

Richmond Public Schools
Department of Curriculum and Instruction
Curriculum Pacing And Resource Guide



Course Title/ Course #: 7th Grade Health

Start day: 1

Meetings: 45 days

Course Description

Students in grade seven generate and choose positive alternatives to risky behaviors. They use skills to resist peer pressure and manage stress and anxiety. Students are able to relate health choices to alertness, feelings, and performance at school or during physical activity. Students exhibit a healthy lifestyle, interpret health information, and promote good health.

Pacing Resources Assessments MP1

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
2 weeks	7.1 b, d, f, h, i, l, m, n, o, p, q, r, s, u, v 7.2 a, b, c, e, i, j, k, m, n, o, p, q, r, s, t, u, v 7.3 g, h, i, m, p, q, r, s, t	<u>Health and Wellness</u> (health triangle, influences on your health, building health skills, setting health goals, character, emotions, coping with stress)	www.glencoe.com <ul style="list-style-type: none"> • Health and Wellness • Parts of Health Triangle www.doe.va.gov www.vahperd.org www.richmond.k12.va.us	Exit slips Chain Notes Class vote Concept Cartoon – (Used in activities to promote peer discussion. They encourage learners to work out what they do know, partly know and do not know about a specific idea or concept). Diagrams Dialogue Discuss with a Partner Group Q & A Homework One Minute Paper Foldables
2 weeks	7.1 b, c, e, g 7.2 a, b, c, d, e,	<u>Fitness/Nutrition</u> (Your body’s nutrients needs,	www.glencoe.com <ul style="list-style-type: none"> • Fitness 	Exam Evaluations Flash Cards

	f, g, h 7.3 a, b, c, d, e, f,	healthful eating plan, healthful food choices, managing your weight, physical activity and your health, creating a personal fitness plan, safety in sports and physical activities)	<ul style="list-style-type: none"> • Nutrition www.doe.va.gov www.vahperd.org www.richmond.k12.va.us www.choosemyplate.gov	Graphic Organizers (www.inspiration.com/visual-learning/graphic-organizers) Journals Note taking Portfolio
1 week	7.1 i, m 7.2 l, n, o, u 7.3 h, i	<u>Communicable/Non-communicable diseases</u> (differences, prevention, causes) (Non-communicable diseases are cardiovascular disease, cancer, chronic respiratory disease, diabetes)(Communicable diseases spread from one person to another or from an animal to a person. The spread often happens via airborne viruses or bacteria, but also through blood or other bodily fluid.)	www.glencoe.com <ul style="list-style-type: none"> • Communicable Diseases • Non-Communicable Diseases www.doe.va.gov www.vahperd.org www.richmond.k12.va.us www.globalhealth.gov	Exam Evaluations Summarizing Retelling Flash Cards Think-Pair-Share (www.readwritethink.org/professional-development/strategy-guides/using-think-pair-share-30626.html) Vocabulary Write Questions

Pacing Resources Assessments MP2

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
1 week	7.1 i, m 7.2 l, n, o, u 7.3 h, i	<u>Communicable/Non-communicable diseases</u> (differences, prevention, causes) (Non-communicable diseases are cardiovascular disease, cancer, chronic respiratory disease, diabetes)(Communicable diseases spread from one person to another or from an animal to a person. The spread often happens via airborne viruses or bacteria, but also through blood or other bodily fluid.)	www.glencoe.com <ul style="list-style-type: none"> • Communicable Diseases • Non-Communicable Diseases www.doe.va.gov www.vahperd.org www.richmond.k12.va.us www.globalhealth.gov	Exam Evaluations Summarizing Retelling Flash cards Think-Pair-Share Vocabulary Write Questions
2 weeks	7.1 f, j, k, m, n, o, w 7.2 g, k, m 7.3 k	<u>Life Skills</u> (tobacco, alcohol, drugs) (dangers of alcohol use, alcoholism and drug use, drug abuse, prevention, saying no)	www.glencoe.com <ul style="list-style-type: none"> • Tobacco • Alcohol • Drugs www.doe.va.gov www.vahperd.org www.richmond.k12.va.us	Exit slips Application Article Authentic Questioning (Questions we ask students that represent the range of knowledge that should be taught in the classroom. These questions can be made up by the students about a story or already planned in advance by the teacher.) Brainstorm Diagrams Graphic Organizers Concept Cartoon

				Exam Evaluations
1-2 weeks	7.1 a, m 7.2 o 7.3 a	<u>Body Systems/Human Sexuality</u> (From cells to body systems, bones and muscles, Digestion, and excretion, heart, blood, lung, nerves)(Human reproduction)	www.glencoe.com <ul style="list-style-type: none"> • Body Systems and Human Reproduction www.doe.va.gov www.vahperd.org www.richmond.k12.va.us www.factmonster.com	Exam Evaluations Graphic Organizers Exit slips Dialogue Note-taking

Course Title/ Course #: 7th Grade Health