

**COURSE TITLE**

Health 7

**LENGTH**

One Quarter  
Grade 7

**DEPARTMENT**

Health / Physical Education

**SCHOOL**

Union Middle School

**DATE**

September 10, 2018

**Initial BOE Approval Date (Born on): 8/7/2015**

## Health 7

### I. Introduction/Overview/Philosophy

Our health curriculum is a comprehensive program designed to provide students with the knowledge, life skills and thinking skills they need to achieve good health.

### II. Objectives

#### **Course Outline:**

#### **WELLNESS**

1. Lifelong Wellness
  - a. Lifestyle modifications
  - b. Environment
  - c. Heredity
  - d. Technological Advances
  - e. Marketing Techniques of Health Products and Services
  
2. Nutrition
  - a. Food Choices
  - b. Eating Patterns
  - c. Balanced Nutrition
  - d. Designing Nutritional Plans
  - e. Healthy Weight Management
  
3. Diseases
  - a. Detection
  - b. Treatment
  - c. Analyze Public Health Strategies
  - d. Analyze Effects of Mental Illnesses on Well-Being
    - Depression
    - Anxiety
    - Panic Disorders
    - Phobias
  
4. Safety
  - a. Unintentional Injuries
    - Risk Factors
    - Fires
    - Motor Vehicles
  - b. Intentional Injuries

Evaluation of Risk Factors  
Violence  
Suicide

c. Prevention and Treatment  
Demonstrate First-Aid Procedures

- 5. Social and Emotional Health
  - a. Peer Pressure
  - b. Decision Making
  - c. Social and Emotional Development
  - d. Stress Management Skills
  - e. Respect and Acceptance of Others

**INTEGRATED SKILLS**

- 1. Effective Communication
  - a. Verbal and nonverbal strategies
  - b. Decision making

- 2. Character Development
  - a. Explain how character enhances group work
  - b. Identify the cultural responses to individuals with disabilities

- 3. Health Advocacy
  - a. Volunteering

- 4. Health Services and Information
  - a. Compare and contrast situations that require support from adults
  - b. from

**DRUGS AND MEDICINES**

- 1. Medicines
  - a. Drugs and classifications
  - b. Over the counter (OTC)
  - c. Prescription
  - d. Supplements

- 3. Identifying Contributing Factors
  - a. Peer pressure
  - b. Role models
  - c. Self-esteem

**HUMAN RELATIONSHIPS AND SEXUALITY**

- 1. Healthy Relationships

- a. Families
  - Values and character development
- b. Friendships
- c. Adolescent relationships
  - Love
  - Commitment
  - Sexual attraction
- d. Dating Violence
  - Definition
  - Warning signs
  - Characteristics of a healthy relationship

## 2. Adolescent Growth and Sexuality

- a. Physical
- b. Emotional
- c. Mental

## **DIGITAL CITIZENSHIP (Common Sense Media Unit 2 Gr. 6-8)**

1. [www.commonsensemedia.org/educators/scope-and-sequence](http://www.commonsensemedia.org/educators/scope-and-sequence)
  - a. Teaching Lessons Unit 2

### ***Student Outcomes:***

After successfully completing this course, the student will:

- Understand the importance of personal wellness.
- Identify and understand healthy (& unhealthy) relationships
- Identify drugs and risky behaviors associated with use.
- Medicines, their roles and abuse.
- Demonstrate effective communication skills
- Understand and identify methods of character development.
- Understand decision-making and consequences.
- Understand stages of growth and sexuality.
- Resolve conflicts positively.
- Identify appropriate online behavior through digital citizenship
- Learn effective methods of dealing with peer pressure.

### ***New Jersey Student Learning Standards***

Student outcomes are based on the National Health Education Standards and the **New Jersey Student Learning Standards** for Comprehensive Health and Physical Education (Adopted 2004, Revised 2009, and 2014).

### **National Health Education Standards**

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

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

## **Comprehensive Health and Physical Education**

### **2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.**

#### A. Personal Growth and Development

2.1.8.A.1 - Assess and apply Health Data to enhance each dimension of personal wellness.

2.1.8.A.2 - Compare and contrast the impact of genetics, family history, personal health practices, and environment on personal growth and development in each life stage.

2.1.8.A.3 - Determine the impact of marketing techniques on the use of personal hygiene products, practices, and services.

2.1.8.A.4 - Determine the impact of marketing techniques on the use of personal hygiene products, practices, and services.

#### B. Nutrition

2.1.8.B.1 - Analyze how culture, health status, age, and eating environment influence personal eating patterns and recommend ways to provide nutritional balance.

2.1.8.B.2 - Identify and defend healthy ways for adolescents to lose, gain, or maintain weight.

2.1.8.B.3 - Design a weekly nutritional plan for families with different lifestyles, resources, special needs, and cultural backgrounds.

2.1.8.B.4 - Analyze the nutritional values of new products and supplements.

#### C. Diseases and Health Conditions

2.1.8.C.1 - Evaluate emerging methods to diagnose and treat diseases and health conditions that are common in young adults in the United States and other countries, including hepatitis, sexually transmitted infections, HIV/AIDS, breast cancer, HPV, and testicular cancer.

2.1.8.C.2 - Analyze local, state, national, and international public health efforts to prevent and control diseases and health conditions.

2.1.8.C.3 - Analyze the impact of mental illness (e.g., depression, impulse disorders such as gambling or shopping, eating disorders, and bipolar disorders) on physical, social, and emotional well-being.

D. Safety

2.1.8.D.1 - Assess the degree of risk in a variety of situations and identify strategies to reduce intentional and unintentional injuries to self and others.

2.1.8.D.2 - Describe effective personal protection strategies used in public places and what to do when one's safety is compromised.

2.1.8.D.3 - Analyze the causes and the consequences of noncompliance with the traffic safety system.

2.1.8.D.4 - Demonstrate first-aid procedures, including victim and situation assessment, Basic Life Support, and the care of head trauma, bleeding and wounds, burns, fractures, shock, and poisoning.

E. Social and Emotional Health

2.1.8.E.1 - Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.

2.1.8.E.2 - Determine the effectiveness of existing home, school, and community efforts to address social and emotional health and prevent conflict.

2.1.8.E.3 - Explain how culture influences the ways families and groups cope with crisis and change.

2.1.8.E.4 - Compare and contrast stress management strategies that are used to address various types of stress-induced situations.

**2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.**

A. Interpersonal Communication

2.2.8.A.1 - Compare and contrast verbal and nonverbal interpersonal communication strategies in a variety of settings and cultures in different situations.

2.2.8.A.2 - Demonstrate the use of refusal, negotiation, and assertiveness skills when responding to peer pressure, disagreements, or conflicts.

B. Decision-Making and Goal Setting

2.2.8.B.1 - Predict social situations that may require the use of decision-making skills.

2.2.8.B.2 - Justify when individual or collaborative decision-making is appropriate.

2.2.8.B.3 - Analyze factors that support or hinder the achievement of personal health goals during different life stages.

C. Character Development

2.2.8.C.1 - Analyze strategies to enhance character development in individual, group, and team activities.

2.2.8.C.2 - Analyze to what extent various cultures have responded effectively to individuals with disabilities.

2.2.8.C.3 - Hypothesize reasons for personal and group adherence, or lack of adherence, to codes of conduct at home, locally, and in the worldwide community.

D. Advocacy and Service

2.2.8.D.1 - Plan and implement volunteer activities to benefit a local, state, national, or world health initiative.

2.2.8.D.2 - Defend a position on a health or social issue to activate community awareness and responsiveness.

E. Health Services and Information

2.2.8.E.1 - Evaluate various health products, services, and resources from different sources, including the Internet.

2.2.8.E.2 - Compare and contrast situations that require support from trusted adults or health professionals.

**2.3 Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.**

A. Medicines

2.3.8.A.1 - Explain why the therapeutic effects and potential risks of commonly used over-the-counter medicines, prescription drugs, and herbal and medicinal supplements vary in different individuals.

2.3.8.A.2 - Compare and contrast adolescent and adult abuse of prescription and over-the-counter medicines and the consequences of such abuse.

#### B. Alcohol, Tobacco, and Other Drugs

2.3.8.B.1 - Compare and contrast the physical and behavioral effects of commonly abused substances by adolescents.

2.3.8.B.2 - Predict the legal and financial consequences of the use, sale, and possession of illegal substances.

2.3.8.B.3 - Analyze the effects of all types of tobacco use on the aging process.

2.3.8.B.4 - Compare and contrast smoking laws in New Jersey with other states and countries.

2.3.8.B.5 - Explain the impact of alcohol and other drugs on those areas of the brain that control vision, sleep, coordination, and reaction time and the related impairment of behavior, judgment, and memory.

2.3.8.B.6 - Relate the use of alcohol and other drugs to decision-making and risk for sexual assault, pregnancy, and STIs.

2.3.8.B.7 - Explain the impact of inhalant use and abuse on social, emotional, mental, and physical wellness.

2.3.8.B.8 - Analyze health risks associated with injected drug use.

#### C. Dependency/Addiction and Treatment

2.3.8.C.1 - Compare and contrast theories about dependency/addiction (such as genetic predisposition, gender-related predisposition, and multiple risks) and provide recommendations that support a drug free life.

2.3.8.C.2 - Summarize intervention strategies that assist family and friends to cope with the impact of substance abuse.

### **2.4 Human Relationships and Sexuality: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.**

#### A. Relationships

2.4.8.A.1 - Predict how changes within a family can impact family members.

2.4.8.A.2 - Explain how the family unit impacts character development.

2.4.8.A.3 - Explain when the services of professionals are needed to intervene in relationships.

2.4.8.A.4 - Differentiate between affection, love, commitment, and sexual attraction.

2.4.8.A.5 - Determine when a relationship is unhealthy and explain effective strategies to end the relationship.

2.4.8.A.6 - Develop acceptable criteria for safe dating situations, such as dating in groups, setting limits, or only dating someone of the same age.

#### B. Sexuality

2.4.8.B.1 - Analyze the influence of hormones, nutrition, the environment, and heredity on the physical, social, and emotional changes that occur during puberty.

2.4.8.B.2 - Determine the benefits of sexual abstinence and develop strategies to resist pressures to become sexually active.

2.4.8.B.3 - Compare and contrast methods of contraception used by adolescents and factors that may influence their use.

2.4.8.B.4 - Relate certain behaviors to placing one at greater risk for HIV/AIDS, STIs, and unintended pregnancy.

2.4.8.B.5 - Discuss topics regarding gender identity, sexual orientation, and cultural stereotyping.

2.4.8.B.6 - Explain the importance of practicing routine healthcare procedures such as breast self-examination, testicular examinations, and HPV vaccine.

#### C. Pregnancy and Parenting

2.4.8.C.1 - Summarize the signs and symptoms of pregnancy and the methods available to confirm pregnancy.

2.4.8.C.2 - Distinguish physical, social, and emotional changes that occur during each stage of pregnancy, including the stages of labor and childbirth and the adjustment period following birth.

2.4.8.C.3 - Determine effective strategies and resources to assist with parenting.

2.4.8.C.4 - Predict short- and long-term impacts of teen pregnancy.

2.4.8.C.5 - Correlate prenatal care with the prevention of complications that may occur during pregnancy and childbirth.

## **2.5 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.**

### A. Movement Skills and Concepts

2.5.8.A.1 - Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).

2.5.8.A.2 - Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.

2.5.8.A.3 - Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).

2.5.8.A.4 - Detect, analyze, and correct errors and apply to refine movement skills.

### B. Strategy

2.5.6.B.1 - Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.

2.5.6.B.2 - Assess the effectiveness of specific mental strategies applied to improve performance.

2.5.6.B.3 - Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.

### C. Sportsmanship, Rules, and Safety

2.5.8.C.1 - Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.

2.5.8.C.2 - Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.

2.5.8.C.3 - Analyze the impact of different world cultures on present-day games, sports, and dance.

## **2.6 Fitness: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.**

### A. Fitness and Physical Activity

2.6.8.A.1 - Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.

2.6.8.A.2 - Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.

2.6.8.A.3 - Analyze how medical and technological advances impact personal fitness.

2.6.8.A.4 - Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.

2.6.8.A.5 - Use the primary principles of training ([FITT](#)) for the purposes of modifying personal levels of fitness.

2.6.8.A.6 - Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.

## **21ST CENTURY LIFE AND CAREERS**

### **CAREER READY PRACTICES**

**CRP1 Act as a responsible and contributing citizen and employee**



Career-ready individuals understand the obligations and responsibilities of being a member of a community, and they demonstrate this understanding every day through their interactions with others. They are conscientious of the impacts of their decisions on others and the environment around them. They think about the near-term and long-term consequences of their actions and seek to act in ways that contribute to the betterment of their teams, families, community and workplace. They are reliable and consistent in going beyond the minimum expectation and in participating in activities that serve the greater good.

**CRP2 Apply appropriate academic and technical skills**

Career-ready individuals readily access and use the knowledge and skills acquired through experience and education to be more productive. They make connections between abstract concepts with real-world applications, and they make correct insights about when it is appropriate to apply the use of an academic skill in a workplace situation

**CRP 3 Attend to personal health and financial well-being**

Career-ready individuals understand the relationship between personal health, workplace performance and personal well-being; they act on that understanding to regularly practice healthy diet, exercise and mental health activities. Career-ready individuals also take regular action to contribute to their personal financial wellbeing, understanding that personal financial security provides the peace of mind required to contribute more fully to their own career success.

**CRP4 Communicate clearly and effectively and with reason.**

Career-ready individuals communicate thoughts, ideas, and action plans with clarity, whether using written, verbal, and/or visual methods. They communicate in the workplace with clarity and purpose to make maximum use of their own and others' time. They are excellent writers; they master conventions, word choice, and organization, and use effective tone and presentation skills to articulate ideas. They are skilled at interacting with others; they are active listeners and speak clearly and with purpose. Career-ready individuals think about the audience for their communication and prepare accordingly to ensure the desired outcome.

**CRP5 Consider the environmental, social and economic impacts of decisions.**

Career-ready individuals understand the interrelated nature of their actions and regularly make decisions that positively impact and/or mitigate negative impact on other people, organization, and the environment. They are aware of and utilize new technologies, understandings, procedures, materials, and regulations affecting the nature of their work as it relates to the impact on the social condition, the environment and the profitability of the organization.

**CRP6 Demonstrate creativity and innovation**

Career-ready individuals regularly think of ideas that solve problems in new and different ways, and they contribute those ideas in a useful and productive manner to improve their organization. They can consider unconventional ideas and suggestions as solutions to issues, tasks or problems, and they discern which ideas and suggestions will add greatest value. They seek new methods, practices, and ideas from a variety of sources and seek to apply those ideas to their own workplace. They take action on their ideas and understand how to bring innovation to an organization.

**CRP 7 Employ valid and reliable research strategies**

Career-ready individuals are discerning in accepting and using new information to make decisions, change practices or inform strategies. They use reliable research process to search for new information. They evaluate the validity of sources when considering the use and adoption of external information or practices in their workplace situation.

**CRP8 Utilize critical thinking to make sense of problems and persevere in solving them**

Career-ready individuals readily recognize problems in the workplace, understand the nature of the problem, and devise effective plans to solve the problem. They are aware of problems when they occur and take action quickly to address the problem; they thoughtfully investigate the root cause of the problem prior to introducing solutions. They carefully consider the options to solve the problem. Once a solution is agreed upon, they follow through to ensure the problem is solved, whether through their own actions or the actions of others.

**CRP9 Model integrity, ethical leadership and effective management**

Career-ready individuals consistently act in ways that align personal and community-held ideals and principles while employing strategies to positively influence others in the workplace. They have a clear understanding of integrity and act on this understanding in every decision. They use a variety of means to positively impact the directions and actions of a team or organization, and they apply insights into human behavior to change others' action, attitudes and/or beliefs. They recognize the near-term and long-term effects that management's actions and attitudes can have on productivity, morals and organizational culture.

**CRP10 Plan education and career paths aligned to personal goals**

Career-ready individuals take personal ownership of their own education and career goals, and they regularly act on a plan to attain these goals. They understand their own career interests, preferences, goals, and requirements. They have perspective regarding the pathways available to them and the time, effort, experience and other requirements to pursue each, including a path of entrepreneurship. They recognize the value of each step in the education and experiential process, and they recognize that nearly all career paths require ongoing education and experience. They seek counselors, mentors, and other experts to assist in the planning and execution of career and personal goals.

**CRP11 Use technology to enhance productivity**

Career-ready individuals find and maximize the productive value of existing and new technology to accomplish workplace tasks and solve workplace problems. They are flexible and adaptive in acquiring new technology. They are proficient with ubiquitous technology applications. They understand the inherent risks-personal and organizational-of technology applications, and they take actions to prevent or mitigate these risks.

**CRP12 Work productively in teams while using cultural global competence**

Career-ready individuals positively contribute to every team, whether formal or informal. They apply an awareness of cultural difference to avoid barriers to productive and positive interaction. They find ways to increase the engagement and contribution of all team members. They plan and facilitate effective team meetings.

**2014 New Jersey Core Curriculum Content Standards - Technology**

**Standard 8.1 Educational Technology: All students will use digital tools to access, manage, evaluate, and synthesize information in order to solve problems individually and collaborate and to create and communicate knowledge.**

**A. Technology Operations and Concepts: Students demonstrate a sound understanding of technology concepts, systems and operations.**

8.1.8.A.1 Demonstrate knowledge of a real world problem using digital tools.

8.1.8.A.2 Create a document (e.g. newsletter, reports, personalized learning plan, business letters or flyers) using one or more digital applications to be critiqued by professionals for usability. 8.1.8.A.3 Use and/or develop a simulation that provides an environment to solve a real world problem or theory.

8.1.8.A.4 Graph and calculate data within a spreadsheet and present a summary of the results 8.1.8.A.5 Create a database query, sort and create a report and describe the process, and explain the report results.

**B. Creativity and Innovation: Students demonstrate creative thinking, construct knowledge and develop innovative products and process using technology.**

8.1.8.B.1 Synthesize and publish information about a local or global issue or event (ex. telecollaborative project, blog, school web).

**C. Communication and Collaboration: Students use digital media and environments to communicate and work collaboratively, including at a distance, to support individual learning and contribute to the learning of others.**

8.1.8.C.1 Collaborate to develop and publish work that provides perspectives on a global problem for discussions with learners from other countries.

**D. Digital Citizenship: Students understand human, cultural, and societal issues related to technology and practice legal and ethical behavior.**

8.1.8.D.1 Understand and model appropriate online behaviors related to cyber safety, cyber bullying, cyber security, and cyber ethics including appropriate use of social media. Demonstrate personal responsibility for lifelong learning.

8.1.8.D.2 Demonstrate the application of appropriate citations to digital content.

8.1.8.D.3 Demonstrate an understanding of fair use and Creative Commons to intellectual property. Exhibit leadership for digital citizenship.

8.1.8.D.4 Assess the credibility and accuracy of digital content.

8.1.8.D.5 Understand appropriate uses for social media and the negative consequences of misuse.

**E: Research and Information Fluency: Students apply digital tools to gather, evaluate, and use information.**

8.1.8.E.1 Effectively use a variety of search tools and filters in professional public databases to find information to solve a real world problem.

**F: Critical thinking, problem solving, and decision making:**

8.1.8.F.1 Explore a local issue, by using digital tools to collect and analyze data to identify a solution and make an informed decision.

## **8.2 Technology Education, Engineering, Design, and Computational Thinking**

### **A. The Nature of Technology: Creativity and Innovation**

8.2.8.A.1 Research a product that was designed for a specific demand and identify how the product has changed to meet new demands (i.e. telephone for communication - smart phone for mobility needs).

8.2.8.A.2 Examine a system, consider how each part relates to other parts, and discuss a part to redesign to improve the system.

8.2.8.A.3 Investigate a malfunction in any part of a system and identify its impacts.

8.2.8.A.4 Redesign an existing product that impacts the environment to lessen its impact(s) on the environment.

8.2.8.A.5 Describe how resources such as material, energy, information, time, tools, people, and capital contribute to a technological product or system.

### **B. Technology and Society**

8.2.8.B.1 Evaluate the history and impact of sustainability on the development of a designed product or system over time and present results to peers.

8.2.8.B.2 Identify the desired and undesired consequences from the use of a product or system.

8.2.8.B.3 Research and analyze the ethical issues of a product or system on the environment and report findings for review by peers and /or experts.

8.2.8.B.4 Research examples of how humans can devise technologies to reduce the negative consequences of other technologies and present your findings.

8.2.8.B.5 Identify new technologies resulting from the demands, values, and interests of individuals, businesses, industries and societies. 8.2.8.B.6 Compare and contrast the different types of intellectual property including copyrights, patents and trademarks.

8.2.8.B.7 Analyze the historical impact of waste and demonstrate how a product is upcycled, reused or remanufactured into a new product.

### **C. Design**

8.2.8.C.1 Explain how different teams/groups can contribute to the overall design of a product.

8.2.8.C.2 Explain the need for optimization in a design process.

8.2.8.C.3 Evaluate the function, value, and aesthetics of a technological product or system, from the perspective of the user and the producer.

8.2.8.C.4 Identify the steps in the design process that would be used to solve a designated problem.

8.2.8.C.5 Explain the interdependence of a subsystem that operates as part of a system. 8.2.8.C.5.a Create a technical sketch of a product with materials and measurements labeled.

8.2.8.C.6 Collaborate to examine a malfunctioning system and identify the step-by-step process used to troubleshoot, evaluate and test options to repair the product, presenting the better solution.

8.2.8.C.7 Collaborate with peers and experts in the field to research and develop a product using the design process, data analysis and trends, and maintain a design log with annotated sketches to record the developmental cycle.

8.2.8.C.8 Develop a proposal for a chosen solution that include models (physical, graphical or mathematical) to communicate the solution to peers.

#### **D. Abilities for a Technological World**

8.2.8.D.1 Design and create a product that addresses a real world problem using a design process under specific constraints.

8.2.8.D.2 Identify the design constraints and trade-offs involved in designing a prototype (e.g., how the prototype might fail and how it might be improved) by completing a design problem and reporting results in a multimedia presentation, design portfolio or engineering notebook. 8.2.8.D.3 Build a prototype that meets a STEM-based design challenge using science, engineering, and math principles that validate a solution.

8.2.8.D.4 Research and publish the steps for using and maintaining a product or system and incorporate diagrams or images throughout to enhance user comprehension.

8.2.8.D.5 Explain the impact of resource selection and the production process in the development of a common or technological product or system.

8.2.8.D.6 Identify and explain how the resources and processes used in the production of a current technological product can be modified to have a more positive impact on the environment.

#### **E. Computational Thinking: Programming**

8.2.8.E.1 Identify ways computers are used that have had an impact across the range of human activity and within different careers where they are used.

8.2.8.E.2 Demonstrate an understanding of the relationship between hardware and software. 8.2.8.E.3 Develop an algorithm to solve an assigned problem using a specified set of commands and use peer review to critique the solution.

8.2.8.E.4 Use appropriate terms in conversation (e.g., programming, language, data, RAM, ROM, Boolean logic terms).

### **21ST CENTURY LIFE AND CAREERS**

#### **A: INCOME AND CAREERS**

9.1.8.A.1 Explain the meaning and purposes of taxes and tax deductions and why fees for various benefits (e.g., medical benefits) are taken out of pay.

9.1.8.A.2 Relate how career choices, education choices, skills, entrepreneurship, and economic conditions affect income.

9.1.8.A.3 Differentiate among ways that workers can improve earning power through the acquisition of new knowledge and skills.

9.1.8.A.4 Relate earning power to quality of life across cultures.

9.1.8.A.5 Relate how the demand for certain skills determines an individual's earning power.

9.1.8.A.6 Explain how income affects spending decisions.

9.1.8.A.7 Explain the purpose of the payroll deduction process, taxable income, and employee benefits.

**B: MONEY MANAGEMENT**

- 9.1.8.B.1 Distinguish among cash, check, credit card, and debit card.
- 9.1.8.B.2 Construct a simple personal savings and spending plan based on various sources of income.
- 9.1.8.B.3 Justify the concept of “paying yourself first” as a financial savings strategy.
- 9.1.8.B.4 Relate the concept of deferred gratification to [investment,] meeting financial goals, and building wealth.
- 9.1.8.B.5 Explain the effect of the economy on personal income, individual and family security, and consumer decisions.
- 9.1.8.B.6 Evaluate the relationship of cultural traditions and historical influences on financial practice.
- 9.1.8.B.7 Construct a budget to save for long-term, short-term, and charitable goals.
- 9.1.8.B.8 Develop a system for keeping and using financial records.
- 9.1.8.B.9 Determine the most appropriate use of various financial products and services (e.g., ATM, debit cards, credit cards, check books).
- 9.1.8.B.10 Justify safeguarding personal information when using credit cards, banking electronically, or filing forms.
- 9.1.8.B.11 Evaluate the appropriate financial institutions to assist with meeting various personal financial needs and goals.

**C: CREDIT AND DEBT MANAGEMENT**

- 9.1.8.C.1 Compare and contrast credit cards and debit cards and the advantages and disadvantages of using each.
- 9.1.8.C.2 Compare and contrast the financial products and services offered by different types of financial institutions.
- 9.1.8.C.3 Compare and contrast debt and credit management strategies.
- 9.1.8.C.4 Demonstrate an understanding of the terminology associated with different types of credit (e.g., credit cards, installment loans, mortgages) and compare the interest rates associated with each.
- 9.1.8.C.5 Calculate the cost of borrowing various amounts of money using different types of credit (e.g., credit cards, installment loans, mortgages).
- 9.1.8.C.6 Determine ways to leverage debt beneficially.
- 9.1.8.C.7 Determine potential consequences of using “easy access” credit (e.g., using a line of credit vs. obtaining a loan for a specific purpose).
- 9.1.8.C.8 Explain the purpose of a credit score and credit record, and summarize borrowers’ credit report rights.
- 9.1.8.C.9 Summarize the causes and consequences of personal bankruptcy.
- 9.1.8.C.10 Determine when there is a need to seek credit counseling and appropriate times to utilize it.

**D: PLANNING, SAVING, AND INVESTING**

- 9.1.8.D.1 Determine how saving contributes to financial well-being.
- 9.1.8.D.2 Differentiate among various savings tools and how to use them most effectively. 9.1.8.D.3 Differentiate among various investment options.
- 9.1.8.D.4 Distinguish between income and investment growth. 9.1.8.D.5 Explain the economic principle of supply and demand.

**E: BECOMING A CRITICAL CONSUMER**

- 9.1.8.E.1 Explain what it means to be a responsible consumer and the factors to consider when making consumer decisions.
- 9.1.8.E.2 Identify personal information that should not be disclosed to others and the possible consequences of doing or not doing so.
- 9.1.8.E.3 Compare and contrast product facts versus advertising claims.
- 9.1.8.E.4 Prioritize personal wants and needs when making purchases.
- 9.1.8.E.5 Analyze interest rates and fees associated with financial services, credit cards, debit cards, and gift cards.

9.1.8.E.6 Compare the value of goods or services from different sellers when purchasing large quantities and small quantities.

9.1.8.E.7 Evaluate how fraudulent activities impact consumers, and justify the creation of consumer protection laws.

9.1.8.E.8 Recognize the techniques and effects of deceptive advertising.

#### **F: CIVIC FINANCIAL RESPONSIBILITY**

9.1.8.F.1 Explain how the economic system of production and consumption may be a means to achieve significant societal goals.

9.1.8.F.2 Examine the implications of legal and ethical behaviors when making financial decisions.

9.1.8.F.3 Relate the impact of business, government, and consumer fiscal responsibility to the economy and to personal finance.

#### **STRAND G: INSURING AND PROTECTING**

9.1.8.G.1 Explain why it is important to develop plans for protecting current and future personal assets against loss.

9.1.8.G.2 Determine criteria for deciding the amount of insurance protection needed.

9.1.8.G.3 Analyze the need for and value of different types of insurance and the impact of deductibles.

9.1.8.G.4 Evaluate the need for different types of extended warranties.

### **Standard 9.2 Career Awareness, Exploration, And Preparation**

#### **B. Career Preparation:**

9.2.8.B.1 Research careers within the 16 Career Clusters® and determine attributes of career success.

9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.

9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.

9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.

9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.

9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

### **III. Proficiency Levels**

This course is offered to students in grade 7.

### **IV. Methods of Assessment**

#### **Student Assessment**

The teacher will provide a variety of assessments including homework, class participation, discussions, tests and quizzes, and projects.

#### **Curriculum/Teacher Assessment**

The teacher will provide the supervisor with suggestions for change.

## V. Grouping

The students are homogeneously grouped at the seventh-grade level.

## VI. Articulation/Scope & Sequence/Time Frame

This course is taught to students in the seventh-grade health education classes for one quarter of the year.

## VII. Resources/Materials

Resources include but are not limited to:

- A. Teacher resource/reference materials.
- B. Speakers
  - County of Bergen Department of Human Services
  - Planned Parenthood
  - Center for Family Life Education
  - Bergen County Rape Crisis Center
  - SEICUS – Sexuality Information and Education Council of the United States
  - Rutherford Police Department
- C. Websites

[www.heart.org/heartorg/](http://www.heart.org/heartorg/)

[www.redcross.org](http://www.redcross.org)

[www.webmd.com](http://www.webmd.com)

[www.seicus.com](http://www.seicus.com)

[www.common sense media.org/educators/scope-and-sequence](http://www.common sense media.org/educators/scope-and-sequence)

## VIII. Suggested Activities

A wide variety of activities address learning styles of all students. These activities include but are not limited to:

- Discussion
- Demonstration
- Reading
- Individual/group projects
- Drawings
- Posters
- Collages
- Work sheets

- Role play

## **IX. Methodologies**

The following methodologies of instruction are suggested:

- Differentiation instruction
- Discussion
- Lecture
- Group work
- Student pairing
- Individual presentation
- Technology-aided instruction

## **X. Interdisciplinary Connections**

This course incorporates life sciences, mathematics, and history, as well as health and physical education applications.

## **XI. Differentiating Instruction for Students with Special Needs: Students with Disabilities, Students at Risk, English Language Learners, and Gifted & Talented Students**

Differentiating instruction is a flexible process that includes the planning and design of instruction, how that instruction is delivered, and how student progress is measured. Teachers recognize that students can learn in multiple ways as they celebrate students' prior knowledge. By providing appropriately challenging learning, teachers can maximize success for all students.

Differentiating in this course includes but is not limited to:

*Differentiation for Support (ELL, Special Education, Students at Risk)*

- Scaffolding assignments
- Chunking of material
- Allow for errors
- Study Guides
- Pre-teach material
- Rephrase of questions and directions
- Oral and written assignments
- Assessment review
- Focus on essential vocabulary
- Guided questioning and notetaking
- Peer editing and review
- Use of assisted technology
- Visual learning
- Small group jigsaw
- Teacher modeling



- Partner/group work
- Notebook checks
- Current events
- Online videos

*Differentiation for Enrichment*

- More complex tasks and projects
- Higher level questioning and techniques
- Peer mentoring
- Independent extension of content based on interest
- Supplemental reading
- Independent study
- Real world problems and scenarios
- Student driven

## **XII. Professional Development**

The teacher will continue to improve expertise through participation in a variety of professional development opportunities.

### XIII. Curriculum Map/Pacing Guide

#### Health Grade 7

Unit Topic	Time Allocated	Differentiating Instruction for Students with Disabilities, Students at Risk, English Language Learners, & Gifted & Talented Students	Standards	Assessments
<p><b>Wellness &amp; Nutrition</b></p> <ol style="list-style-type: none"> <li>1. Dimensions of Wellness (physical, emotional, spiritual, intellectual, environmental and social)</li> <li>2. Nutrients and food</li> <li>3. Body image</li> <li>4. Healthy body, a healthy weight</li> </ol>	2 week	<p>-All work will be posted via Google Classroom</p> <p>-Powerpoint/notes will always be posted prior to class for students to look at beforehand</p> <p>-Guided notes will be provided based upon IEP</p> <p>-Videos will be incorporated</p>	<p><b>Personal Growth &amp; Development</b></p> <p>2.1.8.A.1 2.1.8.A.2 2.1.8.A.3 2.1.8.A.4 CRP3</p>	<p>-Teacher observation/feedback</p> <p>-Group project (Meal planning)</p> <p>-Class discussion</p> <p>-Personal wellness evaluation</p> <p>-Unit Quiz</p>
<p><b>Body Systems and Diseases</b></p> <ol style="list-style-type: none"> <li>1. Nervous system</li> <li>2. Skeletal and Muscular System</li> <li>3. Circulatory &amp; Respiratory System</li> <li>4. Endocrine System</li> </ol>	2 weeks	<p>-All work will be posted via Google Classroom</p> <p>-Powerpoint/notes will always be posted prior to class for students to look at beforehand</p> <p>-Guided notes will be provided based upon IEP</p>	<p>2.1.4.A.2 2.1.8.C.1 2.1.8.C.2  2.2.8.B.1</p>	<p>-Teacher observation/feedback</p> <p>-Group work/Peer Evaluation (collaborate with one another &amp; share with class)</p> <p>-Class discussion</p> <p>-Educational games (ex:</p>

		-Videos will be incorporated		bingo, jeopardy etc) -Unit Quiz
<b>Decision Making &amp; Integrated Skills- Communication</b> <ol style="list-style-type: none"> <li>1. Building Character</li> <li>2. Influences on Decisions</li> <li>3. Examining Decisions</li> <li>4. Setting Goals</li> <li>5. Refusal Skills</li> <li>6. Internet Safety</li> </ol>	2 weeks	<p>-All work will be posted via Google Classroom</p> <p>-Powerpoint/notes will always be posted prior to class for students to look at beforehand</p> <p>-Guided notes will be provided based upon IEP</p> <p>-Videos will be incorporated</p>	<b>Decision-Making and Goal Setting</b> 2.2.8.B.1 2.2.8.B.2 2.2.8.B.3 CRP3,8 <b>Character Development</b> 2.4.8.A.2 <b>Digital Citizenship</b> 8.1.8.D.3-4	-Teacher observation/feedback -Group work/Peer Evaluation (collaborate with one another & share with class) -Skits/role play -Class discussion -Unit Quiz
<b>Human Relationship/ adolescent growth/ Sexuality</b> <ol style="list-style-type: none"> <li>1. Changing Body/ mind/ and feelings</li> <li>2. Social Skills</li> <li>3. Healthy Friendship</li> <li>4. Teen Dating</li> </ol>	2 weeks	<p>-All work will be posted via Google Classroom</p> <p>-Powerpoint/notes will always be posted prior to class for students to look at beforehand</p> <p>-Guided notes will be provided based upon IEP</p> <p>-Videos will be incorporated</p>	<b>Relationships</b> 2.4.8.A.3 2.4.8.A.4 2.4.8.A.5 2.4.8.A.6  2.4.8.B.1 2.4.8.B.5	-Teacher observation/feedback -Group work/Peer Evaluation (collaborate with one another & share with class) -Class discussion -Worksheet -Unit Quiz
<b>Health Advocacy- Tobacco smoking, nonsmoking, and e-cig prevention</b> <ol style="list-style-type: none"> <li>1. What is advocacy</li> <li>2. What can be advocated</li> <li>3. Ways to advocate</li> </ol>	2 weeks	<p>-Powerpoint/notes will always be posted prior to class for students to look at beforehand</p> <p>-Guided notes will be provided based upon IEP</p>	<b>Advocacy and Service</b> 2.2.8.D.1 2.2.8.D.2 <b>Health Svc. Information</b>	-Teacher observation/feedback -Group work/Peer Evaluation (collaborate with one another & share with class)

		-Videos will be incorporated	2.2.8.E.1 2.2.8.E.2	-Group advocacy project -Unit Quiz
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