

MASCOUTAH COMMUNITY SCHOOL DISTRICT #19

Grade 7th__

Subject Health

Month	Content	Skills	Assessments	Standards
1 st quarter 7 th grade	What is Health and Wellness	Analyzing Influences Identifying Influences Define Health Identify three sides to Health Triangle	Participation Observation Discussion Comparing and Contrasting Work sheet Test	22.A.3a 22.A.3c 23.C.3 24.A.3b 24.A.3c 24.B.3
	Changes during Teen years	Describe physical, emotional, and mental changes during puberty. Analyze effects of Hormones for your Health triangle	Participation Observation Discussion Comparing and Contrasting Work sheet Test	22.A.3a 22.A.3c 23.C.3 24.A.3b 24.A.3c 24.B.3
	Taking Responsibility for your Health	Explain the role of lifestyle factors in a person's Health Identify Risk in your life Explain Abstinence	Participation Observation Discussion Comparing and Contrasting Work sheet Test	22.A.3a 22.A.3c 23.C.3 24.A.3b 24.A.3c 24.B.3

2nd quarter 7 th grade	Preventing the Spread of Communicable Disease	Identify the pathogens that cause communicable diseases Explain how pathogens are spread Describe how to protect yourself from	Participation Observation Discussion	22.A.4a 22.A.4b 22.A.2b
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		pathogens	Comparing and Contrasting Work Sheets Test	
	The Body' Defenses against Infetion	Identify the body's first line of defense against pathogens Describe how the immune system functions Explain how antibodies protect the body	Participation Observation Discussion Comparing and Contrasting Work Sheets Test	22.A.4a 22.A.4b 22.A.2b
	Common Communicable Diseases	Identify some common communicable diseases Describe the symptoms of some common communicable diseases	Participation Observation Discussion Comparing and Contrasting Work Sheets Test	22.A.4a 22.A.4b 22.A.2b
3rd quarter 7 th grade	Drug Misuse and Abuse	Explain the difference between drug misuse and drug abuse. Identify the risks of drug abuse. Develop strategies for making healthful choices about taking medicines.	Participation Observation Discussion Comparing and Contrasting Work sheet Test	22.A.3a 23.B.2 23.B.3 24.C.3
	Marijuana and	Describe the effects and risks of marijuana	Participation	22.A.3a

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	Other Illegal Drugs	<p>use.</p> <p>Identify the most commonly used club drugs.</p> <p>Explain the reasons that teens abuse anabolic steroids.</p> <p>List the physical effects of anabolic steroid abuse.</p>	<p>Observation</p> <p>Discussion</p> <p>Comparing and Contrasting</p> <p>Work sheet</p> <p>Test</p>	<p>23.B.2</p> <p>23.B.3</p> <p>24.C.3</p>
	Narcotics, Stimulants, and Depressants	<p>Name the most commonly abused narcotics.</p> <p>Describe the effects that narcotics can have on a user's health.</p> <p>Identify specific stimulants and CNS depressants.</p> <p>Name the health risks linked to stimulant and CNS depressants.</p>	<p>Participation</p> <p>Observation</p> <p>Discussion</p> <p>Comparing and Contrasting</p> <p>Work sheet</p> <p>Test</p>	<p>22.A.3a</p> <p>23.B.2</p> <p>23.B.3</p> <p>24.C.3</p>
	Hallucinogens and Inhalants	<p>Define hallucinogens.</p> <p>Explain how hallucinogens affect the user.</p> <p>Identify the health risks to a person who uses inhalants or hallucinogens.</p>	<p>Participation</p> <p>Observation</p> <p>Discussion</p> <p>Comparing and Contrasting</p> <p>Work sheet</p> <p>Test</p>	<p>22.A.3a</p> <p>23.B.2</p> <p>23.B.3</p> <p>24.C.3</p>
4th quarter 7 th grade	Being a Teen Adolescence	<p>Describe the changes they will go through during their teen years.</p> <p>Explain why it is important to set goals for now and for the future.</p> <p>Identify life skills that they can learn to help them meet their goals.</p> <p>Define Puberty and discuss the changes it</p>	<p>Participation</p> <p>Observation</p> <p>Discussion</p> <p>Comparing and Contrasting</p> <p>Work sheet</p> <p>Test</p>	<p>23.C.3</p> <p>23.C.4</p>

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		brings about. Describe physical and emotional maturity. Explain the developmental tasks that need to be completed on the way to maturity.		
	Relationship and Love	Describe healthy relationships. Identify the kinds of love there are. Discuss ways of feeling comfortable on a date.	Participation Observation Discussion Comparing and Contrasting Work sheet Test	23.C.3 23.C.4
	The Male Reproductive System	Describe the parts and functions of the male reproductive system. Identify health problems of the male reproductive system. Describe care of and protection for the reproductive organs.	Participation Observation Discussion Comparing and Contrasting Work sheet Test	23.C.3 23.C.4
	The Female Reproductive System	Discuss the role of the female reproductive system. Explain menstruation. Describe how females can avoid having reproductive health problems.	Participation Observation Discussion Comparing and Contrasting Work sheet Test	23.C.3 23.C.4