

**Greensburg Community School Corporation
Curriculum
(7th Grade Health)**

Prepared by David Jackson

(2006-2007 School Year)

Greensburg Community Schools

Mission Statement

The mission of the Greensburg Community School Corporation is to provide and promote lifelong learning through its commitment to quality educational programs that prepare the students to be effective, successful, and responsible citizens. This is to be accomplished in a financially prudent manner.

Greensburg Community Schools
(7th Grade Health)

Narrative Description

The objective of health class is to provide students with the skills to be health literate. Health literacy is the capacity for students to obtain, interpret and understand basic health information, products and services as well as the competence to use such information, products and services in ways that will enhance personal, family, school and community health. The course will also include instruction in all ten health content areas: Growth and Development, Mental and Emotional Health, Community and Environmental Health, Nutrition, Family Life, Consumer Health, Personal Health, Alcohol, Tobacco and Other Drugs, Intentional and Unintentional Injury, and Health Promotion and Disease Prevention.

(7th Grade Health)
Course Concepts and Generalizations

(List the major benchmarks of this course/subject area. These should be aligned with the state standards for this course or subject area. These should involve higher-level thinking skills and should be reflective of the major state standards of the course.)

1. Students will comprehend concepts related to health promotion and disease prevention.
2. Students will demonstrate the ability to access and evaluate health information, products, and services.
3. Students will demonstrate the ability to apply self-management.
4. Students will demonstrate the ability to analyze the influence of family, culture, peers, community, media, and technology on health and health behaviors.
5. Students will demonstrate the ability to utilize interpersonal communication skills to enhance health.
6. Students will demonstrate the ability to implement decision-making and goal setting skill to enhance health.
7. Students will demonstrate the ability to advocate for personal, family, and community health.

Greensburg Community Schools

(7th Grade Health)

Units of Study

AREA OF STUDY	LENGTH OF TIME
1. CHAPTER 1 (Learning about Your Health)	1.5-2 weeks
2. CHAPTER 2 (Taking Responsibility for Yourself)	2-3 weeks
3. CHAPTER 3 (Physical Activity and Fitness)	3 weeks
4. CHAPTER 4 (Food and Nutrition)	2-3 weeks
5. CHAPTER 5 (Personal Health and Consumer Choices)	2-3 weeks
6. CHAPTER 6 (Growth and Development)	2-3 weeks
7. CHAPTER 10 (Tobacco)	2-3 weeks
8. CHAPTER 11 (Drugs and Alcohol)	2-3 weeks

Greensburg Community Schools
(7th Grade Health)

Unit Plan

(Chapter 1 – Learning About Your Health)

Individual Learner Objectives

Students will be able to:

1. Identify the three aspects of health.
2. Explain how to balance the three aspects of health
3. Describe the relationship between health and wellness.
4. Define heredity and discuss the influences of heredity on health.
5. Define environment and discuss the influences of environment on health.
6. Define the term risk behavior and explain the effects of cumulative risks.
7. Identify the consequences of taking a risk.
8. Define and understand the term health.

Greensburg Community Schools

(7th Grade Health)

Learning About Your Health

- A. What is Health?
 - 1. Being Healthy (Health Triangle)
 - a. Physical Health
 - b. Mental/Emotional Health
 - c. Social Health
 - d. Measuring You Health
 - 2. What is Wellness?
 - a. Define Wellness
 - b. How are health and wellness related or different?
- B. What Influences Your Health?
 - 1. What Affects Your Health?
 - a. Heredity
 - b. Environment
 - 2. Your Health Choices
 - a. Family and Friends (Culture)
 - b. The Influences of the Media
- C. Health Risks and Your Behavior
 - 1. Risk Behaviors
 - a. The Consequences of Taking Risks
 - b. Types of Risks
 - c. Cumulative Risk
 - 2. Knowing the Risks
 - a. Subjective
 - b. Objective
 - 3. Reducing and Avoiding Risks
 - a. Practice Prevention
 - b. Abstinence in Risky Behaviors
 - 4. Keeping Yourself Healthy
 - a. Acting Responsible
 - b. Practicing Good Health Habits

Learner Activities

1. Vocabulary (Words to Know)
2. Health Triangle
3. Health Survey
4. Refusal Skills
5. Articles
6. Worksheets
7. Review Questions

Evaluation (Assessment)

1. Tests/Quizzes
2. Teacher Observation
3. Worksheets
4. Projects

Technology

1. Transparency
2. Power Point
3. Websites
4. Teacher Works
5. Mind Jogger Video Quiz
6. Exam View Pro Test Maker

Greensburg Community Schools (7th Grade Health)

Modifications

Modifications of instructional content in this course may include, but are not limited to, the following:

- Modified pace
- Modified homework assignments
- Modified tests
- Adaptive equipment
- Use of Resource Staff
- Other modifications as specified in a student's IEP

Greensburg Community Schools
(7th Grade Health)

Unit Plan

(Chapter 2 – Taking Responsibility for Your Health)

Individual Learner Objectives

Students will be able to:

1. Explain why health skills are important.
2. Identify skills to improve health knowledge and behavior.
3. Identify skills to maintain personal health and safety.
4. Identify skills that help them interact with others.
5. Discuss the types of decisions they make that affect their health.
6. Explain the role of values when they make decisions of cumulative risks.
7. Identify the six steps in the decision making process.
8. Discuss the benefits of setting goals.
9. Distinguish between long-term and short-term goals.
10. Explain how to set realistic goals.
11. Identify elements of good character.
12. Explain how to develop good character.

Greensburg Community Schools

(7th Grade Health)

Taking Responsibility for Your Health

A. Building Health Skills

1. Skills for Balanced Health
 - a. Your Health Involves Every Aspect of Your Life
 - b. Importance of a Balanced Health
2. Accessing Information
 - a. Good Fact Finding Skills
 - b. Valid Information
3. Self-Management
 - a. Practicing Health Behaviors
 - b. Stress Management
4. Analyzing Influences
 - a. Internal Factors
 - b. External Factors
5. Interpersonal Communication
 - a. Communication Skills
 - b. Refusal Skills
 - c. Conflict Resolution

B. Making Responsible Decisions

1. Responsibility for Your Health
 - a. Decision Making
 - b. Consider Outcomes
2. Values and the Decisions You Make
 - a. Evaluating Your Choices
 - b. HELP Criteria
3. The Decision-Making Process
 - a. State the Situation
 - b. List the Options
 - c. Weigh the Possible Outcomes
 - d. Consider Values

- e. Make a Decision and Act
- f. Evaluate the Decision

C. Setting Personal Health Goals

- 1. Benefits of Setting Goals
 - a. Goals
 - b. Strengths and Limitations

- 2. Long-Term and Short-Term Goals
 - a. Long-Term Goals
 - b. Short-Term Goals

- 3. Reaching Your Goal
 - a. Set a specific goal and write it down
 - b. List the steps
 - c. Get help from others
 - d. Evaluate
 - e. Reward yourself

D. Your Character in Action

- 1. What is Character?
 - a. Define Character
 - b. Traits of Good Character

- 2. Developing Your Character
 - a. Role Model
 - b. Know Yourself

Learner Activities

1. Vocabulary (Words to Know)
2. Health Triangle
3. Health Survey
4. Refusal Skills
5. Articles
6. Worksheets
7. Review Questions

Evaluation (Assessment)

1. Tests/Quizzes
2. Teacher Observation
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4. Projects

Technology

1. Transparency
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Greensburg Community Schools
(7th Grade Health)

Unit Plan

(Chapter 3 – Physical Activity and Fitness)

Individual Learner Objectives

Students will be able to:

1. Describe the benefits of physical activity.
2. Identify and discuss ways to improve the three elements of fitness.
3. Identify the major parts/functions of the skeletal/muscular system.
4. Describe ways to keep your skeletal and muscular system healthy.
5. Identify parts of the circulatory system and explain the function.
6. Discuss the two types of circulation.
7. Explain the most important functions of the blood.
8. Discuss what they can do to take care of their own circulatory systems.
9. Identify factors they should consider in planning a fitness program.
10. Explain how they can safely work out to meet their fitness goals.
11. Describe the elements of a good workout.
12. Discuss how they can assess their fitness program.
13. Explain the advantages of participation in sports.
14. Identify practices that help prevent sports injuries.

Greensburg Community Schools

(7th Grade Health)

Physical Activity and Fitness

- A. Physical Activity and Health
 - 1. Physical Activity and You
 - a. Physical Activity
 - b. Fitness/Exercise
 - 2. The Benefits of Physical Activity
 - a. Benefits to Physical Health
 - b. Social Health
 - c. Mental/Emotional Health
 - d. Strength
 - e. Endurance
 - f. Flexibility
 - 3. Selecting the Right Exercises
 - a. Aerobic/Anaerobic Exercises
 - b. Variety
- B. The Skeletal and Muscular Systems
 - 1. Bones for Support, Muscles for Movement
 - a. The Skeletal System (Identify Bones)
 - b. The Muscular System (Identify Muscles)
 - 2. Caring for Your Skeletal and Muscular Systems
 - a. Keep Your Systems Healthy
 - b. Criteria to Achieve
- C. The Circulatory System
 - 1. Your Heart and Blood Vessels
 - a. Circulatory System
 - b. Arteries
 - c. Veins
 - d. Capillaries
 - 2. How Circulation Works
 - a. Pulmonary Goals
 - b. Systemic

3. What's in Your Blood?
 - a. Plasma-Platelets-Red-White Blood Cells
 - b. Blood Pressure
 - c. Blood Types

4. Caring for Your Circulatory System
 - a. Set a specific goal and write it down
 - b. List the steps
 - c. Get help from others
 - d. Evaluate
 - e. Reward yourself

D. Developing a Personal Fitness Program

1. Fitness and Body Composition
 - a. Body Composition
 - b. Physical Activity

2. Achieving Your Fitness Goals
 - a. Working Out Safely
 - b. Making a Schedule

3. Elements of a Good Workout
 - a. Warm-Up and Cool-Down
 - b. The F.I.T Formula
 - c. Target Heart Rate

4. Checking Your Progress
 - a. Accomplishments
 - b. Adjustments

E. Sports and Physical Wellness

1. Sports for Health
 - a. Participation in Sports
 - b. Sports that Attract You

2. Individual and Team Sports
 - a. Individual Sports
 - b. Team Sports

3. Preventing Injuries
 - a. Seven Tips That Will Help
 - b. Protection Equipment

4. Sports and Nutrition
 - a. What to Eat
 - b. When To Eat

5. Shaping Up Safely
 - a. Conditioning
 - b. Overtraining

6. Avoiding Harmful Substances
 - a. Anabolic Steroids
 - b. Harmful Effects of Steroids

Learner Activities

1. Vocabulary (Words to Know)
2. Health Triangle
3. Health Survey
4. Refusal Skills
5. Articles
6. Worksheets
7. Review Questions

Evaluation (Assessment)

1. Tests/Quizzes
2. Teacher Observation
3. Worksheets
4. Projects

Technology

1. Transparency
2. Power Point
3. Websites
4. Teacher Works
5. Mind Jogger Video Quiz
6. Exam View Pro Test Maker

Greensburg Community Schools (7th Grade Health)

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Greensburg Community Schools
(7th Grade Health)

Unit Plan

(Chapter 4 – Food and Nutrition)

Individual Learner Objectives

Students will be able to:

1. Identify the six major categories of nutrients.
2. Discuss how to choose nutrient-rich foods.
3. Read and interpret a Nutrition Facts panel.
4. Discuss factors that influence people's diets.
5. Explain how they can use the Food Guide Pyramid to make healthful food choices.
6. Identify suggestions that can help in planning nutrient-dense snacks.
7. Describe how the digestive system works.
8. Explain how wastes are removed from the body.
9. Discuss health habits that are essential to taking care of the digestive and excretory systems.
10. Determine what weight is healthy for them.
11. Describe the elements of a good workout.
12. Identify and describe eating disorders, such as bulimia, anorexia, and compulsive overeating.
13. Describe healthful ways to manage their weight.

Greensburg Community Schools

(7th Grade Health)

Food and Nutrition

A. Nutrients for Health

1. The Six Major Nutrients
 - a. Carbohydrates, Proteins and Fats
 - b. Vitamins, Minerals and Water

2. The ABC's of Good Health
 - a. Aim for Fitness
 - b. Build a Healthy Base
 - c. Choose Sensibly

3. Reading a Nutrition Facts Panel
 - a. Information about what's in the products
 - b. Healthy / Not Healthy

B. The Food Guide Pyramid

1. The Foods You Choose
 - a. Influences on Food Choices
 - b. Make a Good Choice

2. The Food Guide Pyramid
 - a. www.thepyramid.org
 - b. Articles will be used

C. Healthful Meals and Snacks

1. Planning Healthful Meals
 - a. Suggestions You Need To Enjoy Food
 - b. Breakfast Starts Your Day
 - c. Packing a School Lunch

2. Nutritious Snacks
 - a. Nutrient-Dense
 - b. Nutrient-Dense Foods

D. The Digestive and Excretory Systems

1. Turning Food into Fuel
 - a. Digestion/Digestive System
 - b. How Digestion Begins
 - c. Organs of the Digestive System

2. Removing Wastes from the Body
 - a. Excretion/Excretory System
 - b. Liquid Wastes/How we Eliminate Liquids
 - c. Solid Wastes/How we Eliminate Solids

 4. Caring for Your Digestive and Excretory Systems
 - a. Variety of Steps to Follow:
 - b. Eat a Well Balanced Diet
- E. Managing Your Weight
1. A Healthy Weight
 - a. Body Mass Index (Calculating)
 - b. Benefits of a Healthy Weight
 - c. Nutrition and Physical Activity

 2. Eating Disorders
 - a. Anorexia Nervosa
 - b. Bulimia Nervosa
 - c. Binge (Compulsive) Eating

 3. Tips for Managing Your Weight
 - a. Moderation
 - b. Choose Foods Wisely

Learner Activities

1. Vocabulary (Words to Know)
2. Health Triangle
3. Health Survey
4. Refusal Skills
5. Articles
6. Worksheets
7. Review Questions
8. Notes
9. Foldable

Evaluation (Assessment)

1. Tests/Quizzes
2. Teacher Observation
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Technology

1. Transparency
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Greensburg Community Schools
(7th Grade Health)

Unit Plan

(Chapter 5 – Personal Health and Consumer Choices)

Individual Learner Objectives

Students will be able to:

1. Explain how to keep their teeth healthy.
2. describe skin parts and their functions and how to clean and protect their skin.
3. Discuss how to keep their hair and scalp healthy.
4. Discuss proper nail care.
5. Explain the structures of the eye.
6. List eye care tips and discuss how to deal with vision problems.
7. Explain how the ears work.
8. Define consumer and discuss their own roles as consumers
9. Identify influences that affect their consumer choices.
10. evaluate media and advertising.
11. Describe the elements of a good workout.
12. Explain how to make wise decisions about buying personal products.
13. Discuss the importance of comparison shopping.
14. Read and understand the information on product labels.
15. Explain what they can do if they are dissatisfied with a product.
16. Describe the goals of health care professionals.
17. Identify the types of health care providers and facilities available to consumers.

Greensburg Community Schools

(7th Grade Health)

Personal Health and Consumer Choices

A. Caring for Your Teeth, Skin, Hair, and Nails

1. Your Teeth
 - a. Teeth Care
 - b. Guidelines for Fighting Tooth Decay
 - c. How To Brush
 - d. How to Floss

2. Your Skin
 - a. Parts of the Skin
 - b. Functions of the Skin
 - c. Acne/How Acne Forms
 - d. Skin Care

3. Your Hair
 - a. Hair Care
 - b. Hair and Scalp Problems

4. Nail Care
 - a. Protection
 - b. Nail Care Tips

B. Caring for Your Eyes and Ears

1. Your Eyes
 - a. Structures of the Eye
 - b. Eye Care
 - c. Eye Examinations
 - d. Vision Correction

2. Your Ears
 - a. Ear Care
 - b. Parts of the Ear
 - c. How the Ear Works

C. Consumer Choices and Your Health

1. Choices that Affect Personal Health
 - a. Consumer
 - b. Being a Responsible Consumer

2. Understanding Your Consumer Choices
 - a. Influences that Affect your Consumer Choices
 - b. Types of Advertising
 - c. Evaluating Advertising

- D. Being An Informed Consumer
 1. Teens as Consumers
 - a. Purchasing Power
 - b. Products That You Buy

 2. Thing Before You Buy
 - a. Purchasing Questions
 - b. Comparison Shopping
 - c. Reading Product Labels
 - d. What Labels Tell You

 3. Your Rights As a Consumer
 - a. Consumer Rights
 - b. Consumer Groups

- E. Health Care Providers and Services
 1. The Goals of Health Care
 - a. Primary Care Providers
 - b. Specialists
 - c. Health Care Facilities

 2. Health Insurance
 - a. Health Insurance
 - b. Private Health Care Plans (Variety of Plans)
 - c. Government Health Care Programs

Learner Activities

1. Vocabulary (Words to Know)
2. Health Triangle
3. Health Survey
4. Refusal Skills
5. Articles
6. Worksheets
7. Review Questions
8. Notes
9. Foldable

Evaluation (Assessment)

1. Tests/Quizzes
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Technology

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Greensburg Community Schools
(7th Grade Health)

Unit Plan

(Chapter 6 – Growth and Development)

Individual Learner Objectives

Students will be able to:

1. Explain how the endocrine system works.
2. Discuss the physical, mental/emotional and social growth that takes place during adolescence.
3. Identify the most common disorders that can affect the male reproductive system.
4. Discuss proper care of the male reproductive system.
5. Identify the parts and function of the female reproductive system.
6. Explain the menstruation process.
7. Identify the most common disorders that can affect the female reproductive system.
8. Discuss proper of care of the female reproductive system.
9. Discuss how the body is organized from its smallest parts, cells, to the most complex body systems.
10. Describe the stages in human development.
11. Explain the influences of both heredity and environment on early development.
12. Identify the stages in life from infancy to adulthood.
13. Describe the life cycle of human beings, birth, dying and death.

Greensburg Community Schools

(7th Grade Health)

Growth and Development

A. Adolescence

1. Growing and Changing
 - a. Adolescence
 - b. Hormones
2. The Endocrine System
 - a. Endocrine System
 - b. Parts and Functions
3. Physical Development
 - a. Puberty
 - b. Physical Changes
4. Mental Development
 - a. Mental Changes
 - b. Complex Thinking Skills
5. Emotional Development
 - a. Approval and Acceptance of Peers
 - b. Expressing Your Emotions
6. Social Development
 - a. Sense of Identity
 - b. Identify Interests

B. The Male Reproductive System

1. The Human Reproductive System
 - a. Reproduction
 - b. Reproductive System
2. Male Reproductive System
 - a. Parts of the Male Reproductive System
 - b. Functions
 - c. Male Health Concerns
 - d. Caring

C. The Female Reproductive System

1. The Female Reproductive System
 - a. Fertilization

- b. The Menstrual Cycle
- c. Parts/Functions

2. Fertilization

- a. Female Health Concerns
- b. Caring for The Female Reproductive System

D. Human Development

1. Building Blocks

- a. Cells
- b. How Cells Make Up Your Body Parts

2. Development After Fertilization

- a. Embryo
- b. Fetus
- c. Developing Fetus

3. Care During Pregnancy

- a. Do-Healthy Mother, Healthy Baby
- b. Don't-Healthy Mother, Healthy Baby

4. Heredity

- a. Chromosomes
- c. Genes

E. Making the Most of Your Teen Years

1. Changes Throughout Life

- a. Birth and Infancy
- b. Childhood
- c. Adolescence and Adulthood

2. Preparing for Adulthood

- a. Reducing Risk
- b. Moving Toward the Future

Learner Activities

1. Vocabulary (Words to Know)
2. Health Triangle
3. Health Survey
4. Refusal Skills
5. Articles
6. Worksheets
7. Review Questions
8. Notes
9. Foldable

Evaluation (Assessment)

1. Tests/Quizzes
2. Teacher Observation
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4. Projects

Technology

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4. Teacher Works
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Greensburg Community Schools (7th Grade Health)

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Greensburg Community Schools
(7th Grade Health)

Unit Plan

(Chapter 10 - Tobacco)

Individual Learner Objectives

Students will be able to:

1. Identify the different substances in tobacco.
2. explain why all forms of tobacco are harmful.
3. List the effects of using tobacco on the body.
4. describe the parts of the respiratory system.
5. explain what happens when we breathe.
6. Name illnesses of the respiratory system.
7. Explain what students can do to keep their respiratory systems healthy.
8. Explain the impact of chemical dependency and addiction to tobacco.
9. List the reasons teens use tobacco.
10. Analyze media messages about tobacco.
11. Discuss why staying tobacco free is a positive health decision.
12. Discuss ways to help others break the tobacco habit.
13. Describe ways to defend their rights as a nonsmoker

Greensburg Community Schools

(7th Grade Health)

Tobacco

- A. What Tobacco Does to the Body?
 - 1. The Facts About Tobacco
 - a. 4,000 Chemicals
 - b. 400,000 Deaths Each Year in the U.S.
 - 2. What is in Tobacco?
 - a. Chemicals
 - b. Companies
 - 3. Physical Development
 - a. Puberty
 - b. Physical Changes
 - 4. Mental Development
 - a. Mental Changes
 - b. Complex Thinking Skills
 - 5. Emotional Development
 - a. Approval and Acceptance of Peers
 - b. Expressing Your Emotions
 - 6. Social Development
 - a. Sense of Identity
 - b. Identify Interests
- B. The Male Reproductive System
 - 1. The Human Reproductive System
 - a. Reproduction
 - b. Reproductive System
 - 2. Male Reproductive System
 - a. Parts of the Male Reproductive System
 - b. Functions
 - c. Male Health Concerns
 - d. Caring
- C. The Female Reproductive System
 - 1. The Female Reproductive System
 - a. Fertilization

- b. The Menstrual Cycle
- c. Parts/Functions

2. Fertilization

- a. Female Health Concerns
- b. Caring for The Female Reproductive System

D. Human Development

1. Building Blocks

- a. Cells
- b. How Cells Make Up Your Body Parts

2. Development After Fertilization

- a. Embryo
- b. Fetus
- c. Developing Fetus

3. Care During Pregnancy

- a. Do-Healthy Mother, Healthy Baby
- b. Don't-Healthy Mother, Healthy Baby

4. Heredity

- a. Chromosomes
- c. Genes

E. Making the Most of Your Teen Years

1. Changes Throughout Life

- a. Birth and Infancy
- b. Childhood
- c. Adolescence and Adulthood

2. Preparing for Adulthood

- a. Reducing Risk
- b. Moving Toward the Future

Learner Activities

1. Vocabulary (Words to Know)
2. Health Triangle
3. Health Survey
4. Refusal Skills
5. Articles
6. Worksheets
7. Review Questions
8. Notes
9. Foldable

Evaluation (Assessment)

1. Tests/Quizzes
2. Teacher Observation
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Technology

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Greensburg Community Schools
(7th Grade Health)

Unit Plan

(Chapter 11 – Drugs and Alcohol)

Individual Learner Objectives

Students will be able to:

1. Explain the difference between drugs and medicines.
2. Describe the different types of medicines.
3. Discuss how people can use medicines correctly.
4. Explain what alcohol is and the effects on the body.
5. Explain why people act differently to alcohol.
6. Define drug abuse.
7. Describe how different drugs affect the body.
8. Identify and discuss the two main parts of the nervous system.
9. Explain how the nervous system works.
10. Identify factors that lead to nervous system problems.

Greensburg Community Schools

(7th Grade Health)

Drugs and Alcohol

A. Using Medicines Safely

1. Drugs and Medicines
 - a. Define drug/medicine
 - b. What do medicines do?

2. Types of Medicines
 - a. Prescriptions Medicines
 - b. Over the Counter Medicines

3. Guidelines for the Safe Use of Medicines
 - a. Side Effects
 - b. Labels

4. Misusing Medicines
 - a. Instructions
 - b. Health Problems

B. Alcohol Use and Abuse

1. What is Alcohol?
 - a. Define Alcohol
 - b. Age Limit

2. How Alcohol Affects the Body
 - a. Harmful Affects
 - b. Differing Effects
 - c. Drinking and Driving
 - d. Alcoholism

C. Drug Use and Abuse

1. What is Drug Abuse?
 - a. Illegal Drugs
 - b. Drug Abuse

2. Marijuana
 - a. Effects of Marijuana Use
 - b. Other Names for Marijuana

3. Stimulants

- a. Amphetamines
 - b. Cocaine and Crack
- 4. Depressants
 - a. Define Depressants
 - b. Types
- 5. Other Drugs
 - a. List of other drugs
 - b. Effects
- D. The Nervous System
 - 1. The Body's Control Center
 - a. Neurons
 - b. How Neurons Carry Messages
 - 2. The Nervous System
 - a. Central Nervous System
 - b. Peripheral Nervous System
 - c. Brain / Spinal Cord
 - 3. Problems of the Nervous System
 - a. Variety of Problems with the Nervous System
 - b. Ways to Care for Your Nervous System

Learner Activities

- 1. Vocabulary (Words to Know)
- 2. Health Triangle
- 3. Health Survey
- 4. Refusal Skills
- 5. Articles
- 6. Worksheets
- 7. Review Questions
- 8. Notes
- 9. Foldable

Evaluation (Assessment)

1. Tests/Quizzes
2. Teacher Observation
3. Worksheets
4. Projects

Technology

1. Transparency
2. Power Point
3. Websites
4. Teacher Works
5. Mind Jogger Video Quiz
6. Exam View Pro Test Maker

Greensburg Community Schools (7th Grade Health)

Modifications

Modifications of instructional content in this course may include, but are not limited to, the following:

- Modified pace
- Modified homework assignments
- Modified tests
- Adaptive equipment
- Use of Resource Staff
- Other modifications as specified in a student's IEP

Health Articles

Health articles are an important part of health class. Every Friday each student is responsible for finding an article related to Health. The student must submit a ½ page summary, hand written or typed. The student will also share his/her summary with the class.