

# Curriculum Map

**Subject:** Health

**Grade Level:** 7

**rev 11/07**

<b>First Quarter</b>	<b>Second Quarter</b>	<b>Third Quarter</b>	<b>Fourth Quarter</b>
<p><b>Body systems:</b></p> <ul style="list-style-type: none"> <li>• Circulatory</li> <li>• Respiratory</li> <li>• Digestive</li> <li>• Nervous</li> <li>• Muscular</li> <li>• Skeletal (<i>Standards 1 &amp; 3</i>)</li> </ul> <p><b>Disease:</b></p> <ul style="list-style-type: none"> <li>• Communicable disease transmission and prevention</li> <li>• Non-communicable disease causes and prevention</li> </ul> <p>(<i>Standards 1 &amp; 2</i>)</p> <p><b>Illicit Drugs:</b></p> <ul style="list-style-type: none"> <li>• Proper &amp; improper drug use</li> <li>• Commonly abused drugs</li> <li>• Drug abuse issues (<i>Standards 1, 2 &amp; 3</i>)</li> </ul> <p><b>Tobacco Education:</b></p> <ul style="list-style-type: none"> <li>• Facts about tobacco use</li> <li>• Effects of tobacco use upon the body (short-term &amp; long-term)</li> <li>• Tobacco use influences</li> </ul> <p>(<i>Standards 1, 2, &amp; 3</i>)</p> <p><b>Alcohol Education:</b></p> <ul style="list-style-type: none"> <li>• Facts about alcohol</li> <li>• Alcohol's effects upon the body</li> <li>• Alcohol use &amp; abuse issues</li> </ul> <p>(<i>Standards 1, 2, &amp; 3</i>)</p> <p><b>Personal Health:</b></p> <ul style="list-style-type: none"> <li>• Hair, skin, eye, and dental care facts &amp; disease prevention strategies</li> </ul> <p>(<i>Standards 1 &amp; 3</i>)</p>	<p><b>Emotional Health:</b></p> <ul style="list-style-type: none"> <li>• Personality Development</li> <li>• Understanding and expressing emotions</li> <li>• Managing stress (<i>Standards 1 &amp; 3</i>)</li> </ul> <p><b>Fitness and Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Exercise and health</li> <li>• Eating habits and nutritional needs</li> <li>• Weight control</li> <li>• Eating disorders (<i>Standards 1 &amp; 3</i>)</li> </ul> <p><b>Safety &amp; First Aid:</b></p> <ul style="list-style-type: none"> <li>• Home accident prevention</li> <li>• Emergency procedures</li> <li>• Home first aid precautions</li> </ul> <p>(<i>Standards 1, 2 &amp; 3</i>)</p> <p><b>Environmental Health:</b></p> <ul style="list-style-type: none"> <li>• Ecology &amp; resource management</li> <li>• Major environmental hazards &amp; problems</li> <li>• Protecting the environment &amp; human health</li> </ul> <p>(<i>Standards 2 &amp; 3</i>)</p> <p><b>Consumer Health:</b></p> <ul style="list-style-type: none"> <li>• Health care decision-making</li> <li>• Health care promotion &amp; delivery</li> <li>• Consumer health protection</li> </ul> <p>(<i>Standards 2 &amp; 3</i>)</p>	<p><b>Body systems:</b></p> <ul style="list-style-type: none"> <li>• Circulatory</li> <li>• Respiratory</li> <li>• Digestive</li> <li>• Nervous</li> <li>• Muscular</li> <li>• Skeletal (<i>Standards 1 &amp; 3</i>)</li> </ul> <p><b>Disease:</b></p> <ul style="list-style-type: none"> <li>• Communicable disease transmission and prevention</li> <li>• Non-communicable disease causes and prevention</li> </ul> <p>(<i>Standards 1 &amp; 2</i>)</p> <p><b>Illicit Drugs:</b></p> <ul style="list-style-type: none"> <li>• Proper &amp; improper drug use</li> <li>• Commonly abused drugs</li> <li>• Drug abuse issues (<i>Standards 1, 2 &amp; 3</i>)</li> </ul> <p><b>Tobacco Education:</b></p> <ul style="list-style-type: none"> <li>• Facts about tobacco use</li> <li>• Effects of tobacco use upon the body (short-term &amp; long-term)</li> <li>• Tobacco use influences</li> </ul> <p>(<i>Standards 1, 2, &amp; 3</i>)</p> <p><b>Alcohol Education:</b></p> <ul style="list-style-type: none"> <li>• Facts about alcohol</li> <li>• Alcohol's effects upon the body</li> <li>• Alcohol use &amp; abuse issues</li> </ul> <p>(<i>Standards 1, 2, &amp; 3</i>)</p> <p><b>Personal Health:</b></p> <ul style="list-style-type: none"> <li>• Hair, skin, eye, and dental care facts &amp; disease prevention strategies</li> </ul> <p>(<i>Standards 1 &amp; 3</i>)</p>	<p><b>Emotional Health:</b></p> <ul style="list-style-type: none"> <li>• Personality Development</li> <li>• Understanding and expressing emotions</li> <li>• Managing stress (<i>Standards 1 &amp; 3</i>)</li> </ul> <p><b>Fitness and Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Exercise and health</li> <li>• Eating habits and nutritional needs</li> <li>• Weight control</li> <li>• Eating disorders (<i>Standards 1 &amp; 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**Standard 1:** Personal Health and Fitness

**Standard 2:** A Safe and Healthy Environment

**Standard 3:** Resource Management

Students will understand human growth and development and recognize the relationship between behaviors and healthy development. Students will understand ways to improve health and prevent diseases and will demonstrate and practice positive health behaviors.

Students will demonstrate personally and socially responsible behaviors. Students will care for and respect themselves and others. Students will recognize threats to the environment and offer appropriate strategies to minimize them.

Students will understand the influence of culture, media and technology in making decisions about personal and community health issues. Students will know about and use valid health information, products, and services. Students will advocate for healthy families and communities.