

A Healthy, Active Lifestyle		
Content Area: 02 Health		
Course & Grade Level: 07 Grade 7 Health Cycle		
Summary and Rationale		
<p>The New Jersey Core Curriculum Content Standards for Health and Comprehensive Physical Education site the importance of health literacy for citizens in the 21st century. There is a focus on the individual to take personal responsibility for his/her health by living an active, healthy lifestyle. As such, the goal of the curriculum is to foster a life-long commitment to healthy living by making informed choices about wellness, nutrition, social and emotional pressures, and fitness. Decisions one makes today impact current and future quality of life.</p> <p>“No knowledge is more crucial than knowledge about health. Without it, no other life goal can be successfully achieved.”</p> <p style="text-align: right;"><i>Ernest Boyer</i></p>		
Recommended Pacing		
New Jersey Student Learning State Standards for Health Education		
2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.		
CPI #2.1 A	Cumulative Progress Indicator (CPI) Strand 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.4	Determine the impact of marketing techniques on the use of personal hygiene products, practices, and services	
CPI #2.1.C	Cumulative Progress Indicator (CPI) Strand 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.	
CPI #2.1.D	Cumulative Progress Indicator (CPI) Strand D Safety	
2.1.8.D.1	Assess the degree of risk in a variety of situations and identify strategies to reduce intentionally and unintentionally injuries to 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 systems	
CPI #2.1.E	Cumulative Progress Indicator (CPI) Strand 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.
	2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle
CPI #2.2.A	Cumulative Progress Indicator (CPI) Strand 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.
CPI #2.2.B	Cumulative Progress Indicator (CPI) Strand 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.
CPI #2.2.C	Cumulative Progress Indicator (CPI) Strand C Character Development
2.2.8.C.1	Analyze strategies to enhance character development in individual, group, and team activities.
CPI # 2.2.E	Cumulative Progress Indicator (CPI) Strand E Health Services and Information
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.
CPI #2.3.B	Cumulative Progress Indicator (CPI) Strand 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.
	2.4 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.
CPI #2.4.A	Cumulative Progress Indicator (CPI) Strand A Relationships
2.4.8.A.2	Explain how the family unit impacts character development.
CPI #2.4.B	Cumulative Progress Indicator (CPI) Strand 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.6	Explain the importance of practicing routine healthcare procedures such as breast self-examination, testicular examinations, and HPV vaccine.		
CPI #2.4.C	Cumulative Progress Indicator (CPI) <table border="1"> <tr> <td>Strand C</td><td>Pregnancy and Parenting</td></tr> </table>	Strand C	Pregnancy and Parenting
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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.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.		
Interdisciplinary Connections			
Standard #	Standard		
PS:B1.8	Know when peer pressure is influencing a decision.		
PS:C1.7	Apply effective problem-solving and decision-making skills to make safe and healthy choices.		
2.2.2.B.3	Determine ways parents, peers, technology, culture, and the media influence health decisions.		
RI.6.2	Determine a central idea of a text and how it is conveyed through particular details; provide a summary of the text distinct from personal opinions or judgments.		
SL.6.1.	. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on topics, texts, and issues, building on others' ideas and expressing their own clearly		
SL.6.5.	Include multimedia components (e.g., graphics, images, music, sound) and visual displays in presentations to clarify information.		
New Jersey Student Learning Standards for 21st Century Life and Careers			
Career Ready Practices			
Standard #	Standard		
CRP2.	Apply appropriate academic technical skills.		
CRP4.	Communicate clearly and effectively with reason.		
CRP8.	Utilize critical thinking to make sense of problems and persevere in solving them.		
CRP11.	Use technology to enhance productivity		
9.2 Career Awareness, Exploration, and Preparation			
Standard #	Standard		
9.2.8.B.7	Evaluate the impact of online activities and social media on employer decisions.		

New Jersey Student Learning Standards for Technology	
Standard #	Standard
8.1	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.
Instructional Focus	
Unit Enduring Understandings:	
<ul style="list-style-type: none"> Developing and maintain wellness requires ongoing evaluation of factors impacting health and modification of lifestyle behaviors accordingly The prevention and control of diseases and health conditions are affected by a wide range of factors Evaluating the potential for injury prior to engaging in unhealthy/risky behaviors may affect an individual's choices Social and emotional development impacts all components of wellness Respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion and/or culture provide a foundation for the prevention and resolution of conflict Effective interpersonal communication encompasses respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion and/or culture. Effective communication is the basis for strengthening interpersonal interaction and relationship and resolving conflicts Every health –related decision has short-and long-term consequences and affects the ability to reach health goals Working together toward common goals with individuals of different abilities and from different backgrounds develops and reinforces core ethical values Rules, regulations, and policies regarding behavior provide a common framework that supports a safe, welcoming environment Communicating health needs to trusted adults and professionals assists in the prevention, early detection, and treatment of health problems. There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health-risk behaviors. The values acquired from family, culture, personal experiences, and friends impact all types of relationships Personal lifestyle habits and genetics influence sexual development as well as overall growth patterns. Responsible actions regarding sexual behavior impact the health of oneself and others. Discussion of topics regarding sexuality requires a safe, supportive environment where sensitivity and respect is shown toward all. Early detection strategies assist in the prevention and treatment of illness or disease. Pregnancy, childbirth, and parenthood cause significant changes in one's life and the lives of others. 	
Unit Essential Questions:	
<ul style="list-style-type: none"> Why should I continue to keep my dimensions of wellness in balance? How can my personal commitment to wellness contribute to a long and healthy life? How will my healthy decisions reduce my risk for diseases and injuries? How can short term goal attainment help me achieve a lifelong dream? How can outside influences affect my ability to achieve goals? How do I make the right decision when faced with outside pressures? (Friends, Peer, Media, Family) Why do teens still experiment with tobacco products given all the warnings? Why do some people still engage in risky/unsafe behaviors even when aware of risks? 	

- How do outside sources affect the development of one's self?
- How do I manage my dimensions of wellness when going through puberty?
- How do I manage the awkward changes that occur during adolescence?
- Human reproduction is complicated, why is it important to understand what happens?
- How do humans develop from conception to birth?
- Why is it important to know the changes that occur in my body for early detection of disease?
- Why is abstinence a healthy decision for students my age?
- How do I know that a relationship is not worth saving?

Objectives:

Students will know

- The dimensions of wellness and how they are interconnected to achieve their overall health
- Goal making processes
- Decision-making strategies when confronted by risky situations
- Impact of family values, culture, personal experiences, and friends on decision-making and goals
- Long and short term effects of tobacco use including physical, social and financial consequences
- Advertising techniques and media messages that influence their decisions
- The changes that occur to their bodies as they develop into young men and women
- The anatomy and physiology of the male and female reproductive system
- The sequence that occurs from conception to birth
- Fluids that transmit HIV and ways that they can be passed from partner to partner
- Methods to prevent STD's, HIV, HPV's, unintended pregnancy
- Routine healthcare procedures for early detection of disease
- Attributes of healthy relationship

Students will be able to

- Develop an action plan for a health related goal that they have set
- Research the benefits of a personal health goal
- Enact decision making scenarios related to risky behaviors of adolescents; create a decision making chart that outlines steps in the process.
- Identify factors that influence the decision making process
- Read personal essays, (blogs) about social and emotional issues that surface during the teenage years; reflect on the situations; give advice on ways to deal with the problems and suggest available social agencies and programs
- Explain the damage that occurs to the circulatory and respiratory system when using tobacco products
- Analyze the financial effects of tobacco
- Participate in Socratic Discussion regarding the use and sale of tobacco products and the impact on society as a whole
- Analyze advertisements and identify the different techniques used to influence decisions
- Identify and explain the different anatomy of the male and female reproductive systems
- Explain the path that a reproductive cell takes
- Sequence the stages of pregnancy
- Define HIV and AIDS
- Identify behaviors that puts an individual at higher risk for contracting HIV, STD's, HPV and unintended pregnancy
- Develop refusal skills when found in threatening situations

Evidence of Learning	
Competencies for 21st Century Learners	
Collaborative Team Member	
Effective Communicator	
Self-Directed Learner	
Globally Aware, Active, & Responsible Student/Citizen	
Resources	
<p>Core Text: <u>Teen Health</u> by Glencoe Publishing</p> <p>Suggested Resources:</p> <p>Current Health Magazine by Weekly Reader</p> <p>Livestrong.com</p> <p>Play60.com</p> <p>Healthykid.org</p> <p>Healthyteen.org</p> <p>CDC.gov</p> <p>Medlineplus.gov</p> <p>Webmd.com</p> <p>Brain Pop</p> <p>You Tube Videos</p> <p>HRM video library</p> <p>Sunburst Video library</p> <p>PBS Kids</p>	