# NORTHERN BURLINGTON COUNTY REGIONAL SCHOOL DISTRICT 2020 Course Map/Pacing Guide

<b>Department</b>	Health/PE	Course	7th Grade Health
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#### Source of Standards

- New Jersey Student Learning Standards 2020
  - Standard 2.1: Mental Health: Social and Emotional Wellness
  - Standard 2.2: Physical Wellness
  - Standard 2.3: Safety
- Career Readiness, Life Literacies, and Key Skills;
  - o All courses Focus on 9.4 Life Literacies and Key Skills (p. 49)

# Sequence- Unit Titles and Number of weeks per unit (total = 18 semester/ 36 year)

- Unit 1: Understanding Health and Wellness- 3 weeks
- Unit 2: Fitness and Nutrition- 2 weeks
- Unit 3: Resolving Conflicts, Preventing Violence and Online Safety- 2 weeks
- Unit 4: Communicable and Non Communicable Diseases- 2 weeks

## **Enduring Understanding**

- Your physical, emotional, and social health are all related and make up your total health.
- Your emotions have a lot to do with your physical health.
- Decisions have consequences.
- Positive lifestyle factors promote good health.
- How individuals feel about themselves, their identity, and sexual orientation can be positively or negatively impacted by a wide variety of factors.
- Inclusive schools and communities are accepting of all people and make them feel welcome and included.
- Individual actions, genetics, and family history can play a role in an individual's personal health.
- Reducing risk factors will help maintain your overall health.
- To achieve total health all three sides of your health triangle must be balanced.
- The greatest wealth is your health.
- Decisions have consequences.
- Fitness is not about being better than someone else, but being better than what you used to be.
- A variety of effective fitness principles applied consistently over time, enhance personal fitness levels, performance, and health status (e.g., Frequency, Intensity, Time, Type (F.I.T.T).
- Effective Fitness principles combined with mental and emotional endurance over time will enhance performance and wellness.
- Many factors can influence an individual's choices when selecting a balanced meal plan, which can affect nutritional wellness.

- Good eating habits learned early on in life will help prevent disease and promote a healthy body weight.
- A Health and Safety Risk Assessment is a process where you identify, assess and control hazards that may affect your health and safety.
- It is important to know how to respond to conflict appropriately.
- It is important to recognize abuse and know how to get help.
- Violence is never the answer.
- Self-management skills impact an individual's ability to cope with different types of mental, psychological, and emotional situations.
- Awareness of potential risks factors and knowledge of strategies to evaluate choices and potential consequences can help to reduce negative impacts when confronted with difficult or unsafe situations.
- Potential solutions to health issues are dependent on health literacy and locating resources accessible in a community.
- Advocacy for personal, family, community, and global health can influence and change the interaction of people and their health.
- Individuals may experience interpersonal and/or sexual violence for a variety of reasons, but the victim is never to blame.
- Technology can impact the capacity of individuals to develop and maintain healthy behaviors and interpersonal relationships.
- The use of alcohol, tobacco (including ecigarettes, vaping), and other drugs (including cannabis products) can result in social, emotional, and physical harm to oneself and others.
- The use of alcohol and drugs can affect the social, emotional, and physical behaviors of individuals and their families.
- How the immune system works.
- Positive lifestyle factors promote good health.
- Individual actions, genetics, and family history can play a role in an individual's personal health.
- Reducing risk factors will help maintain your overall health.
- Diseases can be contracted from a variety of sources and choices individuals make may contribute to or prevent a person from being susceptible to a disease or health condition.
- The degree to which an individual is impacted by a health condition or disease can be affected by their immune system and treatment strategies.

#### **Essential Questions**

- What are the factors that affect my overall wellness?
- How do the three parts of the health triangle influence each other?
- What is the mind-body connection?
- How will learning health skills help me achieve good overall health and make good choices in my life?
- What are the factors that can affect my health?
- How do I know if a risk is worth taking or not?
- What is a digital footprint?
- What are the differences between gender identity, gender expression, and sexual orientation?
- How do I become physically fit without injuring myself?
- How can being physically active improve my overall health?
- What are the 5 components of fitness?
- What are the F.I.T.T. principles?
- What's the difference between aerobic and anaerobic exercise?
- How do I find my target heart rate?
- What makes a food healthy and how do you determine appropriate portion sizes?
- How do you correctly read a food guide label and use it to make healthier food choices?

- How can you use ChooseMyPlate to create a healthy eating plan?
- How can being within a healthy body weight help you maintain a positive body image and prevent eating disorders?
- What is a risk assessment?
- Why is it important to resolve conflicts peacefully?
- What are the warning signs of conflict and what are strategies I can use to resolve conflict?
- How can you identify Safe vs Unsafe people?
- What defines violence?
- What is interpersonal and sexual violence, and how do I protect myself?
- What are the 6 major types of abuse and how can abuse victims get help?
- What is the cycle of abuse?
- What is consent?
- What defines sexual consent and sexual agency?
- What defines rape, incest and sexual harrassement?
- What are the signs a dating relationship is not healthy?
- What is coercion?
- How do I stay safe using social media and communicating with my personal device?
- What defines sexting and why is it dangerous?
- What is grooming and how do you recognize it?
- What resources or support persons can I confide in if someone I know being sexually harassed, abused, assaulted, exploited, or trafficked?
- How does heredity affect your health?
- How does the immune system fight disease?
- What factors make a person more susceptible to certain diseases?
- What behaviors can increase the risk of being more susceptible to diseases?
- How can influences from peers and different social settings increase or decrease one's exposure to risky behaviors?

# **Reporting Student Progress**

# **NB's Assessment System**

Grading Categories, Weights, And Descriptions Include:

**Assessment (60%):** Assessment is the process of gathering evidence of student learning to inform educational decisions. Assignments in this category inform and measure student proficiency relative to standards. Assessments provide students with multiple and varied opportunities to demonstrate knowledge and skills. A reassessment or revision opportunity may be provided as determined by the content team.

**Practice (40%):** Practice is the performance of an activity or skill repeatedly or regularly in order to improve or maintain proficiency. assignments in this category provide feedback and support attainment of learning goals relative to standards. entries in this category include progress monitoring, student engagement, and knowledge and skill checks. Reassessment or revision opportunities may be provided as determined by the content team.

# (Template) Accommodations and Modifications to menu)

Integrated accommodations and modifications for special education students, English language learners, students at risk of school failure, gifted and talented students, I&RS students, and students with 504 plans

## Resources (Text and Technology)

- Glencoe's Teen Health Textbook
- 3rs.org
- Smart board- to present information and review for all units
- iPad- Teacher iPad used to project content related Apps
- Google classroom- Student-teacher connection (i.e. review sheets, test dates, videos, open line of communication to teacher)
- Discovery Education- health related videos for all units
- Netflix- health related videos for all units
- Online Nutrition Facts used for Nutrition unit
- Heart rate monitors for Physical Activity and Fitness unit
- Insta-pulse for Physical Activity and Fitness unit
- Body fat analyzer for Physical Activity and Fitness unit
- www.choosemyplate.gov for Nutrition Unit
- Ms. Newman's Library Website