

Grade 7 Health

Course Description

Seventh grade health will be embedded into the physical education courses.

The students will be able to apply the decision making process and develop strategies in the prevention of accidents and injuries. Students will study the 5 fitness principles and apply them to personal fitness as well as goal setting.

Other health concepts covered in this course are:

- Practicing refusal skills through role playing
- Demonstrating correct first aid techniques
- Using decision making skills when peer pressure is present

Standards

Essential Standards:

1.	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2.	Students will demonstrate the ability to use decision-making skills to enhance health.
3.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Important Standards:

1.	Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence and why they are wrong. PS.8.CC.2
2.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
3.	Students will demonstrate the ability to access valid information, products, and services to enhance health.
4.	Students will demonstrate the ability to use goal-setting skills to enhance health.