

Grade 7
Health
Assurances

1. The student will comprehend ways to enhance and maintain personal health throughout the life span.
2. The student will recognize ways that body structure and function relates to personal health throughout the life span.
3. The student will comprehend and utilize concepts relating to health promotion and disease prevention throughout the life span.
4. The student will know how to research, access, analyze and use health information.
5. The student will engage in behaviors that reduce health risks throughout the life span.
6. The student will understand how physical and social environmental factors can influence individual and community health throughout the life span.
7. The student will investigate positive and negative relationships that influence individual, family and community health.
8. The student will research ways in which media and technology influence individual and community health throughout the life span.
9. The student will understand how social factors impact personal, family, community and world health.
10. The student will recognize and use communication skills in building and maintaining health relationships.
11. The student will understand, analyze, and apply healthy ways to communicate consideration and respect for their self, family, friends and others.
12. The student will analyze information and apply critical-thinking, decision-making, goal-setting and problem-solving skills for making health-promoting decisions.

Health
7th Grade
Scope and Sequence

Week	Chapter	Lessons
1 & 2	1 – Mental and Emotional Health	Lessons 1-5
3 & 4	2 – Family and Social Health	Lessons 1-5
5 & 6	Six Weeks Test, Ch 1-2	
7 & 8	3 – Growth and Development	Lessons 1-5
9 & 10	6 – Violence and Injury Prevention	Lessons 1-5
11 & 12	Six Weeks Test, Ch 3 & 6	
13 & 14	4 – Nutrition	Lessons 1, 2, 3
15 & 16	4 – Nutrition	Lessons 4, 5
17 & 18	Six Weeks Test, Ch 4	
19 & 20	5 – Personal Health and Physical Activity	Lessons 1, 2, 3
21 & 22	5 – Personal Health and Physical Activity	Lessons 4, 5
23 & 24	Six Weeks Test, Ch 5	
25 & 26	7 – Alcohol, Tobacco and Other Drugs	Lessons 1-5
27 & 28	8 – Communicable Diseases	Lessons 1-5
29 & 30	Six Weeks Test, Ch 7-8	
31 & 32	9 - Consumer and Community Health	Lessons 1-5
33 & 34	10 – Environmental Health	Lessons 1-5
35 & 36	Six Weeks Test, Ch 9-10	