

# Health (7)

Physical Education and Health

Grade(s) 7th, Duration 1 Year, 1 Credit  
Required Course

## Course Overview

Students will master basic concepts of teen health and wellness.

## Scope And Sequence

Timeframe	Unit	Instructional Topics
20 Day(s)	Total Health	1. Understanding Your Health 2. Skills For a Healthy Life 3. Mental and Emotional Health 4. Mental and Emotional Problems
5 Day(s)	Conflict Resolution and Violence Prevention	1. Conflict resolution 2. Violence Prevention
5 Day(s)	Personal Care and Consumer Choices	1. Personal health care
10 Day(s)	Growth and Development	1. Human Growth and Development
15 Day(s)	Fitness and Nutrition	1. Physical activity and fitness 2. Nutrition for health 3. Body Image

## Materials and Resources

Glencoe Teen Health, Course 3  
YouTube videos selected by the instructor  
Movie, "It's a Wonderful Life"  
Guest speakers

## Prerequisites

None

## Course Details

**Unit:** Total Health

**Duration:** 20 Day(s)

### Unit Overview

Students will explore topics contributing to a person's health profile: the Health Triangle, decision-making, goal setting, stress, and stress management.

### Materials and Resources

Glencoe Teen Health 3 Chapters 1-4

### Academic Vocabulary

Health, wellness, Health Triangle  
Puberty, adolescence, hormones, peers  
Lifestyle factors, risk behaviors, sedentary lifestyle, cumulative risks, precautions, prevention, abstinence, attitudes

Values, goal setting, character, accountability, integrity  
Communication, refusal skills, conflict resolution, media, advocacy

Self Concept, self esteem, resilience, emotions, anxiety, panic, emotional needs  
Stress, stressor, fight-or-flight response, adrenaline, time-management  
Grief, grief reaction, coping strategies

Disorder, phobia, depression, schizophrenia, suicide, therapy

### Summative Assessment

Test

**Topic:** Understanding Your Health

**Duration:** 5 Day(s)

### Topic Overview

Students will begin to self assess in areas of physical, mental, and social well-being.

### Learning Targets

Defining "health" and "wellness"  
Students will build vocabulary, will identify three sides of the health triangle, and will explain how health habits affect wellness.

### Changes during teen years

Students will build vocabulary and will describe the physical changes that occur during teen year, will identify the mental and emotional effects of hormones, will explain how relationships may change during puberty, and will practice healthful behaviors.

### Taking responsibility for health

Students will build vocabulary and will consider lifestyle factors and other influences which tend to enhance or detract from health.

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**Topic:** Skills For a Healthy Life

**Duration:** 5 Day(s)

## Topic Overview

Students will focus on several key ideas: decision making, goal setting, character development, and other health skills.

## Learning Targets

Making decisions and setting goals

Students will build vocabulary and define *values*, learn the steps of the decision-making process, identify the benefits of a goal-setting process, analyze the connection between the two processes, and apply their skills in practical exercises.

Building character

Students will build vocabulary, and will explore different aspects of good character and practice them in real life and virtual scenarios. This connects with instruction from the Guidance counselor.

Developing awareness of other health skills and influences

Students will build vocabulary and will explore skills such as communication, refusal, conflict resolution; and influences such as the media, family, and peer group. They will model saying "No" to unhealthy choices.

**Topic:** Mental and Emotional Health

**Duration:** 5 Day(s)

## Topic Overview

Students will consider mental and emotional health, stress management, and coping with loss.

## Learning Targets

Mental and emotional health

Students will build vocabulary and will learn to recognize traits of good mental and emotional health, will identify factors which influence one's self-concept, will develop skills to build self-esteem, and will practice communication skills to improve health.

Understanding emotions

Students will build vocabulary, will identify common emotions, will express emotions in healthy ways, will recognize healthy ways to meet emotional needs, and will practice healthful ways to manage anger.

Managing stress

Students will build vocabulary, identify some causes of stress, describe the physical response to stress, and develop skills to manage stress in their lives.

Coping with loss

Students will build vocabulary, identify the stages of a grief reaction, recognize strategies for coping with personal loss, consider ways to support a person who is dealing with grief.

**Topic:** Mental and Emotional Problems

**Duration:** 5 Day(s)

## Topic Overview

Students will gain an overview of common mental and emotional disorders, and treatment options available. They will also discuss suicide prevention.

## Learning Targets

Mental and emotional disorders

Students will build vocabulary, will identify types of anxiety disorders, will describe types of mood disorders, and will identify signs of a major depression.

Suicide prevention

Students will build vocabulary, will identify common causes of teen suicide, will identify warning signs of a possible suicide, and will develop communication skills to enable them to talk about this sensitive topic.

Help for mental and emotional disorders

Students will build vocabulary, will determine steps to take if someone needs professional help, will describe the types of therapy used to treat various mental or emotional disorders, and will identify the kinds of professionals who work with clients needing this type of intervention.

**Unit:** Conflict Resolution and Violence Prevention

**Duration:** 5 Day(s)

# Health (7)

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Grade(s) 7th, Duration 1 Year, 1 Credit  
Required Course

## Unit Overview

Students will address the nature of conflict, methods of avoiding or resolving conflicts, and issues around avoiding or dealing with violent behaviors including bullying and abuse.

## Materials and Resources

Glencoe [Teen Health 3](#), chapters 7-8

## Academic Vocabulary

Conflict, bully, labeling, prejudice  
Escalate, revenge, mob mentality  
Conflict resolution, mediation, compromise  
Violence, homicide, gang, drug trafficking, zero tolerance policy  
Victim, assault, battery, rape  
Intimidation, harassment, gender discrimination  
Abuse, neglect, domestic violence

## Summative Assessment

Test, projects designed by teacher

**Topic:** Conflict resolution

**Duration:** 2 Day(s)

### Topic Overview

Students will examine the nature of conflict, ways of preventing conflicts, and ways of resolving conflicts.

### Learning Targets

The nature of conflict

Students will build vocabulary, explain some reasons why conflicts occur, describe different kinds of conflicts, and role play healthy and effective ways to deal with bullying.

Preventing conflicts

Students will build vocabulary, identify factors which lead to conflicts, develop strategies to prevent conflicts from becoming serious, and develop stress management techniques to defuse anger.

Resolving conflicts

Students will build vocabulary, will demonstrate effective skills for resolving conflicts, will recall the steps in the mediation process, and will identify traits of a good mediator.

**Topic:** Violence Prevention

**Duration:** 3 Day(s)

### Topic Overview

Students will examine factors leading to violent confrontations and will develop an understanding of ways to avoid/prevent/deal with violence in their lives.

### Learning Targets

Avoiding and preventing violence

Students will build vocabulary, will identify factors that contribute to teen violence, will analyze media influence on teen violence, will describe measures taken to prevent violence at school, and will explain ways to protect themselves for violence.

Dealing with violence

Students will build vocabulary, will identify several types of violent crimes, will describe actions that victims should take, and will advocate for violence prevention.

Bullying and harassment

Students will build vocabulary and will describe ways of dealing with bullies, identify different forms of harassment, and develop effective communication skills to deal with harassment.

Abuse and domestic violence

Students will build vocabulary, and will explain different forms of abuse and their impact on the victims.

Preventing and coping with abuse

Students will build vocabulary and will describe the cycle of abuse, develop a plan to stop the cycle, and identify sources of help for victims of abuse.

**Unit:** Personal Care and Consumer Choices

**Duration:** 5 Day(s)

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Grade(s) 7th, Duration 1 Year, 1 Credit  
Required Course

## Unit Overview

Students will explore aspects of personal health care, being an informed health consumer, using medication wisely, choosing health services, and public health.

## Materials and Resources

Glencoe [Teen Health 3](#) Chapter 15

## Academic Vocabulary

Epidermis, dermis, dandruff, plaque, tartar, decibel

Consumer, consumer skills, comparison shopping, warranty, health fraud

Medicine, over-the-counter medicine, prescription medicine, vaccine, antibiotics, side effect

Health care system, preventive care, specialist, allied health professionals, health insurance, managed care

Public health, recall, famine

## Summative Assessment

Test, projects

**Topic:** Personal health care

**Duration:** 5 Day(s)

## Topic Overview

Students will examine topics and issues connected with personal care and public health.

## Learning Targets

Personal health care

Students will build vocabulary, identify common skin and hair problems, explain the functions of the mouth and teeth, and describe ways to protect the eyes and ears from damage.

Smart health consumer choices

Students will build vocabulary, identify the skills of a smart consumer, and analyze advertisements for health products and services.

Using medication wisely

Students will build vocabulary and will identify types of medicines and their functions within the human body.

Choosing health services

Students will build vocabulary and will identify different kinds of health care providers in a variety of settings and describe ways people pay for health care.

Public health

Students will build vocabulary and will identify the roles of government agencies and non-governmental agencies in health care.

**Unit:** Growth and Development

**Duration:** 10 Day(s)

## Unit Overview

Students will explore aspects of four stages of human life: infancy, childhood, adolescence, and adulthood.

## Materials and Resources

Glencoe [Teen Health 3](#) Chapter 17

School nurse (guest presenter)

## Academic Vocabulary

Fertilization, egg cell, sperm cell, uterus, embryo, fetus, placenta, umbilical cord, cervix

Heredity, chromosomes, genes, genetic disorder, environment, prenatal care, birth defects

Developmental tasks, infancy, toddlers, preschoolers, puberty

Chronological age, biological age, social age

## Summative Assessment

Test and projects

**Topic:** Human Growth and Development

**Duration:** 10 Day(s)

## Topic Overview

Students will explore aspects of human growth and development in order to develop understanding of their own bodies and of the decisions to be made throughout one's life span.

Information concerning reproduction will be presented by both the classroom teacher and the school nurse. Parental consent is obtained prior to the nurse's session.

## Learning Targets

Conception, pregnancy, and birth

Students will build vocabulary and will identify the building blocks of life, explain how a single cell develops into a baby, describe the stages of birth, and learn about the physical and emotional changes experienced during pregnancy,

Heredity and environment

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Students will build vocabulary and will explain how characteristics are passed from parent to child, will identify factors which can cause birth defects, will explain the importance of prenatal care, and will locate information on their own family's health history.

From childhood to adolescence

Students will build vocabulary and will explain Erickson's "stages of life", will identify some developmental tasks of adolescents, will describe the stages of childhood, and will practice stress management.

Adulthood and aging

Students will build vocabulary and will identify the three stages of adulthood, explain the difference between three different models of age, and will consider ways to maximize health throughout life.

## Unit: Fitness and Nutrition

Duration: 15 Day(s)

### Unit Overview

Students will explore aspects of physical fitness and its connection to nutrition.

### Materials and Resources

Glencoe [Teen Health 3](#) Chapters 9-11

### Academic Vocabulary

Physical activity, coordination, balance, calories, physical fitness, exercise, aerobic, anaerobic  
Heart and lung endurance, muscle strength, muscle endurance, flexibility, body composition, heredity  
Cross-training, FITT principle, resting heart rate, target heart rate, warm-up, cooldown  
Conditioning, PRICE formula, dehydration, heat exhaustion

Nutrients, nutrition, appetite, hunger

Carbohydrates, fiber, proteins, saturated fats, unsaturated fats, vitamins, minerals  
MyPlate, calorie, sodium, foodborne illness  
Empty-calorie foods, nutrient density

Body image, appropriate weight, body mass index (BMI), overweight, underweight  
Eating disorder, binge eating, obese, anorexia nervosa, bulimia nervosa

### Summative Assessment

Test, projects

### Topic: Physical activity and fitness

Duration: 5 Day(s)

#### Topic Overview

Students will examine topics related to developing strength, endurance, and flexibility and will set personal fitness goals.

#### Learning Targets

Physical activity

Students will build vocabulary, and will analyze the benefits of physical activity, develop habits to improve physical health, describe various types of physical activities, and explain the importance of exercise to overall fitness.

Endurance, strength, and flexibility

Students will build vocabulary and will identify the five elements of physical fitness, describe exercises that improve different areas of physical fitness, and develop behaviors to improve body composition.

Setting fitness goals

Students will build vocabulary, and will identify factors to consider when choosing activities, will explain the parts of the FITT principle, and will adopt warm-up and cooldown practices to reduce injuries.

Sports conditioning and avoiding injury

Students will build vocabulary and will describe the benefits of conditioning, develop nutrition habits for athletes, identify ways to minimize injury risks, and show how to treat particular sports-related injuries

### Topic: Nutrition for health

Duration: 5 Day(s)

#### Topic Overview

Students will develop understanding of basic nutritional needs and will plan healthy meals.

#### Learning Targets

The importance of nutrition

Students will build vocabulary, and will explain why the body needs nutrients, identify factors which affect food choices, and describe ways in which emotions can influence food choices.

Nutrients for wellness

Students will build vocabulary and will identify the six major classes of nutrients and explain specific ways each nutrient is used by the body.

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## Following nutritional guidelines

Students will build vocabulary and will explain the MyPlate system of choosing healthy foods using food groups and nutritional guidelines from the government.

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## Planning meals and snacks

Students will build vocabulary and will explain why breakfast is important, will describe meal-planning strategies, and will identify healthy ways to snack.

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**Topic:** Body Image

**Duration:** 5 Day(s)

### Topic Overview

Students will discover the importance of maintaining a healthy weight and of developing a positive body image.

### Learning Targets

#### Maintaining a healthy weight

Students will build vocabulary and will identify the importance of a healthy body image, explain how eating and activity affect weight, and describe ways to maintain a healthy weight.

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#### Eating disorders

Students will build vocabulary and will describe the symptoms of selected eating disorders, identify the health risks associated with each, and identify sources of help for those who suffer from an eating disorder.

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