

Comprehensive Health Education TOIS Grade 7

2011

1	2	3	4	5	6	7	8	9	10	11
<u>Wellness</u> Physical, social, and emotional growth and development			<u>Integrated Skills</u> Character Education				<u>Wellness</u> Physical growth and development / Safety/ Dating Violence and the Warning Signs			
12	13	14	15	16	17	18	19	20	21	22
<u>Wellness</u> Physical growth and development / Safety / Dating Violence and the Warning Signs					<u>Human Relationships</u> Types of relationships / Characteristics of healthy relationships		<u>Wellness</u> Diseases / HIV & AIDs			
23	24	25	26	27	28	29	30	31	32	33
<u>Drugs and Medicines</u> Drugs, OTC, and supplements and the media								<u>Wellness</u> Nutrition		
34	35	36	37	38	39	40	41	42	43	44
<u>Wellness</u> Nutrition			<u>Integrated Skills</u> Communication (internet use) / decision making / goal setting / conflict resolution							

Time Frame	One marking period course
Topic	Wellness (personal growth and development, dating violence prevention and healthy relationships, nutrition, diseases and health conditions, safety, social and emotional health)
Big Idea	To develop and maintain a healthy, active lifestyle, one must take responsibility and accept any and all consequences of their choices and actions.
Essential Questions	
<ul style="list-style-type: none"> ➤ Why is each component of the health triangle important for maintaining optimal health for life? ➤ What influences, external and internal, our optimal growth and development? ➤ All three sides of the health triangle are important. What is the importance of social and emotional health? How do they relate to physical health? ➤ Why is an understanding of food labels important for good health? ➤ What is obesity? Why is understanding the components that contribute to obesity important? ➤ We know eating is a physical aspect of health, so why is it important to understand the emotional and social components of eating disorders? ➤ How can lifestyle choices play a big role in prevention of communicable and non-communicable disease? ➤ What influences us to make lifestyle choices? ➤ Who is responsible for our safety? ➤ How can making safe, responsible choices help promote a healthy lifestyle? ➤ What are the warning signs of dating violence? ➤ What characteristics make up a healthy relationship? ➤ Why are feeling towards yourself and others important for promoting a healthy lifestyle? ➤ How can one learn to manage their emotions to help deal with personal, issues, family situations, as well as school and friend based conflicts? 	
Enduring Understandings	
<ul style="list-style-type: none"> ➤ Health habits developed early in life are essential to a lifetime of wellness. ➤ There are numerous influences on health, some we cannot control and other we have to learn how to control, this is about choices. ➤ Today's society is fast paced and demanding. We need to keep up with the ever changing world of the internet and understand the rules and laws pertaining to using any electronic device for information or communication. We also need to keep pace with the ever changing nutritional standards set forth by the government and the importance of healthy food choices (as well as all the supplements available) to keep pace with high energy demands. ➤ Many diseases can be prevented and treated if one learns at an early age the importance of and emulates healthy lifestyle choices. ➤ Safety is a matter of choice. We need to consciously implement safety into our daily routines until they become habits. ➤ The first aspect of well being is you: self-esteem and self-respect. ➤ There are warning signs of dating violence and characteristics of healthy relationships. 	
NJCCS	2.1 Wellness 2.1.6-A, B, C, D, E 2.1.8-A, B, C, D, E
Key Concepts and Skills	
Students' will understand:	

- Staying healthy is a lifelong process that includes all dimensions of wellness.
- How health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
- The impact of healthy behaviors and choices on personal and family values.
- Eating patterns are influenced by a variety of factors, culture, health status, age and eating environments to name a few.
- The early detections and treatment of diseases and health conditions are affected by many factors.
- The physical, social, and emotional impacts of all forms of abuse and discuss what to do if any sort of abuse is suspected
- Identify unsafe situations and choose appropriate ways to reduce or eliminate risks which contribute to the safety of yourself and others.
- Know the definition of dating violence, warning signs, and characteristics of healthy relationships.
- Social and emotional development impacts all components of wellness.
- How the physical aspects of the body systems are interdependent and interrelated.

Learning Activities

- Defining vocabulary words.
- Note taking.
- Question and answer periods along with class discussions.
- Worksheets, projects, pair sharing, brainstorming, role playing and skits.
- Through viewing real life situations via movies, the internet, etc

Assessments

- Notebook checks, quizzes, tests, worksheets, projects.
- Class participation in class discussions and question and answer periods.

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		

Global Awareness: Students will learn to accept and respect cultural differences.

Financial, Economic, Business, and Entrepreneurial Literacy: Students will learn life skills to enhance productivity for beyond the classroom.

Civic Literacy: Students will learn citizenship at the school and local level and understand that it will expand globally.

Health Literacy: Students will learn the skills needed to live an active, healthy lifestyle.

Environmental Literacy: Students will learn that the actions they take in their lives will impact society; recycling, food types, etc.

Technology Integration

- Use of the Elmo and overheads to show images or valuable notes to students.
- Use of the internet (ex. you tube videos, specific movie clips and web sites) to enhance the learning environment.
- Data projectors for movies pertinent to class topics and discussions.
- Computer and power point presentations.

Time Frame	One marking period course
Topic	<u>Human Relationships and Sexuality</u>
Big Idea	In order for students to make the best possible choices concerning relationships and sexuality; to help support a healthy age appropriate active lifestyle, they must be well informed of the physical, emotional, and social components of puberty, the reproductive systems, sexuality, and human relationships. They must have a forum in which they can ask questions and get the correct information or where they can go to obtain the correct information.
Essential Questions	
<ul style="list-style-type: none"> ➤ What influences our values and how do they impact different relationships? ➤ What kinds of relationships are there? ➤ What are the characteristics of a healthy relationship? ➤ How has technology; the internet, cell phones, etc. changed relationships? ➤ What influences sexual development as well as overall growth patterns? ➤ Why during puberty do we begin to feel a variety of different feelings towards others and ourselves? ➤ What physical, emotional, and social changes occur during puberty? ➤ How can I protect myself from STI's, HIV and AIDS and other lifestyle diseases? ➤ What are fertilization, implantation, pregnancy, labor, and birth? ➤ What are the stages of labor and birth? ➤ Does alcohol and drug use impact an unborn child? If so, how? 	
Enduring Understandings	
<ul style="list-style-type: none"> ➤ We need students to develop tolerance and respect in any relationship they are involved in or relationships others are involved in. ➤ Safety is essential when developing relationship in today's technological world, especially using the internet and the social networking websites. ➤ A relationship that does not feel right probably is not a healthy relationship. ➤ STI's, HIV and AIDS are lifestyle diseases. ➤ You have the right to say NO to situations that make you feel uncomfortable or in which you are not ready, especially sexual relationships. ➤ When a female is pregnant, everything she does impacts her unborn child. ➤ A sexual relationship can be a one moment experience. A child is a lifetime experience. 	
NJCCS	2.4 Human Relationships and Sexuality 2.4.6-A, B, C 2.4.8-A, B, C
Key Concepts and Skills	
<p>Students will understand:</p> <ul style="list-style-type: none"> ➤ That family values, cultural values, personal experiences, and friendships will impact all types of relationships. ➤ Relationships are mutual and respectful. ➤ The influence of hormones, heredity, nutrition, and the environment on the physical, social, and emotional changes that occur during puberty. ➤ Puberty is a gradual change and is different for each individual. ➤ The physical, emotional, and social benefits of sexual abstinence and how to develop strategies to resist the pressures to become sexually active. ➤ The potential short- and long-term physical, emotional, and social impacts of adolescent sexual activity. ➤ The physical and emotional changes that occur during each stage of pregnancy, including 	

the stages of labor and delivery.

- The potential impact of alcohol, tobacco, drugs, disease, and environmental hazards on pre-natal and post-natal development.

Learning Activities

- Defining vocabulary words.
- Note taking.
- Question and answer period along with class discussions.
- Worksheets, projects, computer assignments, pair sharing, brainstorming, role playing, and skits.
- Through viewing real like situations via movies, the internet, etc.

Assessments

- Notebook checks, daily log checks, quizzes, tests worksheets, projects.
- Class participation in class discussions and questions and answer periods.

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		

Interdisciplinary Connections

Global Awareness: Students will learn to accept and respect cultural differences.

Financial, Economic, Business, and Entrepreneurial Literacy: Students will learn life skills to enhance productivity for beyond the classroom.

Civic Literacy: Students will learn citizenship at the school and local level and understand that it will expand globally.

Health Literacy: Students will learn the skills needed to live an active, healthy lifestyle.

Environmental Literacy: Students will learn that the actions they take in their lives will impact society; recycling, food types, etc.

Technology Integration

- Use of the Elmo and overheads to show images or valuable notes to students.
- Use of the internet (ex. You tube videos, specific movies clips, and web sites) to enhance the learning environment.
- Data projectors for movies pertinent to class topics.
- Computer and power point presentations.

Time Frame	One marking period course
Unit	Integrated Skills (interpersonal communication with emphasis on technology, decision making, and goal setting, character education, advocacy and service, and health services and information)
Big Idea	Life skills; decision making, problem solving, communication- verbal and non-verbal in face to face situations and electronic/technological situations, and character development, need to be understood and learned so one can take ownership of all health decisions to support a healthy active lifestyle.
Essential Questions	
<ul style="list-style-type: none"> ➤ Can communication skills; verbal, non-verbal, written, or electronically transmitted, be learned? If so, how? ➤ What is passive, assertive, and aggressive communication? ➤ What is respect? Is self-respect an important value one can learn? ➤ What are the steps of decision making? ➤ Why is it important to make decisions based on your goals and not those of others? ➤ Can you remove yourself from friends, if their decisions are unsafe or destructive? ➤ Is it important to have a personal set of goals; future, fitness, etc? ➤ What is character? Why is having good character important? ➤ Why is it sometimes hard to do what we know is right? ➤ Who and what helps influence character? ➤ What is integrity? ➤ How can I lead others to make good healthy decisions about their lives? ➤ Where can I find the correct information about health-related services? 	
Enduring Understanding	
<ul style="list-style-type: none"> ➤ Making good health decisions requires education and knowledge of the facts and the ability to use that information. ➤ Effective communication skills; verbal, non-verbal, written or electronically submitted, can enhance a person's ability to express and defend their beliefs without fear. ➤ Aggressive, passive, and assertive communication behavior can be indentified (and sometimes confused) whether it is face to face or electronically submitted so always choose your word and actions carefully. ➤ If you know it is not a good decision, don't do it. ➤ Make decisions based on as much knowledge as you can get. ➤ Decision making is a process used for both simple and complex problems. ➤ Surround yourself with persons of integrity. ➤ What you do is not as important as who you are. ➤ Character is who you are when no one is looking. ➤ An informed individual needs to ascertain their individual goals even when choosing health and fitness programs. 	
NJCCS	2.2 Integrated Skills 2.2.6-A, B, C, D, E 2.2.8-A, B, C, D, E
Key Concepts and Skills	
Students' will understand:	
<ul style="list-style-type: none"> ➤ The definition of bullying, as well as cyber bullying or electronic aggression. ➤ The difference between bullying and normal conflict. ➤ Their responsibility in using electronic devices for means of communication. ➤ The legal ramification of electronic aggression. 	

- That a person's character and values are reflected in the way the person thinks, feels, and acts.
- Character traits and core ethical values such as trustworthiness, responsibility, respect, caring, justice, fairness, and citizenship.
- How ethical decision making requires careful thoughts and actions.
- How personal assets; self-esteem, positive peer relationships, and parental factors; parental involvement, support healthy social and emotional development.
- The use of decision making skills in health and safety situations.
- How the influence of peers, family, the media, the internet and the world wide web, and past experiences, can affect their decision making skills and can predict how these influences may change or conflict as one ages.

Learning Activities

- Defining vocabulary words.
- Note taking.
- Question and answer periods along with class discussions.
- Worksheet, projects, pair sharing, group work, brainstorming, role playing and skits.
- Through viewing real life situations via movies, the internet, etc.

Assessments

- Notebook checks, do now checks, quizzes, tests, worksheets, projects.
- Call participation in class discussions and question and answer periods.

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		

Interdisciplinary Connections

Global Awareness: Students will learn to respect and accept cultural differences.

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Technology Integration

- Use of the Elmo and overheads to show images or valuable note to students.
- Use of the internet (ex. You tube videos, specific movie clips, web sites, etc) to enhance the learning environment.
- Data projectors for movies pertinent to class topics and discussions.
- Computer and power point presentations.

Time Frame	One marking period course
Topic	<u>Drugs and Medicines</u>
Big Idea	To make informed decisions about drugs (alcohol, tobacco, other drugs, and medicines), one must fully understand all the facts; the physical (what drugs do to the body), the social (how drugs impact one's self, family, and society), and the emotional (how drugs effect feelings and thoughts), to help lead a healthy, active lifestyle.
Essential Questions	
<ul style="list-style-type: none"> ➤ When using an OTC medication, how do I know how to use them correctly and how do I know which is the best one for me? ➤ Why do kids who have the knowledge of the destructive properties of drugs, still use? ➤ How can I make the "right" choice when it comes to drugs, if my friends "are all doing it" and the media along with the internet promote it? ➤ What is an addiction? ➤ What is an addictive personality? ➤ How does one become addicted to substances? ➤ How do drugs affect one physically, socially, and emotionally? ➤ Can drug dependency be treated? ➤ What other types of health risk behaviors can occur with drug use? 	
Enduring Understanding	
<ul style="list-style-type: none"> ➤ OTC medications and supplements must be used correctly in order to be safe and effective. ➤ Supplements are not regulated by the Federal Government. ➤ Don't believe everything you see or hear about drug use being "fun." Research has clearly established that alcohol, tobacco, and other drugs (OTC and supplements) have a variety of harmful effects on the body. ➤ Substance use and abuse can lead to addiction. ➤ In order to get help for drug use or addiction, one must first admit there is a problem and want to get help. 	
NJCCS	2.3 Drugs and Medicines 2.3.6-A, B, C 2.3.8-A, B, C
Key Concepts and Skills	
Students' will understand:	
<ul style="list-style-type: none"> ➤ Commonly administered medicines (OTC and supplements) and e able to describe the potential side effects of each classification. ➤ The relationship between tobacco use and respiratory disease, cancer, heart disease, stroke and other lifestyle diseases. ➤ How the use and abuse of alcohol impacts thinking, reaction time, and behavior. ➤ The physical and behavioral effects of each classification of drugs. ➤ Factors that influence the use and abuse of alcohol, tobacco, marijuana, and other drugs. ➤ How substance abuse affects the individual, the family, and the community. ➤ The physical, social, and emotional indicators and stages of dependency. ➤ The importance of the DARE program and the investment of the Ocean Township Police Department and their commitment to keep kids drug free, safe, and help them to make good decisions. 	
Learning Activities	
<ul style="list-style-type: none"> ➤ Defining vocabulary words. 	

- Note taking.
- Question and answer periods along with class discussion.
- Worksheets, projects, pair sharing, group work, brainstorming, role playing and skits.
- Through viewing real life situations via movies, the internet, etc,
- DARE essays and workbooks.

Assessments

- Notebook checks, do nows, quizzes, papers, tests, worksheets, projects.
- Class participation in class discussions, and question and answer periods.

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X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		

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