Scope and Sequence

Content Area: **Health**
Course(s): **Health**
Time Period: **Full Year**
Length: **Length of the Course**
Status: **Published**

Course Overview

The seventh grade Health curriculum continues with many themes present in earlier grades. The content of each unit however has been specifically targeted toward the unique challenges facing students entering into adolescence and stage of life that brings with it greater independence and more social pressures. In units 1 and 2, students will learn how to maintain a healthy body through physical activity, fitness, and nutrition. Units 3 and 4 focus on ways to protect their physical health by learning about tobacco, alcohol, and other drugs. Students will examine the dangers that each of these substances present and learn appropriate refusal strategies. Units 5 and 6 tackle different kind of diseases. Unit 5 looks at communicable diseases and the role that immune system plays in fighting off pathogens. Unit 6 examines noncommunicable diseases including how they effect peoples lives as well as treatment options. The year rounds out with unit 7 that focuses on growth and development of the human body and the different stages of life. In addition, the seventh unit will also examine the development of a baby throughout a woman's pregnancy.

Scope and Sequence

Order of the Unit	Title of the Unit	Time Frame
Unit 1	Physical Activity and Fitness	5 Weeks
Unit 2	Food and Nutrition	4 Weeks
Unit 3	Tobacco	5 Weeks
Unit 4	Drugs and Alcohol	7 Weeks
Unit 5	Understanding Communicable Diseases	5 Weeks
Unit 6	Noncommunicable Diseases	5 Weeks
Unit 7	Growth and Development	6 Weeks

Date of Board Approval

This curriculum was approved by the Green Brook Board of Education on July 24, 2017.