7th Grade Healthy Living Units

Unit:	**Preventing the Spread of Disease**					
Big Ideas:	Good personal hygiene and other healthful behaviors can help protect you from communicable diseases.					
Essential Questions	What is a communicable disease? What are some causes of communicable diseases? What are pathogens? What are the 4 types of pathogens and give an example of a disease caused by each kind? How are pathogens spread? What are some ways that pathogens can spread by indirect contact? What is an infection? What is a vector? What are some ways to protect yourself from pathogens?					
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Competencies (skills, knowledge, abilities)**	**Mini-Lessons & Activities**	**Instructional Materials**	**Assessments**
1 class	10.1.Concepts of Health 10.1.B 10.1.E	Communicable Disease Pathogens Infection Viruses Bacteria Fungi Protozoa Vector Hygiene	Recognize some causes of communicable disease. Explain how pathogens are spread. Differentiate between viruses and bacterias. Identify ways to prevent and treat pathogens. Describe how to protect yourself against pathogens and keep them from spreading.	<u>Lesson #1</u> Bell Ringer. Objectives & Vocabulary. Define communicable disease, pathogens, and infection. Identify and discuss the four common pathogens and diseases they cause. Define viruses, bacteria, fungi, and protozoa. Compare and contrast viruses and bacterias ways to contract and treat. Identify how pathogens spread through direct and indirect contact, contaminated food and water. Define and identify what vectors are and how they spread pathogens. Examine how to keep pathogens from spreading, personal hygiene.	Powerpoint (Communicable Diseases) Student Study Guide Packets	Daily Bell Ringers: “How do you think people catch colds? Explain your answer.” 10 multiple choice/ True & False questions quiz .

7th Grade Healthy Living Units

Unit:	**The Body's Defenses Against Infection**					
Big Ideas:	Your immune system helps your body defend itself against infections.					
Essential Questions	How does the immune system function? What are the body's 5 major barriers against pathogens? What is the body's first line of defense against pathogens? How does a fever help your body fight an infection? How do antibodies protect the body? What are antigens? What are the two types of white blood cells your immune system produces to fight antigens? What are some behaviors that keep your immune system healthy? What is the lymphatic system? How does the lymphatic system protect your body against disease? How do vaccines help fight pathogens?					
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Competencies (skills, knowledge, abilities)**	**Mini-Lessons & Activities**	**Instructional Materials**	**Assessments**
1 classes	10.1.Concepts of Health 10.1.B 10.2 Healthy Living 10.2.A 10.2.D	Immune System Immunity Inflammation Lymphatic System Antigen Antibodies Vaccine	Understand the job of the immune system. Define the term antigen. Identify the two white blood cells your immune system produces to fight antigens. Understand the job of the lymphatic system and how it protects your body against disease. Explain what the body's first line of defense against pathogens. Identify how a fever fights an infection. Evaluate how vaccines help protect the health of the community.	<u>Lesson #1</u> Bell Ringer. Objectives & Vocabulary. Define the immune system and explain how your body defends itself. Define immunity. Identify the body's first line of defense against pathogens. <u>Lesson #2</u> Define and explain inflammation and the body's nonspecific response. Define and examine the body's lymphatic system. Explain the immune system's specific response to pathogens through B and T cells. Define antibodies and antigens. Both natural and acquired. Discuss immunity and define vaccines. Identify how vaccines help fight pathogens by building more antibodies. Examine and discuss booster vaccination schedules. Worksheet Activity	Powerpoint (Communicable Diseases) Student Study Guide Packets	Daily Bell Ringers: "Think about a time you were ill and had a fever. How does a fever help your body fight an infection?" Worksheet Activity "The Body's Defense Against Infection." 10 multiple choice/ True & False questions quiz.

7th Grade Healthy Living Units

Unit:	**Common Communicable Diseases**					
Big Ideas:	Common communicable diseases include colds, the flu, strep throat, hepatitis, tuberculosis, and pneumonia.					
Essential Questions	What is a contagious period? What causes colds and how can they be treated? How are the flu and the common cold similar? How are they different? What are some common communicable diseases? What are some symptoms of some common communicable diseases? How can you help stop the spread of cold viruses to others?					
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Competencies (skills, knowledge, abilities)**	**Mini-Lessons & Activities**	**Instructional Materials**	**Assessments**
3 classes	10.1.Concepts of Health 10.1.B 10.1.E 10.2 Healthy Living 10.2.A 10.2.D	Contagious Period Hepatitis Tuberculosis Strep Throat Pneumonia Polio Pink Eye Rabies Influenza Covid-19	Explain what causes colds and how they can be treated. Identify some common communicable diseases. Describe the symptoms of some common communicable diseases.	<u>Lesson #1</u> Bell Ringer. Objectives & Vocabulary. Define contagious period. Discuss and explain group research projects.	Powerpoint (Communicable Diseases) Student Study Guide Packets Web health resources Group research project rubric	Daily Bell Ringers: "List your symptoms if you had a cold or the flu. What actions could you take to prevent others from catching your diseases?" Group Research Project on assigned Communicable Disease Topic 8 multiple choice/ True & False questions quiz.

7th Grade Healthy Living Units

Unit:	**HIV/AIDS**					
Big Ideas:	HIV causes AIDS, which is a deadly disease that interferes with the body's immune system.					
Essential Questions	What is HIV? What is AIDS? What is the history of HIV/AIDS? How do people become infected with HIV and develop AIDS? How does HIV spread? How is HIV not spread? How does HIV weaken the body's immune system? Why is HIV an extremely dangerous virus? What can people do to avoid getting HIV and AIDS? What treatment is available for people with HIV infection?					
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Competencies (skills, knowledge, abilities)**	**Mini-Lessons & Activities**	**Instructional Materials**	**Assessments**
2 class	10.1.Concepts of Health 10.1.B 10.1.E 10.2 Healthy Living 10.2.A 10.2.D	HIV (human immunodeficiency virus) AIDS (acquired immunodeficiency syndrome) carrier Abstinence	Explain how people become infected with HIV and develop AIDS. Analyze what is the relationship between HIV and AIDS. Understand that you cannot get sick by just being around people with the disease. Describe how to avoid getting HIV and AIDS.	<u>Lesson #1</u> Bell Ringer. Objectives & Vocabulary. Define HIV and AIDS. Define and describe a carrier. Identify how people become infected with HIV and develop AIDS. Explain how HIV is not spread. Discuss fighting AIDS.. Explain how HIV damages the immune system and types of infections that people with HIV and AIDS may experience. Describe how to avoid getting HIV and AIDS. Identify detection and treating HIV and AIDS. Review and discuss stopping the spread of HIV. Define abstinence. Video Worksheet	Center for Disease Control.org WorldHealth.org Video "Understanding HIV and AIDS"	Daily Bell Ringer: "Write a response to this question: What would happen if the cells that control your immune responses began to be destroyed?" Worksheet Activity 12 Questions "HIV/AIDS Myths & Facts" 8 multiple choice/ True & False questions quiz.

7th Grade Healthy Living Units

Unit:	**Causes of Non-communicable Diseases**
Big Ideas:	Noncommunicable diseases are diseases that cannot be spread from person to person.
Essential Questions	What are various types of non-communicable diseases? What causes non-communicable diseases? What influences your health? What are three risk factors that can cause non -communicable diseases? How can lifestyle choices affect a person's health? What are some environmental factors that can cause disease?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Competencies (skills, knowledge, abilities)	Mini-Lessons & Activities	Instructional Materials	Assessments
2 class	10.1 Concepts of Health 10.1. E 10.2.6 Healthy Living 10.2. A 10.2. B 10.2. E	Non-communicable Diseases (NCDs) Chronic Diseases Degenerative Diseases Congenital Disorder Risk Factors Heredity Chromosomes Genes Carcinogens	Identify common non-communicable diseases and the risk factors that can cause. Analyze what personal health care practices can prevent the spread of non-communicable diseases. Determine how lifestyle choices affect a person's health. Suggest how communities can lower the risk of disease caused by the environment.	<u>Lesson #1</u> Bell Ringer. Objectives & Vocabulary. Define NCD's Explain what causes NCDs. Risk factors for NCDs include heredity, lifestyle choices, and environmental factors. Define heredity and compare and contrast the difference between chromosomes and genes. Discuss diseases that are present at birth and define congenital disorders. Identify lifestyle choices and disease Define carcinogens. Identify and example environmental factors and disease that affects your health. For example, radiation, household cleaning products, carbon monoxide, and air pollution.	Powerpoint (Non-communicable Diseases) Student Study Guide Packets	Daily Bell Ringers "Make a list of as many factors as you can think of that can cause non-communicable diseases." 8 multiple choice/ True & False questions quiz .

7th Grade Healthy Living Units

Unit:	**First Aid and Emergencies**					
Big Ideas:	Knowing how to administer and the steps to take for basic first aid can save a person's life in an emergency.					
Essential Questions	Why learn first aid? What steps should you take in an emergency? What information should you give when calling 911? What is universal precaution? What is shock? Explain the difference between a first-degree burn and a second-degree burn? How should you treat all first and second-degree burns that are less than 3 inches in diameter? What is the poison control center?					
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Competencies (skills, knowledge, abilities)**	**Mini-Lessons & Activities**	**Instructional Materials**	**Assessments**
2	10.3 Safety and Injury Prevention 10.3.A 10.3.B 10.2 Healthy Living 10.2.D	first aid universal precautions poison control center shock first-degree burn second-degree burn third-degree burn	Define the aims of first aid. Identify how to call for emergency help. Identify the steps of universal precautions. Explain and identify how to use a Jacob's Kit. Recognize various types of wounds. Discuss and identify the signs of medical shock. Discuss how to handle the 3 major types of burns.	<u>Lesson #1</u> Bell Ringer. Objectives & Vocabulary. Define the three Ps (the aims of first aid). Explain incident management. Identify the steps of universal precautions. Define poison control center. <u>Lesson #2</u> Bell Ringer. Objectives & Vocabulary. Discuss circulatory system and major bleeding. Identify types of wounds. Identify quick ways to stop the bleeding. Explain and identify how to use a Jacob's Kit Define shock Identify the symptoms of shock. Identify the three major types of burns.	PowerPoint outline of notes (Intro. to First Aid) Jacob's Kit (compression and tourniquet).	Daily Bell Ringer: "Define what is first aid? Make a list of common emergencies in which you feel capable of providing help." "Write a couple of sentences describing how you would handle a minor burn." 10 multiple choice questions quiz .

7th Grade Healthy Living Units

Unit:	**Understanding Your Health (Your Total Health)**					
Big Ideas:	Total health includes healthy ways of thinking, feeling, and interacting with other people, as well as physical health.					
Essential Questions	What is health? What are the three sides of the health triangle? What are some positive ways you can improve/maintain your physical, mental/emotional, and social health? Why should the three sides be balanced? What is wellness? How do health habits and decision making affect wellness?					
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Competencies (skills, knowledge, abilities)**	**Mini-Lesson & Activities**	**Instructional Materials**	**Assessments**
2 classes	10.1. Concepts of Health 10.1.A 10.1.C 10.1.D	health behavior social health wellness habits mind-body connection	Explain how the three sides of the health triangle are related. Evaluate and identify positive ways to improve/maintain one's personal physical, mental, and social health. Apply healthful behaviors through practice scenarios.	<u>Lesson #1</u> Bell Ringer. Objectives & Vocabulary. Define health. Identify what goes into physical, mental/emotional, and social health. Discuss unhealthy behaviors and habits. Compare and contrast health and wellness. Explain the mind-body connection. Describe how internal factors influence whether a person uses tobacco, alcohol, or other drugs? Summary Worksheet Activity	Powerpoint (Understanding Your Health) Student Summary Sheet	Daily Bell Ringer "What are the three dimensions of health?" "What are some positive ways to improve your physical health" Worksheet Reteaching Activity "Wellness and Your Health Triangle" 10 multiple choice/ True & False questions quiz .

7th Grade Healthy Living Units

Unit:	**Changes During the Teen Years (The Life Cycle)**
Big Ideas:	You will go through many physical, mental/emotional,and social changes during your teen years.
Essential Questions	What is adolescence? What is puberty? What are hormones? What does the endocrine system do? How do hormones relate to physical, mental/emotional, and social changes and challenges during adolescence? What are some physical changes that occur during the teen years? What are mood swings and what causes them? Why is a teen's thinking likely to change during adolescence? What ways can peer pressure be a positive influence? What happens during menstruation?

Concept & Pacing	PA Core Standard	Vocabulary	Competencies (skills, knowledge, abilities)	Mini-Lessons/Activities	Instructional Materials	Assessments
2 classes	10.1. Concepts of Health 10.1.A 10.1.B	• adolescence • puberty • endocrine system • pituitary gland • hormones • peers • reproductive system • sperm • egg • menstruation/ menstrual cycle	Identify and recognize mental, physical, and social changes / challenges that occur during puberty. Determine reasons for specific changes that occur during puberty. Develop strategies for dealing with emotions in a healthy way.	<u>Lesson #1</u> Bell Ringer. Objectives & Vocabulary. Define adolescents, puberty, and hormones. Review the concept that puberty is a time when young people start developing the physical characteristics of their gender. What does the endocrine system do? Discuss that the release of hormones from glands within the body causes the changes of puberty. Define pituitary gland.	Powerpoint (The Teen Years Ahead/Changes & Challenges) Student Summary Sheet & Notes Packet	Daily Bell Ringer: "What are some changes that you have experienced since entering middle school" Discussion Questions Worksheet Reteaching Activity "Changes In Adolescence"

7th Grade Healthy Living Units

				Hormones are released from glands in various parts of the body beginning between ages 8 and 14 for females and 11 and 16 for males. Hormones are released at different rates and in different amounts in different people. This variation helps account for the range of adult body shapes and sizes. Define the reproductive system? Explain male/female gonads (sperm/egg cells). Discuss personal care during adolescence for the male/female reproductive system. Define menstruation/ menstrual cycle. Discussion Questions Activity <u>Lesson #2</u> Vocabulary & Objectives. Explain and recognize mental, physical, and social changes that occur during adolescence/ puberty. Explain and discuss where our mental/emotional health comes from.		Worksheet Crossword Puzzle 10 multiple choice/ True & False questions quiz .

7th Grade Healthy Living Units

				Define mood swings. Discuss how the way you express emotions affects all areas of your health triangle. Recognize what and how to deal with and cope with your emotional needs. Define peers. Discuss various types of relationships and how they may change throughout from childhood and into adolescence. Summary Worksheets Activity		

7th Grade Healthy Living Units

Unit:	**Taking Responsibility for Your Health (Health Influences & Risk Factors / Abstinence)**
Big Ideas:	Taking responsibility for your health means practicing healthful behaviors.
Essential Questions	What are lifestyle factors? What are positive and negative lifestyle factors? What are some ways teens can reduce risk related to health problems? How can avoiding risk behaviors benefit your physical health? How can staying informed help you maintain your health? How does abstinence benefit all sides of your health triangle?

Concept & Pacing	PA Core Standard	Vocabulary	Competencies (skills, knowledge, abilities)	Mini-Lessons/Activities	Instructional Materials	Assessments
2 class	10.1. Concepts of Health 10.1.A 10.1.D 10.1.E 10.3. Safety and Injury Prevention 10.3.D	● lifestyle factors ● risk behaviors ● attitude ● sedentary lifestyle ● cumulative risk ● prevention ● precautions ● abstinence	Differentiate how factors such as environment,family, friends, culture, media, attitudes, and behavior influence you to make healthful or unhealthful choices. Identifying and practicing prevention, or taking steps to avoid something, is the best way to deal with risks.	<u>Lesson #1</u> Vocabulary & Objectives. Define the terms lifestyle factors and risk behaviors. Discuss and analyze what factors have a positive and negative impact on your health choices. Discuss cumulative risk and risk assessment. Compare and contrast prevention and precautions. Identify what are some ways teens can reduce risks	Powerpoint (Health Influences / Risk Factors) Student Summary Sheet PBS Video "Inside the Teen Brain"	Concept Mapping Worksheet "Prevention, Precautions, and Abstinence). Video Follow Along Worksheet PBS Video "Inside the Teen Brain" 10 multiple choice/ True & False questions quiz .

				related to health problems. Define abstinence. Identify ways that abstinence is good for all sides of your health triangle. Helps avoid injury and illness. Protect your peace of mind. It also benefits your relationships with family members, peers, and friends. Practicing abstinence shows you are taking responsibility for your personal health behaviors and that you respect yourself and others. Summary Worksheet Activity <u>Lesson #2</u> PBS Video “Inside the Teen Brain”.		

7th Grade Healthy Living Units

Unit:	7th Grade LST **Drug Abuse and Violence: Causes and Effects**
Big Ideas:	Become aware of which factors promote substance abuse and how to cope with them. To provide students the skills and knowledge to enable them to become happier and more successful adults.
Unit Essential Questions:	What factors promote drug abuse and violence?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons & Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
2 Classes	10.1.9 D 10.2.9 BD 10.3.9 ACD 10.4.9 C	Drug Abuse Psychoactive Dependence Illicit Violence	Bell Ringer PowerPoint outline of notes Objectives and vocabulary Define drug abuse Differentiate between drug use and abuse Explain what causes drug use Questions Worth Considering Wkbk 14 Identify steps to becoming a drug user Examine effects of drug use Identify immediate effects of smoking cigarettes Smoking Experiment Wkbk 15 Record pulse rate Watch dvd "Immediate Effects of Smoking on the Heart" Define violence Examine causes of violence Summary points	Demonstrate the difference between drug use and drug abuse. Identify the steps to becoming a drug user. Demonstrate how to take one's pulse rate. Define violence and the causes of violence.	Student Guide Workbook (pages 10-15) PowerPoint – Drug Abuse & Violence Smoking and Biofeedback DVD	Worksheet #1 Questions Worth Considering Worksheet #2 Smoking Experiment Observation of students taking their pulse *Canvas quiz -8 Multiple Choice Questions

7th Grade Healthy Living Units

Unit:	7th Grade LST **Making Decisions**
Big Ideas:	Become aware of which factors promote substance abuse and how to cope with them. To provide students the skills and knowledge to enable them to become happier and more successful adults.
Unit Essential Questions:	How does one make a decision using the 3 Cs model?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons & Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
1 class	10.1.9 ACDE 10.2.9 BD 10.3.9 CD	Decision Consequences Influence Clarify Impulsive Consistent Hypocrisy	Bell Ringer PowerPoint outline of notes Objectives and vocabulary Define self-image Review the suggested formula for making decisions Recognize that different people make different decisions in the same situations Analyze decisions on problems to be solved using the decision-making formula Putting the 3 Cs into Practice Wkbk page 18 Identify common external influences on decision-making Practice making-decisions using the suggested formula in groups to the practice scenario situations. Group Decision Making Planner Wkbk page 19 Summary Points	Able to make one's decision free from anyone else. Demonstrate the use of the 3 C's Decision Making model.	Student Guide Workbook (pages 16-19) PowerPoint – Making Decisions Photo copy Appendix 1 (page 2.10) and separate the scenarios so there is one for each group for activity on page 2.7	Worksheet #3 Putting the 3 Cs into Practice Worksheet #4 Group Decision-Making Planner *Canvas quiz -8 Multiple Choice Questions

7th Grade Healthy Living Units

Unit:	7th Grade LST **Media Influence**
Big Ideas:	Become aware of which factors promote substance abuse and how to cope with them. To provide students the skills and knowledge to enable them to become happier and more successful adults.
Unit Essential Questions:	How do advertisers try to persuade us to purchase something we might not really want? What are common advertising techniques used to influence consumers?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons & Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
1 class	10.1.9 CDE 10.2.9 BC	Target Market Consumer Manipulate Deceptive	Bell Ringer PowerPoint outline of notes Objectives and vocabulary Define target market Review common advertising techniques Identifying Advertising Techniques Wkbk pages 22-23 Examine ads for various products Review methods used by advertisers to influence consumer choices Identify and analyze techniques commonly used to advertise cigarettes and alcoholic beverages Examine ads for cigarettes and alcohol Practice Analyzing Tobacco and Alcohol Ads Wkbk pages 24-26 Recognize automatic responses to advertisements Discuss alternative ways of responding to ads in order to resist ad pressure Summary points	Demonstrate advertising techniques. Identify ways to respond to cigarette and alcohol ads.	Student Guide (pages 20-27) PowerPoint – Media Influence Sample advertisements	Worksheet #5 Identifying Advertising Techniques Worksheet #6 Practice Analyzing Tobacco & Alcohol Ads *Canvas quiz -8 Multiple Choice Questions

7th Grade Healthy Living Units

Unit:	7th Grade LST **Coping with Anxiety**
Big Ideas:	Become aware of which factors promote substance abuse and how to cope with them. To provide students the skills and knowledge to enable them to become happier and more successful adults.
Unit Essential Questions:	What causes anxiety? What are five different techniques that can help students cope successfully with stress and anxiety?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons & Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
2 classes	10.3.9 BC 10.4.9 BCF	Anxiety Relaxation	Bell Ringer PowerPoint outline of notes Objectives and vocabulary Define anxiety Discuss common situations that produce nervousness Rating How Anxious You Feel Wkbk page 30 Deep Breathing Technique –review, demonstration, practice – listen dvd Progressive Muscle Relaxation Technique – review, demonstration, practice – listen dvd Preparation and Practice Technique Discuss the value of preparation as a method of reducing performance anxiety Mental Rehearsal Technique – review, demonstrate, practice – listen to dvd Positive Thinking Technique- review, demonstration, practice Recognize the value of positive thinking Summary Points	Identify situations that cause anxiety. Demonstrate techniques to use for one's anxiety.	Student Guide (pages 28-33) PowerPoint – Coping with Anxiety CD "Stress Management Techniques	Worksheet #7 Rating How Anxious You Feel Participation of Relaxation Techniques *Canvas quiz -8 Multiple Choice Questions

7th Grade Healthy Living Units

Unit:	7th Grade LST **Coping with Anger**
Big Ideas:	Become aware of which factors promote substance abuse and how to cope with them. To provide students the skills and knowledge to enable them to become happier and more successful adults.
Unit Essential Questions:	Why does one want to keep their anger under control? What are four techniques for keeping our anger under control?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons & Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
1 class	10.1.9 ABD 10.2.9 D 10.3.9 ACD	Anger Control Reframing Self-statement	Bell Ringer PowerPoint outline of notes Objectives and vocabulary Define anger Identify levels of anger Review physical symptoms of anger Anger Diary Wkbk 35 Discuss common situations that produce anger Discuss reasons for keeping anger under control Anger-Keep it in or let it out? Wkbk 36 Review techniques for controlling anger Practice techniques for controlling anger Practice using situations from board and Appendix 2 (page 5.11) Summary points	Demonstrate what anger is and its physical effects. Techniques to control one's anger.	Student Guide (pages 34-37) PowerPoint – Coping with Anger	Worksheet #8 Anger Diary Worksheet #9 Anger-Keep it in or let it out? *Canvas quiz -8 Multiple Choice Questions

7th Grade Healthy Living Units

Unit:	7th Grade LST **Communication Skills**
Big Ideas:	Become aware of which factors promote substance abuse and how to cope with them. To provide students the skills and knowledge to enable them to become happier and more successful adults.
Unit Essential Questions:	Why is it important to have good communication? How does one send and receive information? What are nonverbal communication skills that can be used to avoid misunderstandings?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons & Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
1 class	10.1.9 A 10.3.9 CD	Communication Verbal Nonverbal Ambiguous Misunderstanding Paraphrase	Bell Ringer PowerPoint outline of notes Objectives and vocabulary Practice giving messages that are clear and specific Review types of communication verbal and nonverbal Understand the importance of consistency between verbal and nonverbal channels of communication Discuss sending and receiving skills Demonstrate poor vs good listening behavior Following Directions Exercise #1 Describe verbal and nonverbal cues that indicate when someone is actively listening Define misunderstanding How to Avoid Misunderstandings Workbook 42 From Misunderstanding to Understanding Wkbk 43 Practice Paraphrasing as a means of providing feedback and clearing up ambiguities Paraphrasing Practice Exercise 3 Action Plans for Improving My Communication Wkbk 45 Summary points	Identify types of communication. Demonstrate verbal and nonverbal communication. Able to identify that one's message is understood.	Student Guide (pages 38-45) PowerPoint – Communication Skills Photo copy Appendix 1 (page 6.12)	Worksheet #10 From Misunderstanding to Understanding Worksheet #11 Action Plans For Improving My Communication *Canvas quiz -8 Multiple Choice Questions

7th Grade Healthy Living Units

Unit:	7th Grade LST **Social Skills**
Big Ideas:	Become aware of which factors promote substance abuse and how to cope with them. To provide students the skills and knowledge to enable them to become happier and more successful adults.
Unit Essential Questions:	How does one overcome shyness and initiate social contacts?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons & Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
1 class	10.1.9 ACDE 10.3.9 ACD 10.4.9 F	Social Skills Initiate Sustain	Bell Ringer PowerPoint outline of notes Objectives and vocabulary Recognize that many people feel shy Identify techniques for overcoming shyness My Own Social Script Wkbk 48 Initiate, sustain, and end a conversation Asking the Right Kinds of Questions Wkbk 50 Use basic social skills Practice social skills – scenarios Appendix 1 (page 7.13) Summary points	Understand what the causes are for being shy. Be able to give and receive a compliment. Demonstrate how to begin, sustain, and end a conversation.	Student Guide (pages 46-51) PowerPoint – Social Skills Photo copy Appendix 1 (page 7.13) Slips of paper	Worksheet #12 My Own Social Script Worksheet #13 Asking the Right Kinds of Questions Worksheet #14 Practicing Social Skills *Canvas quiz -8 Multiple Choice Questions

7th Grade Healthy Living Units

Unit:	7th Grade LST **Assertiveness**
Big Ideas:	Become aware of which factors promote substance abuse and how to cope with them. To provide students the skills and knowledge to enable them to become happier and more successful adults.
Unit Essential Questions:	What is assertiveness? How can one become more assertive without demeaning or intimidating other people?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons & Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
1 class	10.1.9 AD 10.3.9 ACD	Assertive Passive Aggressive	Bell Ringer PowerPoint outline of notes Objectives and vocabulary Define and discuss the differences between assertiveness, passivity, and aggressiveness What's Your Refusal Style Workbook page 54 Identify common situations in which people often fail to be assertive Identify and practice verbal assertive skills Refusal Technique #1 Saying "No" Practice Saying "No" Workbook page 56 Refusal Technique #2 Making Requests and Asserting Rights Refusal Technique #3 Expressing Your Feelings Using "I" statements Identify and practice nonverbal assertive skills Summary points	Demonstrate how to be assertive in real life situations. Develop an action plan for being assertive.	Student Guide (pages 52-57) PowerPoint – Assertiveness Photo copy Appendix 1 (page 8.12)	Worksheet #15 What's Your Refusal Style? Worksheet #16 Practice Saying "No" *Canvas quiz -8 Multiple Choice Questions

7th Grade Healthy Living Units

Unit:	7th Grade LST **Resolving Conflict**
Big Ideas:	Become aware of which factors promote substance abuse and how to cope with them. To provide students the skills and knowledge to enable them to become happier and more successful adults.
Unit Essential Questions:	What are some causes of conflict? How can one resolve a conflict?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons & Activities	Instructional Materials	Assessments
1 class	10.1.9 ADE 10.2.9 D 10.3.9 ACD	Compromise Negotiation	Bell Ringer PowerPoint outline of notes Objectives and vocabulary Review five ways to resolve conflicts Define compromise and negotiations What Would You Do? Wkbk page 60 Identify basic steps of conflict resolution Apply anxiety reducing and anger-controlling techniques to conflict resolution Apply decision-making techniques to conflict resolution Apply communication techniques to conflict resolution Apply assertiveness techniques to conflict resolution Practice resolving conflicts Use Real Life Conflicts from Appendix 1 – page 9.10 Summary points	Student Guide (pages 58-61) PowerPoint – Resolving Conflict	Worksheet #17 Observing Conflict Worksheet #18 What Would You Do? *Canvas quiz 8 Multiple Choice Questions

7th Grade Healthy Living Units

Unit:	7th Grade LST **Resisting Peer Pressure**
Big Ideas:	Become aware of which factors promote substance abuse and how to cope with them. To provide students the skills and knowledge to enable them to become happier and more successful adults.
Unit Essential Questions:	How can one use verbal and nonverbal assertive skills to handle peer pressure to smoke, drink, or use drugs?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons & Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
2 classes	10.1.9 ACD 10.2.9 D 10.3.9 CD 10.4.9 F	Persuade Tactics Persistence	Bell Ringer PowerPoint outline of notes Objectives and vocabulary Define peer pressure Dealing with Peer Pressure Wkbk 64 Identify and discuss persuasive tactics used to convince people to use drugs Persuasive Tactics Exercise Wkbk 65 Identify situations where students feel pressured to smoke, drink, or use drugs Identify and discuss "lines" people use to convince others to smoke, drink, or use drugs Identify and practice techniques for dealing with direct pressure to engage in smoking, drinking, and drug use Examine ways to say "No" Group practice Exercise 1 Resisting Direct Pressure – Group Practice Exercise 2 Resisting Peer Pressure Wkbk 68 Action Plans for Resisting Peer Pressure Wkbk 69 Summary points	Demonstrate how peer pressure is used both positively and negatively. Apply pressure in real life situations. Identify refusal skills. Develop an Action Plan for peer pressure.	Student Guide (pages 63-70) PowerPoint – Resisting Peer Pressure Prepare slips of paper for activity on 10.8	Worksheet #19 Dealing with Peer Pressure Worksheet #20 Persuasive Tactics Exercise Worksheet #21 Resisting Peer Pressure Worksheet #22 Action Plans for Resisting Peer Pressure *Canvas quiz -8 Multiple Choice Questions