Carlstadt Public School District Curriculum Guide

Family Life Grade 7 - 40 minutes/week - full year

Scope & Sequence

Unit	Pacing (Days/Weeks)	Key Ideas	Standards
Becoming a Lifelong Learner	3 weeks	Critical thinking skills; problem solving; barriers to the decision-making process; practicing creative thinking; collaboration; cooperation; setting realistic short-term and long-term goals; working independently; collecting information from a variety of sources; using major tools of technology; communicating a message; practicing verbal and visual presentation skills; exploring a range of skills for life-long learners	2.1.8.CHSS.8; 2.1.8.EH.1; 2.1.8.EH.2; 2.1.8.PGD.4; 2.1.8.SSH.3; 2.1.8.SSH.6; 2.2.8.LF.7; 2.3.8.PS..1; 2.3.8.PS.7;
Body Systems	9 weeks	Naming body systems; identifying major body parts and functions; interrelationships; consequences of failure of one body system; health habits and behaviors to increase peak function; influences for long term health; leading health indicators; health risk and protective factors; interdependence of body systems	2.1.8.PGD.1 2.1.8.PGD.3; 2.1.8.PGD.4; 2.2.8.PF.1 2.3.8.HCDM.6
The Cycle of Life	9 weeks	Physical and emotional stages, characteristics, and developmental needs throughout life; hormones and body systems; hygiene routines; cycle of life; genes, DNA, heredity; birth control and pregnancy prevention; abstinence; dating and friendship; peer pressure, risk taking; setting boundaries; sexual responsibility; social and emotional changes during adolescence; dating violence; sexting and sextortion; refusal skills; respect; gender stereotypes	2.1.8.PP.1; 2.1.8.PP.2; 2.1.8.PP.3; 2.1.8.PP.5 2.1.8.SSH.1; 2.1.8.SSH.2; 2.1.8.SSH.3; 2.1.8.SSH.4; 2.1.8.SSH.5; 2.1.8.SSH.6; 2.1.8.SSH.7; 2.1.8.SSH.8; 2.1.8.SSH.9; 2.1.8.SSH.10; 2.3.8.PS.2; 2.3.8.PS.3; 2.3.8.PS.4; 2.3.8.PS.5; 2.3.8.PS.6; 2.3.8.PS.7;
Disease and Illness Prevention	9 weeks	Communicable and noncommunicable diseases; methods of transmission; effects of	2.1.8.EH.1; 2.1.8.EH.2 2.1.8.CHSS.1; 2.1.8.CHSS.3; 2.1.8.CHSS.5;

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		lifestyle/hygiene; importance of early detection; breast self-examination; chronic conditions; cancer; reducing risk factors; prescriptions and proper use; OTC drugs; HIV and STIs; communicating with health care providers; coping with grief	2.1.8.SSH.1; 2.1.8.SSH.6; 2.1.8.SSH.11; 2.3.8.HCDM.1; 2.3.8.HCDM.2; 2.3.8.HCDM.3; 2.3.8.HCDM.4; 2.3.8.HCDM.5; 2.3.8.HCDM.7
Fitness & Nutrition	10 weeks	Building understanding of good nutrition, daily exercise, and sufficient rest; dietary guidelines; reading food labels; sugar and energy drinks; daily diet, exercise and rest needed in adolescence; purpose and benefits of exercise; guidelines for exercise; personal plans for fitness; disease/disorders that go with poor labels of fitness and/or nutrition; the role of health behaviors in disease and wellness levels; eating disorders	2.1.8.EH.1; 2.1.8.PGD.1; 2.1.8.PGD.4; 2.2.8.LF.1; 2.2.8.LF.2; 2.2.8.LF.4; 2.2.8.LF.5; 2.2.8.LF.6; 2.2.8.LF.7; 2.2.8.MSC.1; 2.2.8.N.1; 2.2.8.N.2; 2.2.8.N.3; 2.2.8.N.4; 2.2.8.PF.1; 2.2.8.PF.3; 2.2.8.PF.4;2.2.8.PF.5; 2.3.8.HCDM.3