

Westside Middle School 7th Grade Health Curriculum Map/Pacing Guide

Unit(s)	Standards	Timeframe	Assessments	Activities	Big Ideas	Resources
Intro/Understanding Health	HW.11.7.1 HW.9.7.2-3 HW.9.7.4 HW.10.7.11 HW.11.7.3	2 days	Observation Ch. Review and Test Classroom Assignments	health triangle Group Discussion About Me Form Influences on My Health Role Play	Google Classroom, Classroom Procedures, About Me Total Health, Wellness, Mind-Body Connection Influences on Health Risks, prevention, Abstinence	<ul style="list-style-type: none"> Glencoe Teen Health---Ch. 1
Nutrition	HW.12.7.1-5	2 days	Observation Ch. Review and Test Classroom Assignments	Activity Sheets Choose My Plate Daily Log Weight Management	Healthy Eating Habits What is good nutrition for me? Influences/ Weight Management Relationship between food and chronic disease/ Eating Disorders	<ul style="list-style-type: none"> Glencoe Teen Health---Ch.4 skip lesson 4 Choosemyplate.org Activity Sheets Short video clips
Mental and Emotional Health	HW.11.7.1,2,4	2 day	Observation Classroom Assignments Group Project	Building Health Skills	Mental and Emotional Health Skills Warning Signs of Depression and Suicide Suicide Prevention	<ul style="list-style-type: none"> Glencoe Teen Health---Ch. 5
Healthy Life Skills and Relationships	HW.9.7.1-4 HW.11.7.11-12	3 days	Observation Ch. Review and Test Classroom Assignments	Role Play Group Project	Solutions for Conflict Model Refusal Skills How to Avoid and Handle Violent Situations Recognize the consequences of <i>sexual</i> interaction/ Benefits of Abstinence	<ul style="list-style-type: none"> Glencoe Teen Health---Ch.6 & 7
Alcohol, Tobacco, and Other Drugs	HW.10.7.1-11	4 days	Observation Ch. Review and Test Classroom Assignments			<ul style="list-style-type: none"> Glencoe Teen Health---Ch.8-10
Community Health and Promotion	HW.8.7.1-3	1 days	Observation Classroom Assignments		Community Resources to Diagnosis and Treat Health Issues Identify Resources to benefit the community for Environmental health The validity of media messages before purchasing products	<ul style="list-style-type: none"> Glencoe Teen Health---Ch.11

Disease Prevention	HW.7.7.1-6	3-4 days	Observation Ch. Review and Test Classroom Assignments		Identify ways to reduce risk factors for communicable and noncommunicable diseases Warning signs of cancer Physical and social consequences of STDs Std symptoms, preventions, and treatment	<ul style="list-style-type: none"> Glencoe Teen Health---Ch. 13-15
Human Growth and Development	HW.6.7.1-2	2 days	Observation Ch. Review and Test Classroom Assignments		Examine the interaction between body systems Examine the changes that occur during adolescence	<ul style="list-style-type: none"> Glencoe Teen Health---Ch. 12
Personal Health and Safety	HW.11.7.5-10	2 days	Observation Ch. Review and Test Classroom Assignments		Hygiene Oral Health	