



<b>Course Title:</b> <b>Seventh Grade Health</b>		
<b>Description:</b> In 7th grade Health, students will learn about health and wellness related concepts including:  Male/Female Reproduction System Endocrine System Health Triangle Sexually Transmitted Diseases Puberty/Adolescence Signs of Suicide (SOS)		
<b><u>Reporting Topic</u></b>	<b><u>Grade Level Standards</u></b>	<b><u>Competency Statement</u></b>
<b><u>Overall Wellness</u></b>	<ul style="list-style-type: none"> <li>• Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family and community health. (21.6-8.HL.1) <ul style="list-style-type: none"> <li>◦ Describe the interrelationships of the wellness dimensions: physical, emotional, intellectual, environmental, social, sexual and spiritual wellness during adolescence</li> </ul> </li> <li>• Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society. (21.6-8.HL.5) <ul style="list-style-type: none"> <li>◦ Implement behaviors that contribute to holistic wellness for individuals, families and communities.</li> </ul> </li> </ul>	Students will describe the interrelationship of the wellness dimensions.
<b><u>Body Awareness</u></b>	<ul style="list-style-type: none"> <li>• Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family and community health. (21.6-8.HL.1) <ul style="list-style-type: none"> <li>◦ Anticipate the influence of risk and protective factors.</li> <li>◦ Develop healthy personal choices to promote health maintenance and disease prevention.</li> <li>◦ Develop preventive physical and mental health measures, including proper diet, nutrition, exercise, risk avoidance and stress reduction.</li> </ul> </li> </ul>	Students will develop personal choices to promote health maintenance and disease prevention.
<b><u>Family and</u></b>	<ul style="list-style-type: none"> <li>• Demonstrate functional health literacy skills to obtain, interpret, understand and use</li> </ul>	Students will describe how



<p><b><u>Community Health</u></b></p>	<p>basic health concepts to enhance personal, family and community health. (21.6-8.HL.1)</p> <ul style="list-style-type: none"> <li>Describe how diverse families, peers, cultural practices and attitudes influence health.</li> </ul> <ul style="list-style-type: none"> <li>Utilize interactive literacy and social skills to establish personal, family, and community health goals. (21.6-8.HL.2)           <ul style="list-style-type: none"> <li>Articulate effective communication methods to accurately express health information and ideas.</li> </ul> </li> <li>Apply critical literacy/thinking skills related to personal, family and community wellness. (21.6-8.HL.3)           <ul style="list-style-type: none"> <li>Integrate the roles of individual, family, community and cultures when making health related decisions.</li> </ul> </li> <li>Integrate media literacy skills to analyze media and other influences to effectively manage personal, family and community health situations. (21.6-8.HL.4)           <ul style="list-style-type: none"> <li>Determine how cultural diversity enriches and challenges health behaviors.</li> <li>Analyze how information influences health.</li> </ul> </li> </ul>	<p>diverse families, peers, cultural practices and attitudes influence health.</p>
<p><b><u>Healthy Decision Making</u></b></p>	<ul style="list-style-type: none"> <li>Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family and community health. (21.6-8.HL.1)           <ul style="list-style-type: none"> <li>Explain how appropriate health care can promote personal health.</li> <li>Evaluate the impact of personal health behaviors on the functioning of body systems.</li> </ul> </li> <li>Utilize interactive literacy and social skills to establish personal, family, and community health goals. (21.6-8.HL.2)           <ul style="list-style-type: none"> <li>Model how to influence and support others to make positive health choices.</li> </ul> </li> <li>Apply critical literacy/thinking skills related to personal, family and community wellness. (21.6-8.HL.3)           <ul style="list-style-type: none"> <li>Apply skills needed to make healthy decisions</li> <li>Analyze the effectiveness of health-related decisions.</li> </ul> </li> <li>Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society. (21.6-8.HL.5)           <ul style="list-style-type: none"> <li>Analyze risk factors and make healthy choices.</li> </ul> </li> </ul>	<p>Students will explain how appropriate health care can promote personal health</p>
<p><b><u>Emotional/Mental Health</u></b></p>	<ul style="list-style-type: none"> <li>Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family and community health. (21.6-8.HL.1)</li> </ul>	<p>Students will demonstrate the skills necessary for proper</p>



	<ul style="list-style-type: none"><li>○ Demonstrate skills necessary for proper prevention/management of health crises. i.e. injury, depression, chronic illness.</li><li>● Utilize interactive literacy and social skills to establish personal, family, and community health goals. (21.6-8.HL.2)<ul style="list-style-type: none"><li>○ Demonstrate proper methods of obtaining help for self and others.</li><li>○ Generate ways to communicate care, consideration, empathy and respect for self and others.</li></ul></li><li>● Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society. (21.6-8.HL.5)<ul style="list-style-type: none"><li>○ Practice appropriate and effective stress management.</li></ul></li></ul>	prevention/management of health crises.
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