

Grade 7 Health Enhancement Curriculum

Enduring Understanding	Standard	Benchmarks: Students will be able to...
1. Students will understand that substance use and abuse permanently alters physical, mental, and emotional well-being.	1. Students will be able to identify the consequences of their choices.	1a. Identify the positive and negative consequences of illegal consequences.
2. Students will understand that every threat to personal safety requires each individual to recognize, decide, and then live with the consequences of his/her actions.	2. Students will be able to predict positive and negative outcomes from personal choices.	2a. Distinguish the outcomes between sexual abstinence and sexual activity. 2b. Recognize the importance of abstinence in avoiding STIs and in avoiding unwanted pregnancy.
3. Students will understand that growth and development is a lifelong personal process.	3. Students will be able to understand responsibilities that come with the stages of puberty.	3a. Identify the process of fertilization and reproduction. 3b. Explain how to care for and predict disorders in the reproductive system.
4. Students will understand that nutritional responsibility is a key component of lifetime wellness.	4. Students will be able to identify the main nutrients and foods in which to find them.	4a. Recall the six main nutrients. 4b. Describe each nutrient's benefits. 4c. Students will identify food sources for each nutrient. 4d. List the purposes of each nutrient.
5. Students will understand that developing a comprehensive set of motor skills will increase & enhance lifetime wellness.	5. Students will be able to practice skills for activity enhancement and enjoyment.	5a. Explain the meaning of FIT. 5b. Students will order the components in a fitness routine. 5c. Recognize the benefits of exercise. 5d. Recognize consequences of lack of exercise.