

**MSAD #53 Health Curriculum
Grades 7-8**

Student Learning Goals: Students will understand that . . .

- Hygiene includes the actions that you take to improve or maintain your health.
- There is a difference between appropriate use and abuse of drugs and that there are risks associated with drug use.
- Hormones influence growth and development of the human body.
- There are many influences on personal health, including family, peers, media, school, community, and culture.
- There are connections between behavior and personal health.
- Effective communication supports interpersonal relationships and personal health.

School Wide Health Concepts – Integrate in All Subject Areas:

- Making connections between healthy behaviors and personal health
- Identifying barriers to practicing healthy behaviors
- Avoiding or reducing health risks by practicing common safety procedures
- Communicating with others to support interpersonal relationships and to be a self-advocate for personal health

<p>Healthy Body & Mind (A.2) Personal Health Goal Holistic Health Model Wellness Continuum</p>	<p>Define the parts of the Holistic Health Model (physical, emotional, mental/intellectual, environmental, social). <i>See graphic & explanation in Appendix.</i></p> <p>Assess and periodically revisit personal health using the Wellness Continuum. <i>See Appendix.</i></p> <p>Create a personal health goal.</p> <p>Document progress toward personal health goal through the student portfolio.</p>	<p>FISH</p>
<p>Communication Skills (E.1) Listening Refusal skills Self-advocacy & assertiveness Cooperative discussion</p>	<p>Practice active listening.</p> <p>Participate in structured small and large group discussions (see protocols in Appendix).</p> <p>Practice refusal skills and self-advocacy skills using scenarios and role playing.</p>	<p>E/LA</p> <p>FISH</p> <p>Theater Arts</p>

Appendix

Core Instructional Strategies:

- Build & activate prior knowledge through read-alouds, videos, writing & discussion prompts, K-W-L;
- Develop vocabulary knowledge w/word walls, four square, list/group/label, concept definition mapping, and other activities involving concentrated word work;
- Establish purpose for reading or listening;
- Support reading comprehension through identification of nonfiction text features & their purposes.

Differentiation Strategies:

- Multiple texts with varying readability levels;
- Partner reading;
- Read alouds;
- Flexible grouping and/or centers for labs & projects w/multiple roles;
- Modified rubrics;
- Choice in content, process, or product.

Essential Vocabulary:

The Holistic Health Model is the wellness approach that addresses the body, mind, and spirit of an individual (Cynthia Perkins).

- **Physical health** is the overall condition of a living organism at a given time, the soundness of the body, freedom from disease or abnormality, and the condition of optimal well-being (Ron Kurtus).
- **Mental/intellectual health** can be conceptualized as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community (World Health Organization).
- **Emotional health** is the ability to express all emotions appropriately (Thayer White).
- **Social health** is your ability to get along with people around you. These relationships are the connections that you have with groups and people in your life (Mary H. Bronson, Michael J. Cleary and Betty Hubbard).
- **Spiritual health** is having meaning & direction in life. It involves development of positive morals, ethics & values. Being healthy spiritually helps us to demonstrate love, hope & a sense of caring for yourself and others (School District 6 New Brunswick).

Holistic Health Model

Bacteria

Virus

Fungus/Fungi

Communicable Diseases

Pathogens

Infection

Protozoa

HIV

AIDS

Immune System

Contagious

Chlamydia

Genital Warts

Genital Herpes

Sexually Transmitted Infections/Diseases

Gonorrhea

Trichomoniasis

Syphilis

Hepatitis B

Abstinence

Materials and Resources:

Science texts

Guidance materials

Project Alert