# NEW MILFORD PUBLIC SCHOOLS New Milford, Connecticut



7th Grade Health April 2021

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## **New Milford's Mission Statement**

The mission of the New Milford Public Schools, a collaborative partnership of students, educators, family and community, is to prepare each and every student to compete and excel in an ever-changing world, embrace challenges with vigor, respect and appreciate the worth of every human being, and contribute to society by providing effective instruction and dynamic curriculum, offering a wide range of valuable experiences, and inspiring students to pursue their dreams and aspirations.

#### 7th Grade Health

The 7th grade health course plays a crucial role in bridging the gap between the 6th and 8th grade health curriculum courses It finds a balance between reviewing the most important concepts in 6th grade while preparing students for the challenges that their present and future selves will encounter. 7th grade health combines knowledge acquisition with the application of 21st century skills to keep students prepared for various real life situations. Units range from nutritional dieting habits, to communication skills, to substance abuse prevention.

# Pacing Guide

Unit Title	# Of Weeks
Personal Health	4
Nutritional and Diet Health	4
Relationships and Communication	4
Substance Abuse Prevention	4
Empathy and Violence Prevention	4

	Stage 1 Desired Resul	ts
ESTABLISHED GOALS		Transfer
	Students will be able to independently use th	neir learning to
National Health Education Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors	- Analyze factors that influence persona	al health.
2.8.5 - Analyze how messages from the media influence health		Meaning
behaviors.	UNDERSTANDINGS Students will understand that	ESSENTIAL QUESTIONS Students will keep considering
National Health Education Standard 6: Students will demonstrate to use goal-setting skills to enhance health  6.8.3 - Apply strategies and skills needed to attain a personal health goal.  CCSS.ELA-Literacy.SL.7.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse	<ul> <li>Health education is important</li> <li>Goal setting can lead to success</li> <li>How perception plays an important role when life gets tough</li> <li>Fight or flight becomes a choice to manage or not manage with strategies.</li> <li>Self-esteem, body image and resilience can improve with practice.</li> </ul>	<ul> <li>What should I know about stress?</li> <li>What is self-esteem and body image a reflection of?</li> <li>What influences disordered eating?</li> <li>How does goal-setting affect health?</li> </ul>
partners on grade 7 topics, texts, and issues, building on others'	Acquisition	
ideas and expressing their own clearly.	Students will know	Students will be skilled at

supporting details presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how the ideas clarify a  • Self esteem & how it develops • Personal factors that equal resilience • Personal response to stress •	Mapping out a schedule for goal setting Building strategies for increasing elf-esteem Practicing stress reduction strategies. Practicing mindfulness Identifying disordered eating Promoting strategies to improve body nage. Advocating for body acceptance
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	Stage 2 – Evidence		
Code	Evaluative Criteria	Assessment Evidence	
		PERFORMANCE TASK(S):	
	Rubric:	Students will show that they really understand evidence of	
T	-Biopoem includes information learned about	G-Create a bio poem/Self-Management Pamphlet	
	self from self-evaluations	R-Poet/Psychologist	
M,A	-Is expressive and clearly states strategies	A-class & teacher	
	selected for self-management.	S-Student is given a task to express themself through poetry/or	
		create a self-management plan.	
	Rubric:	P-Bio Poem/Brochure	
T	-Brochure includes many tips on how to	S-Rubric	
	improve body image		
M	-Brochure clearly defines eating disorders	G-Create a brochure to educate peers about disordered eating	
		and body image.	
T,A	-Brochure advocates against falling victim to	R-Peer leader	
	media tactics.	A-Class/Teacher	
		S-Student is playing the role of peer advocate to raise awareness	
		about eating disorders with a focus on improving body image.	
		P-Bio Poem/Brochure	
		S-Rubric	
		OTHER EVIDENCE:	
		Students will show they have achieved Stage 1 goals by	
		Writing a reflection on what was learned.	

Stage 3 – Learning Plan		
Code	Pre-Assessment  Pre-quiz Self-evaluation Class discussion of prior knowledge	
M M T		
A, M M A A M,T T T M M,A A,M M T	Summary of Key Learning Events and Instruction Student success at transfer meaning and acquisition depends on  Student complete self-evaluations on personal stress Students compare and contrast stress reducing strategies. Teacher leads discussion on stress. Students answer Q&A on Fight or Flight Students practice mindfulness and other stress reducing strategies. Students create personalized stress reduction action plan Improving self-esteem of fictional characters assignment Teacher leads and students participate in a class review game Students work in groups and analyze scenarios involving disordered eating. Students analyzing media clips on body image and participate in class discussion Students explore tips for improving body image and create a rating scale. Students create an educational brochure.	Progress Monitoring  Review of assignments Discussions of Questions and scenarios Monitoring google classroom work in real time Exit Slips / closure questions

Stage 1 Desired Results			
ESTABLISHED GOALS	Transfer		
	Students will be able to independently use their	r learning to	
National Health Education Standard 1:	Explain the importance of proper nutrition for g	eneral health and disease prevention.	
1.8.6 - Explain how appropriate health care can promote personal health.			
National Health Education Standard 7:			
	Me	eaning	
7.8.2 - Demonstrate healthy	UNDERSTANDINGS	ESSENTIAL QUESTIONS	
practices and behaviors that will	Students will understand that	Students will keep considering	
maintain or improve the health of		, ·	
self and others.	Diet is directly related to physical	What is healthy eating?	
	health and longevity	How can I improve current eating	
CCSS.ELA-Literacy.SL.7.1.a	<ul> <li>Behaviors adopted now most likely</li> </ul>	patterns?	
Come to discussions prepared,	continue throughout life.	<ul> <li>How can unhealthy eating habits lead to</li> </ul>	
having read or researched	<ul> <li>As we become more independent,</li> </ul>	health problems?	
material under study; explicitly	nutritional needs become a personal		
draw on that preparation by	responsibility.		
referring to evidence on the			
topic, text, or issue to probe and			
reflect on ideas under			
discussion.			
CCSS.ELA-Literacy.W.7.2			
Write informative/explanatory			
texts to examine a topic and	Acquisition		
convey ideas, concepts, and	Students will know	Students will be skilled at	
information through the	The 2020-2025 Dietary Guidelines	<ul> <li>Analyzing dietary data and trends as well</li> </ul>	

selection, organization, and analysis of relevant content.	<ul> <li>Components of a nutrient dense meal.</li> <li>Healthy eating patterns</li> <li>Dietary effects on health.</li> </ul>	<ul> <li>as the health impact of those trends.</li> <li>Evaluating and modifying dietary habits</li> <li>Developing a healthy eating plan</li> <li>Demonstrating healthy nutritional practices and behaviors in class</li> </ul>
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	Stage 2	- Evidence
Code	Evaluative Criteria	Assessment Evidence
M,T,A	Rubric: -Clearly shows necessary components of a balanced nutrient dense meal.	PERFORMANCE TASK(S): Students will show that they really understand evidence of GRASPS
M,T,A	-Shows all dietary servings met in each food group for a full day.	G-Create a healthy eating plan according to USDA Guidelines. R-Dietitian
M,T,A	-Represents students' culture as well as personal taste preferences.	A-Class/Teacher S- To create a meal plan that is both healthy, realistic, and culturally appropriate P-Meal Plan represented in a project that represents a full day of eating. S-Rubric
		OTHER EVIDENCE: Students will show they have achieved Stage 1 goals by Writing a reflection on what was learned.

	Stage 3 – Learning Plan		
Code M,T,A M T	-Creating healthy meals contestPre-test -Recording current dietary habits.	nent	
A A M A M T M	Summary of Key Learning Events and Instruction Student success at transfer meaning and acquisition depends on  Teacher discusses the importance of nutrition. Students discuss myplate. Students in pairs compete in creating healthy meals. Teacher discusses whose plates were healthiest and why Students complete an assignment exploring the dietary guidelines. Students research to analyze american trends in diet and disease. Students complete self-evaluations on food groups and recommended amounts. Students play a class review game and take a quiz.	Progress Monitoring  - Review of assignments - Discussions on american trends - Monitoring google/classroom work in real time - Exit Slips / closure questions - Post quiz	

# UbD Template 2.0 **Unit 3: Relationships and Communication**

	Stage 1 Desired Results	
ESTABLISHED GOALS	Transfer	
National Health Education standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks	Students will be able to independently use their learning to:  -use interpersonal communication skills to enhance health and avoid or reduce health risks.	
4.8.1 Apply effective verbal and nonverbal		
communication skills to		Paning
enhance health.	UNDERSTANDINGS Students will understand that	ESSENTIAL QUESTIONS Students will keep considering
National Health Education Standard 7: Students will demonstrate the ability to practice health-enhancing and avoid or reduce health risks  7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.	<ul> <li>We all react to conflict differently, but improvements can always be made.</li> <li>Relationships are a work in progress</li> <li>Conflict can be positive.</li> <li>There are healthy ways to handle toxic relationships with friends.</li> <li>Communication is essential for maintaining healthy relationships</li> </ul>	<ul> <li>Students will keep considering</li> <li>How can I improve my relationships?</li> <li>How can conflict be beneficial?</li> <li>What are appropriate reactions to conflict?</li> <li>What should guide our decisions?</li> </ul>
CCSS.ELA-Literacy.SL.7.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse		

partners on grade 7 topics, texts, and issues, building on others' ideas and expressing their own clearly.

CCSS.ELA-Literacy.SL.7.4

Present claims and findings, emphasizing salient points in a

Present claims and findings, emphasizing salient points in a focused, coherent manner with pertinent descriptions, facts, details, and examples; use appropriate eye contact, adequate volume, and clear pronunciation.

## Acquisition

### Students will know...

- Phases of conflict.
- Strategies that defuse conflict.
- Types of communication and typical responses.
- The decision making process through use of the DECIDE model.
- Different forms of peer pressure.
- Strategies in making important decisions.
- Refusal strategies.

## Students will be skilled at...

- Responding to diffuse conflict.
- Communicating assertively.
- Using communication skills to
- Using refusal strategies in a variety of scenarios.
- Decision making during uncomfortable situations involving peer pressure.

	Stage 2 – Evidence		
Code	Evaluative Criteria	Assessment Evidence	
T M,T,A	Rubric: -Students are well spoken -Students show use of appropriate diffusing strategies and assertive communicationThe scenario is clearly explained and is represented through the roleplay.	PERFORMANCE TASK(S):  Students will show that they really understand evidence of  GRASPS G-To role-play assertive communication. R-Person correcting aggressive and passive communication. A-Teacher/Class S-Students have to correct responses written as aggressive & passive P- Students practice speaking assertively. S-Rubric  GRASPS G-To role-play a skit involving both diffusing strategies and assertive communication. R-Person in conflict. A-Teacher/Class S-Facing conflict with a friend/family member. P- An act that fellow students can evaluate. S-Rubric	
		OTHER EVIDENCE: Students will show they have achieved Stage 1 goals by writing a reflection on what they learned.	

	Stage 3 – Learning Plan		
Code M M M,T,A	Pre-Assessment Pre-test Self-evaluation Class discussion/feedback	nent	
M M, A A T,A M M,T A M A T	Summary of Key Learning Events and Instruction Student success at transfer meaning and acquisition depends on  Students will fill out a self-evaluation on communication styles.  Students participate in a problem solving activity then reflect on communication styles.  Teacher leads class discussion on communication styles and pros and cons of each.  Students practice identifying communication styles in scenarios.  Teacher leads discussion on conflict resolution and phases of conflict.  Students identify phases of conflict in relationship scenarios and evaluate for best approaches for conflict resolution and discuss.  Identifying phases of conflict and strategies that diffuse conflict.  Watching video clips for additional support.  Practicing assertive communication.  Looking at peer pressure and applying the DECIDE model.	Progress Monitoring  - Review of assignments - Discussions - Monitoring Google/classroom work in real time - Exit Slips / closure questions - Role-play - Post quiz	

UbD Template 2.0: Unit 4: **Substance Abuse Prevention** 

	Stage 1 Desired Results	
ESTABLISHED GOALS	Transfer	
National Health Education Standard 1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors	Students will be able to independently use their learning to: advocate for personal, family and community health.	
1.8.9 Examine the potential seriousness of injury or illness if engaging in		
unhealthy behaviors.	Me <sub>aning</sub>	
National Health Education	UNDERSTANDINGS Students will understand that	ESSENTIAL QUESTIONS Students will keep considering
Standard 8: Students will demonstrate the ability to advocate for personal, family and community health	<ul> <li>Addiction is a process.</li> <li>You can't become addicted without first use.</li> <li>Legal does not mean safe.</li> <li>(alcohol, tobacco and other drugs)</li> </ul>	<ul> <li>Why is substance abuse education important?</li> <li>How can drug abuse change a person's life?</li> </ul>
8.8.2 Demonstrate how to influence and support others to make positive health choices.	It's important to have a plan to resist pressure.	How can I refuse ATODs?
CCSS.ELA-Literacy.W.7.9		
Draw evidence from literary or	Acquisition	
informational texts to support analysis, reflection, and research.	Students will know	Students will be skilled at

# CCSS.ELA-Literacy.SL.7.4

Present claims and findings, emphasizing salient points in a focused, coherent manner with pertinent descriptions, facts, details, and examples; use appropriate eye contact, adequate volume, and clear pronunciation.

- statistics of their age group who abuse drugs.
- common side-effects of ATOD
- stages of addiction.
- why people choose not to start in the first place.
- effective strategies that help resist peer pressure and support decision making
- most teens do not use drugs.

- Listing reasons people don't use ATODs.
- Explaining how drug abuse can impact a person's life.
- Refusing peer pressure.

	Stage 2 – Evidence		
Code	Evaluative Criteria	Assessment Evidence	
		PERFORMANCE TASK(S):	
	Rubric:	Students will show that they really understand evidence of	
M,T,A	Student uses creativity		
	Eye opening facts are used to support	GRASPS	
	position	G-To advocate against substance abuse and support being drug	
	Data is used to influence audience	free.	
	Is accurate	R-Advocate	
	Clearly executes intention	A-Classmates	
_	Student uses appropriate refused strategy	S-Students have to respond to a community crisis where addiction	
A   M,T	Student uses appropriate refusal strategy Student communicates clearly	is skyrocketing and create a town billboard for all to see.  P-Poster	
T,A	Student shows a plan was prepared to resist situation	S-Rubric	
		GRASPS	
		G-To convincingly refuse peer pressure to use drugs acted out in a	
		roleplay.	
		R-Peer under pressure	
		A-Classmates	
		S-A group of close friends is using and the student has to	
		convincingly get out of pressure	
		P-Act	
		S-Rubric	
		OTHER EVIDENCE:	
		Students will show they have achieved Stage 1 goals by writing a	
		reflection on what was learned.	

	Stage 3 – Learning Pla	an	
Code	Pre-Assessment		
М	Pre-test,	Pre-test,	
Т	Discussion of current beliefs/attitudes.		
A M M,A M,T A M,A T M,A	Summary of Key Learning Events and Instruction Student success at transfer meaning and acquisition depends on  Teacher leads discussion on student beliefs of data on drug use.  Students review current drug data/trends.  Students compete in a stages of addiction game and practice identifying stages in scenarios.  Students research consequences of ATOD  Students watch a video and play an alcohol facts game  Teacher leads activity identifying the chemicals in vapes  Students conduct research on vaping T or F activity  Students create anti-vaping campaign posters  Students practice identifying marijuana's effects viewing a video,  Students watch videos of effective resistance strategies.  Students role-play refusal strategies.	Progress Monitoring  - Review of assignments - Discussions - Monitoring google/classroom work in real time - Exit Slips / closure questions - Role-play - Post quiz	

Tomplate 2. office Empathy and violence i revention		
Stage 1 Desired Results		
ESTABLISHED GOALS	Transfer	
	Students will be able to independently use their	r learning to
National Health Education Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks	demonstrate understanding of the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.	
4.8.4 Demonstrate how to ask for assistance to enhance		
the health of self and others.	Me	eaning
the nearth of sen and stricts.	UNDERSTANDINGS	ESSENTIAL QUESTIONS
National Health Education	Students will understand that	Students will keep considering
Standard 8: Students will		, , ,
demonstrate the ability to	<ul> <li>Bullying is a form of abuse.</li> </ul>	How does abuse change a person's life?
advocate for personal, family, and community health	Students hold the most power over	How can we reduce abusive types of
	controlling the rates of bullying at school.	behavior?
8.8.3 Work cooperatively to	<ul> <li>Any type of abuse is never the fault of</li> </ul>	<ul> <li>How can we best support those who have been abused?</li> </ul>
advocate for healthy individuals,	those who are abused.	
families, and schools.	<ul> <li>Communicating with adults is</li> </ul>	
CCSS.ELA-Literacy.SL.7.1	necessary for support	
Engage effectively in a range of	Having empathy, avoiding thinking     Arrara and taking reapposibility will	
collaborative discussions	errors, and taking responsibility will prevent the likelihood of developing	
(one-on-one, in groups, and	abusive behaviors.	
teacher-led) with diverse	<ul> <li>Understanding sexuality can help</li> </ul>	
partners on grade 7 topics, texts,	prevent sexual harassment and	
and issues, building on others' ideas and expressing their own	violating boundaries.	
clearly.	<ul> <li>Students have the power to help and support others.</li> </ul>	
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## CCSS.ELA-Literacv.SL.7.2 Analyze the main ideas and supporting details presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how the ideas clarify a Acquisition topic, text, or issue under study. Students will know... Students will be skilled at... consequences of bullying Empathizing with others. ways to support bully victims-reasons Selecting appropriate actions or it's important to recognize what comments to support victims of abuse. someone else is feeling and ways to Advocating against bullying. tell how someone else is feeling. Being an active bystander. different types of boundaries people have. qualities of both a toxic and a healthy relationship. types of bullying/abuse including discrimination. • the difference between sexual harassment and joking. all types of sexual harassment including sexting. sexual abuse. the difference between biological sex, gender identity, gender expression, sexual feelings, sexual expression. gender stereotypes that exist, sources of gender stereotypes, their impact on relationships. things to say or not say to another individual who shares information

about abuse.

	Stage 2 – Evidence		
Code	Evaluative Criteria	Assessment Evidence	
		PERFORMANCE TASK(S):	
	Rubric:	Students will show that they really understand evidence of	
M,T	-Students show appropriate use of supportive		
	actions.	GRASPS	
T,A	-Students draw creative characters.	Goal/challenge - To select appropriate actions and comments when	
T	-Students use a few sentences of dialogue for	presented with an abusive situation.	
	each character.	R-Peer	
M	-It's message is clearly understood.	A-Class	
		Situation - Students are presented with bullying and other abusive	
	Rubric:	situations and show how they would respond to be supportive.	
M,T,A	-Students use roots, trunk, and leaves of tree	P-Students create a section of a comic strip that shows action that	
	to represent healthy aspects of a relationship.	can effectively support a harassment victim	
	-Is visually appealing	S-Rubric	
	-Is clearly labeled.		
M,A	-Uses information specific to our previous	Goal/challenge - To select appropriate actions and comments when	
	lessons.	presented with an abusive situation.	
		R-Artist	
		A-Class	
		Situation - Students are presented an image such as a tree and	
		have to use its parts to represent healthy relationships.	
		P-A piece of art representing healthy relationships.	
		S-Rubric	
		OTHER EVIDENCE:	
		Students will show they have achieved Stage 1 goals by writing a	
		reflection about what they learned.	
		Tourist and an investment and invest	

Stage 3 – Learning Plan		
Code	Pre-Assessment	
M T, A	<ul><li>Pre- test</li><li>Class discussion on situations</li></ul>	
A M,A M M M,T A A M	Summary of Key Learning Events and Instruction  Student success at transfer meaning and acquisition depends on  Teacher leads discussion on bullying and empathy.  Students respond to prompts about bullying.  Students complete an activity on stereotypes making the connection to bullying situations.  Students practice empathy "charades".  Think Pair Share discussion on personal boundaries.  Students role-play scenarios  Student reading and writing prompt on empathy, healthy relationships, and sexual harassment.  Teachers leads activity on student beliefs about sexual harassment.  Students watch a video showing sexual harassment.  Students respond to a writing prompt explaining how taking responsibility contributes to a healthy relationship.  Teacher reviews components of sexuality.  Students Think Pair Share definitions for the terms Biological sex, Gender identity, Gender expression, Sexual feelings, and Sexual expression.  Students discuss where we hear information about the listed terms and of those, where we can get accurate information about those terms.  Students complete a writing prompt addressing how stereotypes contribute to sexual harassment and	Progress Monitoring  - Review of assignments - Discussions - Monitoring google/classroom work in real time - Exit Slips / closure questions - Role-play - Post quiz
M	<ul><li>abuse.</li><li>Students read statements of people who have been</li></ul>	

Α	<ul> <li>abused and Think Pair Share</li> <li>Teacher reviews supportive and unsupportive statements.</li> </ul>	
M	Students practice identifying supportive and unsupportive statements.	
Т	Students write a personal statement of support.	