERSONAL HEALTH AND WELLNESS	3	Personal Hygiene	*Body Odor	*Michigan Model	*Worksheets	
			*Hair Care		*Class Discussion	
			*Oral Health		*Video Hygiene Commercials	