

CURRICULUM GUIDE

SUBJECT: Health

GRADE: 7 and 8

TIMELINE: 1st Quarter

Standard	Kid Friendly Learning Objectives	Content (subject or topic covered in Journeys/My Perspectives)	DOK Level	Skills (ability, practice, aptitude that will be learned)	Assessment	Academic Vocabulary
Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts S1.C3.PO 1. Analyze how the environment affects personal health. S1.C3.PO3. Analyze how physical activity contributes to disease prevention.	Identify the meaning of personal health. Identify common risk factors leading to poor health	Intro to Health Social Contract Personal Health	#2	Define personal health Describe benefits Identify risk factors Describe health issues	Self-Assessment	Environment School Healthy choices Physical activity
S2.C2.PO 2. Explain the influence of personal values and beliefs on individual health practices and behaviors. S1.C3.PO 2. Analyze how food provides energy and nutrients for growth and development, that nutrition requirements vary from person to person, and how food intake affects health S2.C1.PO3. Analyze how peers influence healthy and unhealthy behaviors		Nutrition/Growth and Development	#2	Cultural values, beliefs on physical activity Life span/stages Analyze healthy food choices Plan a nutritious meal	Self-Assessment	Nutrients Energy requirement
Strand 5: Use of Decision-making Skills to Enhance Health S5.C1.PO 1. Identify circumstances that can help or hinder healthy. S5.C2.PO1. Determine when health-related situations require the application of a thoughtful decision-making process.		Healthy Decision Making	#2	Peer influence Healthy vs. Unhealthy Disease Abuse	Group Assessment	Verbal Non-verbal Decline Mediation

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S1.C4. Prevention of Injuries and Health Problems. PO 1. Describe ways to reduce or prevent injuries and other adolescent health problems S1.C.5. Explain how appropriate health care can promote health		Safety and Injury Prevention	#2	Analyze safety measures	Self-Assessment	Prevention