

Course Overview: Health 7

Content Area: **Health and Physical Education**
Course(s): **7th Grade Health**
Time Period: **Marking Period 2**
Length: **9 Weeks**
Status: **Published**

Course Overview

Aligned to Standards:

2020 New Jersey Student Learning Standards for Comprehensive Health & Physical Education

Revision Date: 6/23/2025

In compliance with the NJ Student Learning Standards, climate change, career readiness, DEI (Diversity, Equity, & Inclusivity), as well as other standards have been integrated within the NBCRSD curricula (NJ Administrative Code Title 6A: chapter 8; Title 18A: chapter 35).

Course Overview

Sequence- Unit Titles, Summaries, and Number of weeks per unit (total = 18 semester/36 year)

Unit 1: Understanding Health and Wellness:

In this unit, students learn what it means to be truly healthy by exploring the three parts of the health triangle: physical, mental/emotional, and social health. They understand that achieving wellness means keeping all three areas balanced. Students develop skills like goal setting, decision making, communication, and stress management to help them make healthy choices. They also learn how daily habits, environment, heredity, and access to healthcare affect their overall well-being. In this unit, students are also introduced to the concepts of human sexuality, sexual orientation, and gender identity in a respectful, age-appropriate, and inclusive way. By the end of the unit, students understand that taking care of their health is a lifelong responsibility and that even small decisions can make a big difference in how they feel and function. (2 weeks)

Unit 2: Fitness and Nutrition:

In this unit, students will learn how staying active and eating well help build a strong, healthy body. They explore the benefits of regular exercise for their muscles, heart, and brain, and discover how fitness improves mood, energy, and focus. Students also learn about good nutrition—understanding food groups, reading nutrition labels, and choosing balanced meals. They discuss the importance of healthy habits, such as drinking water, eating fruits and vegetables, and limiting sugary or processed foods. By building fitness and nutrition skills, students gain the knowledge to make smart choices that support lifelong health. (2 weeks)

Unit 3: Resolving Conflicts, Preventing Violence and Online Safety:

In this unit, students learn how to handle conflicts in healthy and respectful ways. They explore conflict resolution strategies such as using “I” statements, active listening, staying calm, and seeking help when needed. The goal is to promote peaceful problem-solving and improve communication skills. Students also examine the causes and consequences of violence, including bullying, harassment, and abuse. They learn how to recognize warning signs, avoid risky situations, and take steps to stay safe. Emphasis is placed on empathy, respect, and speaking up against harmful behavior. The unit also covers online safety, teaching students how to protect their personal information, respond to cyberbullying, and use technology responsibly. They discuss the importance of digital citizenship and making smart choices when interacting online. By the end of the unit, students are equipped with the knowledge and skills to manage conflict peacefully, prevent violence, and stay safe both in person and online. (2 weeks)

Unit 4: Communicable and Non-Communicable Diseases:

In this unit, students learn the differences between communicable (infectious) and chronic (long-term) diseases. They explore how communicable diseases spread through germs, viruses, and bacteria—and how to prevent them through hygiene, vaccinations, and healthy habits. Students also study chronic diseases like asthma, diabetes, and heart disease, understanding how lifestyle choices, genetics, and environment can contribute to these conditions. The unit emphasizes the importance of early detection, prevention, and managing risk factors through proper nutrition, exercise, and avoiding harmful behaviors. By the end of the unit, students can identify ways to protect themselves and others, make informed health choices, and take responsibility for their long-term wellness. (2 weeks)

[Reporting Student Progress](#) (link to NB’s Assessment System)

All courses follow a balanced assessment system with Practice and Assessments. Each category includes formative, summative and alternative assessments.

[Accommodations and Modifications](#) (link to menu)

Integrated accommodations and modifications for special education students, English language learners, students at risk of school failure, gifted and talented students, and students with 504 plans.