

Teacher : Mr. Love

Grade Level: 7th Grade

Course: Health

Course Aims: Learners will be able to discuss the different types of cancer, as well as treatment, and prevention of cancer, with a major focus on skin cancer. The learners will be able to identify the three sides of the health triangle and how to keep the three sides balanced for overall wellness. The students will then be able to discuss how to make decisions and set and achieve goals. The next step will be to identify the traits of Good character and how to build your character among other health skills. Learners will then focus on the mental and emotional side of the health triangle and will be able to discuss self-concept and self-esteem. The learners will be able to identify ways to deal with violence including the issues of bullying and abuse. Physical fitness will be tested and the learners will be able to discuss ways to improve their physical fitness. The learners will be able to discuss the various issues dealing with nutrition including the six major classes of nutrients, My Pyramid food guideline, and the six food groups found in the pyramid. Learners will be able to identify how to maintain a healthy weight, and the dangers of the eating disorders; anorexia, bulimia, and binge eating. Learners will be able to discuss the dangers of alcohol, the damage it can cause to the body and mind, and treatments for alcoholism. Learners will be able to state the dangers of tobacco use.

Course Description: 7th grade health will focus on the physical health of a person through prevention of different types of cancers with emphasis on skin cancer prevention, physical fitness, nutrition, and the use of substances harmful to a person's body.

Textbook:

Title: TEEN HEALTH

ISBN: 978-0-07-877449-2

Authors: Bronson, Hubbard, Cleary

Publisher: McGraw Hill

Publication Date: 2009

Assessment:

A pretest will be given to all seventh grade students to determine a baseline of knowledge. Daily homework of lesson questions and vocabulary words will be given after each lesson covered. Intermittent projects, chapter Concept Maps/Quizzes will be given as review work prior to each chapter TEST. A final Quarter exam will be given to show student's progress.

QUARTER: 1 COURSE: HEALTH

| <i>Content</i> | <i>Assessment</i> | <i>Standards</i> | <i>Common Core</i> |
|--|---|--|---|
| Skin Cancer SMART SUN SAFETY www.skincancer.org/sc_hool | TEST | 22.A.2c, 22.c.2, 22.A.3b | #22 <i>Understand principles of health promotion and the prevention and treatment of illness and injury.</i> |
| Cancer Projects | Project grades | | |
| Ch. 8 Violence prevention; dealing with violence; Bullying and harassment, Abuse; Preventing and Coping with Abuse. | Daily Homework Concept Maps/Quizzes Chapter Test | 22.A.3a; 22.A.3b | |
| Ch. 9 : Benefits of Physical Activity; Endurance, Strength, and Flexibility; Fitness Goals; Conditioning and Avoiding Injury | Daily Homework Concept Maps/Quizzes Chapter Test | 20.A.3a; 20.A.3b; 20.B.3a; 20.B.3b; 20.C.3a; 20.c.3b; 20.C.3c | #20 <i>Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment</i> |
| Ch. 10: Importance of Nutrition; Nutrition for Wellness; Nutrition Guidelines; Planning meals and snacks. | Daily Homework Concept Maps/Quizzes Chapter Test | 23.A.3; 23.B.3; 23.C.3 | #23 <i>Understand human body systems and factors that influence growth and development.</i> |

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| <p>Ch. 11: Body Image – Maintaining a Healthy Weight; Eating disorders.</p> | <p>Daily Homework Concept Maps/Quizzes Chapter Test</p> | <p>23.B.3</p> | |
| <p>Ch. 12: Why alcohol is harmful; Short term effects of Alcohol Use; Long term effects of alcohol use; Alcoholism and abuse; Getting help for alcohol Abuse.</p> | <p>Daily Homework Concept Maps/Quizzes Chapter Test</p> | <p>23.B.3; 23.C.3;</p> | |
| <p>Ch. 13: Tobacco Facts; Health Risks; Addiction; Cost to Society; Choosing to be Tobacco Free</p> | <p>Daily Homework Concept Maps/Quizzes Chapter Test</p> | <p>23.B.3; 24.B.3; 24.C.3</p> | |
| <p>Ch. 14 Drug Misuse and Abuse; Marijuana and other illegal drugs; Narcotics, Stimulants, and Depressants; Hallucinogens and Inhalants; Getting Help; Staying Drug Free</p> | <p>Daily Homework Concept Maps/Quizzes Chapter Test</p> | <p>23.B.3; 23.A.3; 24.B.3; 24.C.3</p> | <p>#24 <i>Promote and enhance health and wellbeing through the use of effective communication and decision-making skills.</i></p> |

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