

# BRIDGETON PUBLIC SCHOOLS

## SUBJECT 7<sup>th</sup> Grade Health

### UNIT/PACING CHART

#### Mental and Emotional Health, Chapter 7

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1	2.1.F.8.1 2.1.F.8.2	Lesson 1: What is Mental and Emotional Health  <b>Objective(s): Through class discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Recognize the characteristics of good mental and emotional health.</li> <li>• Identify the factors that shape personality.</li> <li>• Discuss the advantage of positive self-concept and high self-esteem.</li> <li>• Discuss ways to develop good mental health</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, Course 2 pg. 188-193</li> <li>• Teen Health Corresponding Worksheet</li> <li>• Teacher generated worksheets.</li> </ul>	<ul style="list-style-type: none"> <li>• Do Write Journal</li> <li>• Class discussion/ Participation</li> <li>• Worksheet Activity</li> </ul>
1	2.1.F.8.2	Lesson 2: Your Emotions  <b>Objective(s): Through class discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Describe the different types of emotions.</li> <li>• Identify ways to express emotions in healthy ways.</li> <li>• Discuss ways to cope with loss.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, Course 2, pg. 194-197.</li> <li>• Teen Health Corresponding Worksheet</li> <li>• Teacher generated worksheets.</li> </ul>	<ul style="list-style-type: none"> <li>• Class Discussion/ Participation</li> <li>• Do Write Journal</li> <li>• Worksheet Activity</li> </ul>

1	2.1.F.8.6	<p>Lesson 3: Managing Stress</p> <p><b>Objective(s): Through class discussion and activity the SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Identify causes of stress.</li> <li>• Discuss the role of stress, both positive and negative stress in a teen’s life.</li> <li>• Explain the body’s response to stress.</li> <li>• Describe healthy ways of managing stress.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, Course 2 pg. 198-202</li> <li>• Teen Health corresponding worksheets</li> <li>• Teacher generated worksheet</li> <li>• Stress Management Activities</li> </ul>	<ul style="list-style-type: none"> <li>• Class Discussion/ Participation</li> <li>• Do Write Journal</li> <li>• Worksheet Activities</li> </ul>
1	2.3.B.8.7 2.1.D.8.5	<p>Lesson 4: Mental and Emotional Problems</p> <p><b>Objective(s): Through class discussion and activity the SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Identify categories of mental and emotional problems and discuss their treatment.</li> <li>• Identify the warning signs of mental or emotional problems.</li> <li>• Explain the importance of seeking help for themselves and their friends who are considering suicide.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, Course 2, pg. 203-207</li> <li>• Teen Health corresponding worksheets</li> <li>• Teacher generated worksheet</li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion/ participation</li> <li>• Do Write Journal</li> <li>• Worksheet Activities</li> </ul>
1	2.1.F.8.1 2.1.F.8.2 2.1.F.8.6 2.3.B.8.7 2.1.D.8.5	<p><b>Chapter 7 Review</b></p> <p><b>Objective(s): SWBAT</b></p> <ul style="list-style-type: none"> <li>• Demonstrate their knowledge of information in chapter 7 through a chapter activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health , course 2</li> <li>• Sample Questions</li> <li>• Game Cards</li> </ul>	<ul style="list-style-type: none"> <li>• Student Participation</li> </ul>
1	2.1.F.8.1 2.1.F.8.2 2.1.F.8.6 2.3.B.8.7 2.1.D.8.5	<p><b>Chapter 7 Test</b></p> <p><b>Objective(s): SWBAT</b></p> <ul style="list-style-type: none"> <li>• Recall information of chapter for test.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2 test</li> <li>• Teacher Generated Chapter Test</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter Test</li> </ul>

## Resolving Conflicts and Preventing Violence, Chapter 9

TIMELINE	NJCCCS	SKILL/CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENT
1	2.1.F.8.3	Lesson 1: Conflicts at Home and at School  <b>Objective(s): Through discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>Define conflict and identify its causes.</li> <li>Describe how conflicts build.</li> <li>Identify ways to avoid conflicts.</li> </ul>	<ul style="list-style-type: none"> <li>Teen Health, course 2 pg. 244-247</li> <li>Teen corresponding Worksheets</li> <li>Teacher generated worksheet</li> <li>Index Cards &amp; Tape</li> </ul>	<ul style="list-style-type: none"> <li>Class discussion/participation</li> <li>Do Write Journal</li> <li>Worksheet Activities</li> <li>Student participation in activity</li> </ul>
2	2.1.F.8.3 2.2.D.8.4	Lesson 2: Conflict Resolution Skills  <b>Objective(s): Through discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>Explain how to resolve conflicts without violence.</li> <li>List the steps of conflict resolution.</li> <li>Define mediation and describe how it can help resolve conflicts.</li> </ul>	<ul style="list-style-type: none"> <li>Teen Health, course 2 pg. 248-251</li> <li>Teen corresponding Worksheets</li> <li>Teacher generated worksheet</li> <li>Video: Peer Conflicts</li> </ul>	<ul style="list-style-type: none"> <li>Class discussion/participation</li> <li>Do Write Journal</li> <li>Worksheet Activities</li> </ul>
2	2.1.E.8.5 2.1.F.8.4 2.1.F.8.5 2.2.D.8.4	Lesson 3: Preventing Violence  <b>Objective(s): Through discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>Discuss the causes of violence in society.</li> <li>Describe how violence affects teens.</li> <li>Identify ways to avoid being a victim of violence.</li> <li>Describe what others are doing to prevent violence in schools and communities.</li> </ul>	<ul style="list-style-type: none"> <li>Teen Health, course 2 pg. 252-257</li> <li>Teen corresponding Worksheets</li> <li>Teacher generated worksheet</li> </ul>	<ul style="list-style-type: none"> <li>Class discussion/participation</li> <li>Do Write Journal</li> <li>Worksheet Activities</li> </ul>

1	2.1.E.8.4 2.3.B.8.9	<p>Lesson 4: Dealing with Abuse and Finding Help</p> <p><b>Objective(s): Through discussion and activity the SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Define abuse and describe the types of abuse.</li> <li>• Discuss the causes and effects of abuse.</li> <li>• Identify the signs and effects of abuse.</li> <li>• Discuss what can be done to stop and prevent abuse.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2 pg. 258-263</li> <li>• Teen corresponding Worksheets</li> <li>• Teacher generated worksheet</li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion/ participation</li> <li>• Do Write Journal</li> <li>• Worksheet Activities</li> </ul>
1	2.1.F.8.3 2.1.E.8.5 2.1.E.8.4 2.3.B.8.9	<p><b>Chapter 9 Test Review</b></p> <p><b>Objective(s): SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate their knowledge of knowledge information in chapter 9 through chapter review.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2</li> <li>• Game Cards</li> </ul>	<ul style="list-style-type: none"> <li>• Student participation in activity</li> </ul>
1	2.1.F.8.3 2.1.E.8.5 2.1.E.8.4 2.3.B.8.9	<p><b>Chapter 9 Test</b></p> <p><b>Objective(s): SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Recall information of chapter for test.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2 Test</li> <li>• Teacher Generated Chapter Test</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter Test</li> </ul>

## Personal Safety and Injury Prevention, Chapter 14

TIMELINE	NJCCCS	SKILL/CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENT
1	2.1.E.8.1 2.1.E.8.2 2.1.E.8.3 2.1.E.8.4 2.1.E.8.5	Lesson 1: Developing Safe Habits  <b>Objective(s): Through discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>Discuss the importance of being safety conscious.</li> <li>Explain accident chains and how to break them.</li> <li>Describe the causes and preventions of unintentional injuries.</li> </ul>	<ul style="list-style-type: none"> <li>Teen Health, course 2 pg. 394-397</li> <li>Teen corresponding Worksheets</li> <li>Teacher generated worksheet</li> </ul>	<ul style="list-style-type: none"> <li>Class discussion/ participation</li> <li>Do Write Journal</li> <li>Worksheet Activities</li> </ul>
1	2.1.E.8.1	Lesson 2: Safety at Home and in School  <b>Objective(s): Through discussion and activity the SWBAT</b> <ul style="list-style-type: none"> <li>Identify fire safety measures to be taken at home</li> <li>Explain how to prevent falls, poisonings, electrical shocks, and gun accidents</li> </ul>	<ul style="list-style-type: none"> <li>Teen Health, course 2 pg. 398-397</li> <li>Teen corresponding Worksheets</li> <li>Teacher generated worksheet</li> </ul>	<ul style="list-style-type: none"> <li>Class discussion/ participation</li> <li>Do Write Journal</li> <li>Worksheet Activities</li> </ul>
1	2.1.E. 8.1 2.1.E.8.2 2.1.E.8.3	Lesson 3: Outdoor and Recreational Safety  <b>Objective(s): Through discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>Discuss how they can be safe as pedestrians, cyclists, skateboarders, skaters, and when riding a scooter.</li> <li>Explain how they protect themselves from crime.</li> <li>Identify safety measures for water recreation, hiking, and camping.</li> </ul>	<ul style="list-style-type: none"> <li>Teen Health, course 2 Page 404-409</li> <li>Teen Health corresponding worksheets</li> <li>Teacher generated worksheets</li> </ul>	<ul style="list-style-type: none"> <li>Class discussion/ participation</li> <li>Do Write Journal</li> <li>Worksheet Activities</li> </ul>

1	2.1.E. 8.1 2.1.E.8.2 2.1.E.8.3	Lesson 4: Weather Emergencies and Natural Disasters <b>Objective(s): Through discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Discuss safety before, during, and after tornadoes, hurricanes, blizzards, and thunderstorms.</li> <li>• Discuss safety during and after floods and earthquakes.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2 Page 410-415</li> <li>• Teen Health Corresponding Worksheets</li> <li>• Teacher Generated Worksheets</li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion/ participation</li> <li>• Do Write Journal</li> <li>• Worksheet</li> <li>• Activities</li> </ul>
1	2.1.E.8.3	Lesson 5: First Aid <b>Objective(s): Through discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Identify steps they should take in emergencies.</li> <li>• Explain how to perform CPR.</li> <li>• Discuss how to help a person who is choking.</li> <li>• Explain how to help a victim who is bleeding.</li> <li>• Identify the proper treatment for burns.</li> <li>• Discuss how to help victims of poisoning, broken bones, and sprains or bruises.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2 Page 416-421.</li> <li>• Teen Health Corresponding Worksheets</li> <li>• Teacher Generated Worksheets</li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion/ participation</li> <li>• Do Write Journal</li> <li>• Worksheet</li> <li>• Activities</li> </ul>
1	2.1.E.8.1 2.1.E.8.2 2.1.E.8.3 2.1.E.8.4 2.1.E.8.5	<b>Chapter 14 Test Review</b> <b>Objective(s): SWBAT:</b> <ul style="list-style-type: none"> <li>• Demonstrate their knowledge of knowledge information in chapter 14 through chapter review.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2</li> <li>• Game Cards</li> </ul>	<ul style="list-style-type: none"> <li>• Student participation in activity</li> </ul>
1	2.1.E.8.1 2.1.E.8.2 2.1.E.8.3 2.1.E.8.4 2.1.E.8.5	<b>Chapter 14 Test</b> <b>Objective(s): SWBAT:</b> <ul style="list-style-type: none"> <li>• Recall information of chapter for test.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2 Test</li> <li>• Teacher Generated Chapter Test</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter Test</li> </ul>

## Personal Health and Consumer Choices, Chapter 5

1	2.1.A. 8 1 2.1.A.8.2	<p>Lesson 1: Caring for Your Teeth, Skin, Hair, and Nails</p> <p><b>Objective(s): Through discussion and activity the SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Explain how to keep their teeth healthy.</li> <li>• Describe skin parts and their functions and how to clean and protect their skin.</li> <li>• Discuss how to keep their hair and scalp healthy.</li> <li>• Discuss proper nail care.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2 Page 120-126..</li> <li>• Teen Health Corresponding Worksheets</li> <li>• Teacher Generated Worksheets</li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion/ participation</li> <li>• Do Write Journal</li> <li>• Worksheet</li> <li>• Activities</li> </ul>
1	2.1.A. 8 1 2.1.A.8.2	<p>Lesson 2: Caring for Eyes and Ears</p> <p><b>Objective(s): Through discussion and activity the SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Explain the structure of the eye.</li> <li>• List eye care tips and discuss how to deal with vision problems.</li> <li>• Explain how the ears work.</li> <li>• Discuss practices to protect the health of their ears.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2 Page 127-131.</li> <li>• Teen Health Corresponding Worksheets</li> <li>• Teacher Generated Worksheets</li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion/ participation</li> <li>• Do Write Journal</li> <li>• Worksheet</li> <li>• Activities</li> </ul>
1	2.2.B.8.2	<p>Lesson 3: Consumer Choices and Your Health</p> <p><b>Objective(s): Through discussion and activity the SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Define consumer and discuss their own roles as consumers.</li> <li>• Identify influences that affect their consumer choices.</li> <li>• Evaluate media and advertising techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2 Page 132-135.</li> <li>• Teen Health Corresponding Worksheets</li> <li>• Teacher Generated Worksheets</li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion/ participation</li> <li>• Do Write Journal</li> <li>• Worksheet</li> <li>• Activities</li> </ul>

1	2.1.A.8.1 2.2.A.8.1 2.2.A.8.2 2.2.A.8.3 2.2.A.8.4 2.2.A.8.5	Lesson 4: Being an Informed Consumer. <b>Objective(s): Through discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Explain hoe to make wise decisions about buying personal products.</li> <li>• Discuss the importance of comparison shopping.</li> <li>• Read and understand the information on product labels.</li> <li>• Explain what they can do if they are dissatisfied with a product.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2 Page 136-141.</li> <li>• Teen Health Corresponding Worksheets</li> <li>• Teacher Generated Worksheets</li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion/ participation</li> <li>• Do Write Journal</li> <li>• Worksheet</li> <li>• Activities</li> </ul>
1	2.2.F.8.1 2.2.F.8.2 2.2.F.12.1 2.2.F.12.2 2.2.F.12.3	Lesson 5: Health Care Providers and Service <b>Objective(s): Through discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Describe the goals of health care professionals.</li> <li>• Identify the types of health care providers and facilities available to consumers.</li> <li>• Discuss consumer’s options in paying for health care.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2 Page 142-145.</li> <li>• Teen Health Corresponding Worksheets</li> <li>• Teacher Generated Worksheets</li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion/ participation</li> <li>• Do Write Journal</li> <li>• Worksheet</li> <li>• Activities</li> </ul>
1	2.1.A.8.1 2.2.A.8.1 2.2.A.8.2 2.2.A.8.3 2.2.A.8.4 2.2.A.8.5 2.2.B.8.2 2.2.F.8.1 2.2.F.8.2 2.2.F.12.1 2.2.F.12.2 2.2.F.12.3	<b>Chapter 5 Test Review</b> <b>Objective(s): Through discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Demonstrate their knowledge of knowledge information in chapter 14 through chapter review.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2</li> <li>• Game Cards</li> </ul>	<ul style="list-style-type: none"> <li>• Student participation in activity.</li> </ul>



1	2.1.A.8.1 2.2.A.8.1 2.2.A.8.2 2.2.A.8.3 2.2.A.8.4 2.2.A.8.5 2.2.B.8.2 2.2.F.8.1 2.2.F.8.2 2.2.F.12.1 2.2.F.12.2 2.2.F.12.3	<b>Chapter 5 Test</b>  <b>Objective(s): Through discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Recall information of chapter for test.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2 Test</li> <li>• Teacher Generated Chapter Test</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter Test</li> </ul>
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