

Northwestern Lehigh School District
GRADE 7 - HEALTH
School Board Approval Date: April 20, 2022

Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
Home & Personal Safety	10.1.9. A 10.2.9. C 10.2.9. D 10.3.9. A 10.3.9. D	R/A/I	• Teacher Guided Classroom Introduction/Discussion • Brainstorming Activity: List Emergency Situations • Teacher Guided Discussion/What to report when calling 911? • Student Textbook Reading and Lesson Review Assignment • Teacher Observation • Family Fire Drill Plan Homework Assignment	• Decisions for Health Red Textbook • Family Fire Drill Plan • Graph Paper • Google Classroom • Google Doc Assessment • Teacher Created Slides	5 days
Basic First-Aid & CPR	10.1.9. B 10.1.9. E 10.2.9. D 10.3.9. A 10.3.9. B 10.3.9. D	R/A/I	• Student Graded Assignment/Wounds and Injuries • Kahoot Review Game • Student Written Assessment • Partner First Aid Project and Presentations • Teacher Demonstration: CPR/Rescue Breathing • Student CPR Practice/Peer Evaluation • Student CPR Simulation/Teacher Observation • Student Created Test Questions • Jeopardy Review Game • Final Exam	• Decisions for Health Red Textbook • Kahoot.com • Rubric for Projects • CPR Dummies • Peer CPR Evaluation Checklist • CPR/Rescue Breathing Teacher Rubric • Google Jeopardy Slides • First Aid Google Form Test	15 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

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Drug Education- Alcohol, Tobacco, and Marijuana	10.1.9. A 10.1.9. B 10.1.9. D 10.2.9. B 10.2.9. C	A	• Introduction/Discussion/ Teacher Observation “What are the dangers of drug use?” • Drug Category Research Assignment • Alcohol Dangers Edpuzzle • Classroom Discussion • Drunk Goggle Activity • “Did You Know” Marijuana Packet and Graded Assignment • Vaping and Tobacco Research/Written Reflection • Tobacco Venn Diagram Assignment/Class Discussion • Vaping Video: Lung Transplant Story • Tobacco Straw Activity • Edpuzzle Questions: Harmful Effects of Tobacco • Drug Jeopardy Review Game • Drug Exam	• Google Classroom • Edpuzzle.com • Plastic Glasses • Straws • Marijuana Facts Packet • Vaping/ Educational Videos • Drug Skit Rubric • Jeopardy Slides • Drug Google Form Exam	15 days
Mental Health	10.1.9. A 10.3.9. C	R/A	• Classroom Discussion/Teacher Observation • Stress/Mental Health Graded Assignment • Kahoot Review • Introduction to Mindfulness • Mindfulness Practice/Daily Calm • Hershey Kiss Mindful Eating Exercise • Yoga Practice • Rate Your Mental Health Questionnaire	• Google Docs • Questionnaires • Stress Article • Kahoot.com • Daily Calm Video • Hershey Kisses • Drug Skit Rubric • Art Supplies • Google Form Exam	8 days

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			• Stress Can Make You Sick Article Assignment • Classroom Discussion/Teacher Observation • Type A/B Questionnaire/Discussion • Partner Coping Situation Assignment • Student Role Playing/Conflict • Mental Health Exam • Student Created Positive Quotes/Affirmation Boxes		
Body Systems	10.1.6.B 10.4.6.	R/A	• Introduction to Body Symptoms/Functions • Skeletal and Muscular System • Book Reading/Grades Assignment • Teacher Observation • Skeletal/Muscular System Coloring and Labeling Diagram Assignment • Kahoot Review • Skeletal/Muscular Exam	• Decision for Health Text • Muscular/Skeletal Diagrams • Kahoot.com • Markers/Crayons • Test	
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LEVEL OF MASTERY DESCRIPTIONS

- Recognition (R) Students will be able to recall concepts.
- Application (A) Students will be able to apply ideas/skills to a curricular concept.
- Inference (I) Students will be able to evaluate and synthesize materials or concepts.

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