

Health

CANTON PUBLIC SCHOOLS 6-8 SCOPE AND SEQUENCE

Topics																					
Standard	Mental Health			Tobacco, Alcohol & Other Drugs			Personal Health & Wellness			Puberty & Human Reproduction			Nutrition			Bullying & Violence Prevention			Relationships & Communication		
	6	7	8	6	7	8	6	7	8	6	7	8	6	7	8	6	7	8	6	7	8
1	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓
2	✓	✓	✓	✓	✓	✓	✓			✓		✓		✓		✓	✓	✓	✓		✓
3	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓					✓
4	✓	✓	✓	✓		✓	✓			✓		✓		✓		✓	✓		✓	✓	✓
5	✓			✓	✓	✓			✓	✓	✓	✓		✓		✓	✓	✓	✓	✓	
6	✓				✓		✓		✓	✓	✓		✓	✓							
7	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓
8	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓

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Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Citation: Joint Committee on National Health Education Standards. (2007). *National Health Education Standards, Second Edition: Achieving Excellence*. Washington, D.C.: The American Cancer Society.

Student Class Organizer: 7th Grade Health

**Essential Questions: To what extent does Wellness have an impact on my quality of life?
How do my choices and actions impact my overall Wellness? How do I achieve overall Wellness?**

Standards

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Relevance

The units and topics covered in this class, as well as the skills learned and practiced, will prepare students to become advocates, leaders, and positive role models in their community. The learned information and skills will allow students to achieve overall wellness and positively impact their own life.

Units in this class

- Nutrition
- Bullying Prevention & Communication
- Human Reproduction & Health
- Mental Health & Coping Skills
- Alcohol & Drugs

What Critical Life Skills Will I learn?

Decision Making
Advocacy
Analysis of influences
Goal setting
Accessing information
Conflict Resolution
Self Management

How Will I Be Assessed?

- Projects
- Participation
- In-class assignments
- Demonstration of skills

7th Grade Health Unit - Nutrition

Essential Questions: What impact does proper nutrition impact my overall wellness?

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Topics in this Unit

- Nutrients
- Food Influences

Objectives for Each Topic

Nutrients

- Students will be able to identify the 6 essential nutrients and their impact on the body
- Students will be able to build a well-balanced meal using knowledge of food groups, nutrients, and food labels
- Students will be able to compare and contrast the nutritional value of food choices

Food Influences

- Students will be able to recognize factors that influence what foods we choose to consume
- Students will identify certain barriers that prevent us from consuming nutritious foods
- Students will gain understanding of current food trends and misleading food labeling and marketing

What Critical Life Skills Will I learn?

Decision Making	Advocacy
Analysis of influences	Goal setting
Accessing information	Conflict Resolution
Self Management	

7th Grade Health Unit - Bullying Prevention & Communication

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Topics in this Unit

- Bullying Prevention
- Effective Communication Strategies

Objectives for Each Topic

Bullying Prevention

- Students will recognize and identify various forms of bullying and their potential impact
- Students will identify various ways to prevent bullying and respond to bullying
- Students will practice positive coping strategies for managing various bullying situations

Effective Communication Strategies

- Students will practice effective communication strategies
- Students will be able to identify strategies to communicate digitally
- Students will learn and practice skills to enhance their digital safety knowledge

What Critical Life Skills Will I learn?

Decision Making	Advocacy
Analysis of influences	Goal setting
Accessing information	Conflict Resolution
Self Management	

7th Grade Health Unit - Human Reproduction & Health

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Objectives for Each Topic

Anatomy & Physiology

- Students will be able to identify individual parts of the reproductive system and their functions
- Students will practice self-advocating for reproductive health concerns

Human Reproduction

- Students will understand the function of the reproductive system in human reproduction
- Students will identify key concepts and steps of the process of human reproduction

Accessing Information

- Students will know how to access medically accurate sources of information regarding reproductive health

Topics in this Unit

- Anatomy & Physiology
- Human Reproduction
- Accessing Information

What Critical Life Skills Will I learn?

Decision Making	Advocacy
Analysis of influences	Goal setting
Accessing information	Conflict Resolution
Self Management	

7th Grade Health Unit - Mental Health & Coping Skills

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Topics in this Unit

- Relevant Mental Illnesses
- Stress
- Coping Strategies & Resources

Objectives for Each Topic

Relevant Mental Illnesses

- Students will understand signs, symptoms, and treatment options of common mental illnesses
- Students will practice being an effective self-advocate for mental health

Stress

- Students will be able to determine specific techniques they use to manage/deal with their stressors
- Students will be able to understand that overwhelming stress can lead to more severe outcomes

Coping Strategies & Resources

- Students will find and explore resources that can help them manage their stress, or where to get help
- Students will be able to identify common triggers for stress & anxiety as well as practice various positive coping strategies for managing big emotions

What Critical Life Skills Will I learn?

Decision Making	Advocacy
Analysis of influences	Goal setting
Accessing information	Conflict Resolution
Self Management	

7th Grade Health Unit - Alcohol & Drugs

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Topics in this Unit

- Alcohol
- Marijuana
- Peer Pressure & Refusal Skills

Objectives for Each Topic

Alcohol

- Students will understand the impact that alcohol can have on overall teen and adult health
- Students will analyze various influences and advertising methods

Marijuana

- Students will analyze the short and long term effects of Marijuana in order to make health enhancing decisions
- Students will understand the impact that Marijuana has on the developing brain

Peer Pressure & Refusal Skills

- Students will analyze the impact that negative peer pressure can have on their wellness
- Students will be able to successfully refuse peer pressure using a variety of strategies

What Critical Life Skills Will I learn?

Decision Making

Advocacy

Analysis of influences

Goal setting

Accessing information

Conflict Resolution

Self Management