

## Southern Cayuga Central School District – Curriculum Map

Subject: \_\_\_\_\_ 7<sup>th</sup> grade health \_\_\_\_\_

School Year: \_\_\_\_ 21-22 \_\_\_\_\_

Title or Topics w/ NYS Standards	Essential Questions & Vocabulary	Content Skills (Activities to cover Essential Questions)	Major Assessments (Tests, Project, etc.)	Time Frame
Intro to Health-NYS #2, #1, #3 *components of health *decision making *goal setting *relationships *communication	*How do I know what is healthy/unhealthy? *What is holistic health? *What is important to consider when goal setting? SMART *How do I know if my relationships are healthy? *Why is “good” communication so important to maintain healthy self and relationships? VOCAB: Assessment Responsibility Validate Authenticate Heredity Spiritual Health Wellness	*poster on goal setting *worksheets on relationships *role play communication *peer review/critique of poster *student/family work to review worksheets *movie/review Pay It Forward	*current health article summary/review *packet completion *vocab test	*10 lessons
Emotional Health-#1, #2, #3 *self esteem *self concept *coping skills-positive/negative *personality development-intro *emotional expression/management	*How is self esteem formed? Changed? *How do I view myself, what does it mean for my relationships with others? *How do I know if my feelings are appropriate? *What are healthy ways to express my feelings?	*emotions role play *self portraits showing emotions *worksheets *group work and share *partner tasks	*personality “quiz” *vocab test *packet work *MP exam	*10-15 lessons

	<p>VOCAB: Express Resilience Coping Advocate Mediate Perception</p>			
<p>HIV/AIDS-#1, #2, #3 *Immune System-intro *HIV *AIDS *stigma/discrimination</p>	<p>*How is HIV spread? *How can I keep myself safe? *What is the difference between HIV/AIDS? *What is "stigma"? why is it associated with HIV? VOCAB: Stigma Intimate Transmit Abstain Discriminate</p>	<p>*lecture *video clip-Cody *discussion</p>	<p>*exit ticket *quiz</p>	<p>*5 lessons</p>
<p>First Aid/Safety-#1, #2, #3 *bleeding *burns *environmental risks *concussion</p>	<p>*what can I do in an emergency? *How do I recognize an emergency? *How do I report an emergency? VOCAB: Prevent Cleanse Elevate Assist</p>	<p>*video-American Red Cross *peer practice-bandaging, choking, hands only CPR *demonstration *skill practice</p>	<p>*skill demonstration *quiz *website quiz/video</p>	<p>*5 lessons</p>
<p>Death/Dying/Grief/Loss *stages of loss *US customs *other customs</p>	<p>*How do I cope with loss? *What can I expect after a loss/death?</p>	<p>*lecture *group discussion/share *group project-research cultural/religious differences</p>	<p>*presentation *packet *test *vocab</p>	<p>*10-15 lessons</p>

	<p>*Are my experiences similar to others?  VOCAB:  Denial  Bargain  Grief  Bereavement  Eulogy</p>	<p>*group presentation  *video-My Girl</p>		
<p>Personal Care  *eyes  *ears  *mouth/teeth  *skin  *hair  *nails  *nose</p>	<p>*How do I care for ____?  *What are some common conditions of ____?  *What is the function of ____?  *What is the purpose of ____?  VOCAB:  Optic  Nasal  Gastric  Gland  Tissue  Exterior  Interior  Enamel</p>	<p>*group work-task assignment for body part  *packet-labeling  *group presentation on group work  *chrome/web</p>	<p>*group study guide  *group presentation  *group powerpoint  *test</p>	<p>*5-10 lessons</p>
<p>Nutrition/Food  *measuring  *equipment identification  *energy  *food label  *preparation</p>	<p>*What information can I obtain from a food label?  *How do I convert a recipe that serves 4 to serve 12?  *How do I prepare a dish from a recipe?  *What are the steps?  VOCAB:  Saturated  Diet  Nutrient  Ingredients</p>	<p>*group work-cooking team  *individual task work  *whole class  *lecture  *video-food network Chopped, skills videos  *web/chrome  *vocab</p>	<p>*recipe completion  *product assessment/critique  *test  *packet</p>	<p>*15-20 lessons</p>

	Calorie Soluble			
Drugs/Alcohol *OTC *prescription *illegal *abuse/misuse	*What is addiction? *How does addiction affect people/society? *What are the effects of use/misuse/abuse? VOCAB: Topical Inhalant Ingested Legal Illegal Abuse Misuse	*lecture *discussion-peers/class *vocab *posters/game	*journal entries *poster *test	*10 lessons
Puberty/Growth/Development				
*endocrine system *hormones *male reproductive system *female reproductive system *puberty	*What is puberty? *How is puberty different/same between males/females? *What can I expect from puberty? VOCAB: Atrophy Hormone Regulation Development Systems Genetics Chromosomes Species	*individual packet *home work with family *group/peer work-Kidshealth.org *lecture *video-growth and development *web/chrome	*packet *vocab test *test	*10-20 lessons

--	--	--	--	--