GRADE 7 PL/Vocational	Unit 1: There Is No Such Thing as a Free Lunch		Suggested Length:
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and Assessment Student will:
Lesson 1 (The Economic Way of Thinking)	Program of Studies □ HE-5-6 analyze differences between needs and wants and provide examples.	Lesson 1 (The Economic Way of Thinking)	Lesson 1 (The Economic Way of Thinking)
1. Why should people use the economic way of thinking?	 HE-5-7 apply decision-making strategies when buying products based on price, features, and quality. HE-5-8 practice planning and saving strategies for specific purchases. 	□ Opportunity Cost□ Incentive□ Consequence	 Review situations where a choice must be make. They will write one original situation where a choice must be made. Review coupons and determine the best economic choice.
2. Why do people have to make choices?	☐ HE-7-7 examine influences (e.g., peer pressure, advertising, media, desire for status) on consumer choices of adolescents. ☐ He-8-5 compare products by price, quality,		 Participate in a group decision-making process and answer questions. ASSESSMENT 1.1 Students will apply the Economic
3. Why do economists say, "There's no such thing as a free lunch"?	 He-o-3 compare products by price, quality, and availability to make informed decisions. HE-8-7 describe budgeting procedures for achieving short-, and long-term goals. 		Way of Thinking to various situations.
4. How do incentives work?	Core Content (Consumer Decisions/Advertising)		
5. What is a disincentive?	 □ PL-07-3.1.01 Students will describe how wants and needs influence consumer decisions. □ PL-07-3.1.02 Students will describe factors 		
6. What are consequences?	(e.g., brand name, price, quality, features, availability) to consider when making consumer decisions and will compare and	1 2 (6	
Lesson 2 (Consumer Decision Making)	evaluate products and services based on these factors. DOK 3 PL-07-3.1.03 Students will describe various	Lesson 2 (Consumer Decision Making)	Lesson 2 (Consumer Decision Making)
1. Why do people have to make choices?	factors that influence consumer decisions, such as peer pressure, desire for status, and advertising techniques (facts and figures, glittering generalities, jingles/slogans,	□ Opportunity cost □ Trade-Off □ Alternatives □ Criteria	 Retake Check-Up, Book 1 Pg. 80-87. Apply PACED decision-making gird for the purchase of an item. Apply PACED decision making grid for the purchase of
2. How can you be	endorsement, testimonial, bandwagon,	□ Cost/benefit analysis	an item where criteria are weighted.

GRADE 7	Unit 1: There Is No Such Thing as a Free Lunch		Suggested Length:
PL/Vocational			
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and Assessment
			Student will:
sure your	emotional appeal, free gifts/reward) and		
choice is a good	explain why they are influential. DOK 2		
one?			
3. Why is it			
important to use			
a decision-			
making process			
such as			
PACED?			
4. After you make			
a decision, is			
that the end?			
5. What is a cost			
benefit			
analysis?			
		T	
GRADE 7	Unit 2: Tomorrow's Money: Getting to the End of		Suggested Length:
DI /1/2	4. D. 1. 1		

GRADE 7	Unit 2: Tomorrow's Money: Getting to the End of		Suggested Length:
PL/Vocational	the Rainbow		
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and Assessment
			Student will:
Lesson 8- BK 1	Program of Studies	Lesson 8- BK 1 (How	Lesson 8- BK 1 (How Would You Like to Pay?)
(How Would You		Would You Like to Pay?)	
Like to Pay?)			
	Core Content		
1. How can I pay		□ Check	1. Review check writing and managing a check registrar.
for goods and	(Financial Literacy)	☐ Debit card	2. Make a table on the advantages and disadvantages of
services?		☐ Money order	paying for items with checks, debit cards, money orders,
		☐ Credit card	and credit cards.
2. What is a	□ PL-07-3.2.01 Students will identify	☐ Finance charge	
check?	financial management practices and the		
	purpose of budgeting, savings, banking		
3. What should	services, (e.g., checking and savings		
you always	accounts, debit/credit, certificate of		
consider before	deposit), and general types of investments		
writing a check	(stocks, bonds, mutual funds) and explain		

GRADE 7 PL/Vocational	Unit 2: Tomorrow's Money: Getting to the End of the Rainbow		Suggested Length:
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and <u>Assessment</u> Student will:
to pay for something? 4. What is a credit card?	why these practices are important in achieving personal financial goals. DOK 2		
5. What is a debit card?			
6. What is a money order?			
Lesson 6 (Why Save?) 1. Why is it important to set goals? 2. When should you set short, medium, and long-term savings goals? 3. What is the opportunity cost		Lesson 6 (Why Save?) Short-term goals Medium-term goals Long-term goals Opportunity cost Scarcity Saving Investing	 Lesson 6 (Why Save?) Study situations where people are saving for goals. If the current plan will not be acceptable the students will make suggestions for changes in savings plans. Play a game where goals and months to save are determined by the roll of dice. ASSESSMENT 6.1 Students will complete a table that demonstrates how long it will take to save for various goals. EXTENSION: Students will plan what to do with leftover money.
of saving? 4. What is the difference between saving and investing?			
Lesson 7 (Types of Savings Plans)		Lesson 7 (Types of Savings Plans)	Lesson 7 (Types of Savings Plans)
1. What are the		□ Statement Saving	Make a table that shows the advantages and

GRADE 7	Unit 2: Tomorrow's Money: Getting to the End of		Suggested Length:
PL/Vocational Essential Questions	the Rainbow Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and Assessment
Essential Questions	Frogram of studies and Core Content	Rey Terms and Vocabulary	Student will:
differences and similarities between a regular savings account and a CD? 2. What is the opportunity cost of buying a		Account Money market Account Certificate of Deposit (CD) United States Savings Bond Opportunity Cost Inflation	disadvantages of guaranteed savings instruments (Savings Accounts, Certificates of Deposit, Money market Deposit Account, and United States Savings Bonds). 2. Evaluate a savings plan available in their community. ASSESSMENT 7.1 Students will determine the best savings plan for various situations.
\$100 U.S. Savings Bond?			
3. What are Guaranteed Savings Instruments?			
Lesson 8 (Who Pays and Who Receives?)		Lesson 8 (Who Pays and Who Receives?)	Lesson 8 (Who Pays and Who Receives?)
1. Why do banks and other financial institutions charge higher interest rates to borrowers than they pay to savers?		□ Interest □ Interest Rate □ Principal □ Simple Interest □ Compound Interest □ Compounding □ Rule of 72	 Create tables in Excel that demonstrate simple and compound interest. Play a game titled "Racing toward a Goal" where deposit amount, rate of return and goal vary. Use the World Wide Web to check a formula that demonstrates the Rule of 72 or how long it will take for your money to double. Create spreadsheets titled "Who Wants To Be A Millionaire".
2. What is the difference between simple and compound interest?			ASSESSMENT 8.1 Students will complete four spreadsheets on a table that is titled "Factors That Affect how Money Grows."
3. What factors,			

GRADE 7	Unit 2: Tomorrow's Money: Getting to the End of		Suggested Length:
PL/Vocational	the Rainbow	77 T 1 1 1	
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and <u>Assessment</u> Student will:
other than compounding, affect the extent to which money grows in a savings account? 4. What is the Rule of 72?			Student will.
Lesson 9 (Stocks and Mutual Funds)		Lesson 9 (Stocks and Mutual Funds)	Lesson 9 (Stocks and Mutual Funds)
1. What are equities?		□ Capital gain □ Capital loss □ Dividend	Read general information about the stock market. They will read "An Interview with Mr. Stock" and answer questions.
2. What is meant by "buy low: sell high"?		□ Equity□ Primary Market□ Secondary Market□ Stock	2. Make a table of stock companies that they are interested in.
3. Why is investing in companies important?		Stock Market Corporate Bond	
4. What are some differences between stocks and bonds and other savings instruments offered by financial institutions?			
5. Why are stocks risky?			

GRADE 7	Unit 3: Using Market Forces To Improve The		Suggested Length:
PL/Vocational	Environment		
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and <u>Assessment</u>
T O (TYT)	D CC II	I O (IIII A FFI	Student will:
Lesson 9 (Why Are There So Dew	Program of Studies	Lesson 9 (Why Are There So Dew Whales and So	Lesson 9 (Why Are There So Dew Whales and So many
Whales and So	☐ HE-6-21 evaluate health services and	many Chickens)	Chickens)
many Chickens)	resources available in communities (e.g.,	many Chickens)	
many Chickens)	public health department, voluntary health	□ Benefits	Participation in and experiment to teach concepts.
1. Why are whales	organizations, and hospitals).	☐ Incentives	Discussion of concepts in lesson.
and endangered	□ HE-7-23 explore sources of health	Opportunity Cost	2. Discussion of concepts in lesson.
species?	information, services, and resources.	□ Scarcity	
1	☐ HE-7-24 research health-related careers.	,	
2. Why do people	☐ HE-8-24 describe the role of individuals and		
generally take	society in conserving resources.		
better care of	☐ HE-8-25 describe the role of individuals and		
things they own	society in conserving resources.		
and value?	□ HE-8-26 examine health-related problems in		
	local, state, national, and international		
10 (11)	communities.	10.000	I 10 WI D N II D W
Lesson 10 (Why Do Nonrenewable	☐ HE-8-27 implement strategies to help reduce community environmental problems.	Lesson 10 (Why Do Nonrenewable Resources	Lesson 10 (Why Do Nonrenewable Resources Keep Increasing)
Resources Keep	community environmental problems.	Keep Increasing)	increasing)
Increasing)		Recp increasing)	
mercusing)	Core Content	□ Supply	Experiment with materials that demonstrate oil
1. What are	<u> </u>	□ Price	availability.
provable	□ PL-07-3.1.04 Students will describe		2. Discussion of provable reserves.
reserves?	consumer actions (reuse, reduce, recycle)		
	and explain how these actions impact the		
2. How do	environment (e.g., conserving resources,		
incentives	reducing pollution, reducing solid waste,		
change the	conserving energy). DOK 2		
amount of oil	□ PL-07-3.1.05 Students will identify and		
available in the world market?	describe resources and services provided by		
world market?	community agencies: Public health department		
Lesson 11 (Can	Fre department	Lesson 11 (Can Insecticides	Lesson 11 (Can Insecticides Help Us Fight Cancer?)
Insecticides Help Us	□ Police department	Help Us Fight Cancer?)	Zesson II (can insocuoraco ficip os Figure cancer)
Fight Cancer?)	☐ Family resource center		
	,	□ Costs	Experiment to experience risks involved in choices
		□ Benefits	people make.

GRADE 7 PL/Vocational	Unit 3: Using Market Forces To Improve The		Suggested Length:
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and Assessment Student will:
		□ Risk	Discussion of risks people must take.
Lesson 12 (Why Drive When You Can Ride?)		Lesson 12 (Why Drive When You Can Ride?)	Lesson 12 (Why Drive When You Can Ride?)
How much can voluntary efforts reduce air pollution from automobiles?		□ Ecodetection □ Cost □ Benefit	1. Discuss the use of automobiles and their effect on pollution levels.
Lesson 13 (Will There Be Enough Food For You?)		Lesson 13 (Will There Be Enough Food For You?)	Lesson 13 (Will There Be Enough Food For You?)
How do incentives affect available food?		□ Rewards□ Private Property Rights□ Productivity	 Experiment to show how incentives affect food production. Discuss how food production is changed with rewards for production.
Lesson 14 (Do We Make Too Much Stuff?)		Lesson 14 (Do We Make Too Much Stuff?)	Lesson 14 (Do We Make Too Much Stuff?)
1. Why do you want all that stuff?		□ Rewards□ Prices□ Substitutes	Shared information and a discussion of the things used to make goods.
2. Do Americans have too much?			

GRADE 7	Units 4: Education Pays Off: Learn Something		Suggested Length:
PL/Vocational			
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and Assessment
			Student will:
Lesson 3 (Career	Program of Studies	Lesson 3 (Career Choice	Lesson 3 (Career Choice Making)

	ADE 7	Units 4: Education Pays Off:	Learn Something		Suggested Length:
	Vocational sential Questions	Program of Studies ar	nd Core Content	Key Terms and Vocabulary	Classroom Instruction and Assessment
					Student will:
Che	oice Making)			Making)	
2.	What is SCANS? What are some job categories to examine	Core Content (Academic, Career Planning) □ PL-07-4.1.01 Students we explain why people need	vill identify and	 □ SCANS skills □ Self-assessment □ Career Cluster □ Work Ethic □ Entrepreneur □ Human Capital 	 Construct a table using the Internet that shows demand for labor in career cluster areas they are interested in. Students will take a self-interest inventory. Choose four Kentucky Career Clusters and determine which jobs they would like to have in each cluster. Match SCANS Skills to a classified advertisement for a
	when assessing your own likes	contracts, make purchas expand knowledge deve	es for necessities,	□ Human Capital	job.
	and dislikes in the workplace?	basic needs (food, clothing personal satisfaction and	ing, shelter) and for l enjoyment.		☐ ASSESSMENT 3.1 Students will work in a group to write a "What's Wrong With This Picture" essay.
		□ PL-07-4.1.02 Students v			
3.	What are	describe how job and ca			
	Kentucky	(e.g., veterinarian, sales			
	Career	designer, meteorologist,			
	Clusters?	each of Kentucky's Care			
1	XX71 1 11	(Agriculture, Arts & Hu			
4.	Why should	Marketing, Communicat			
	consider career clusters?	Education, Health Scien	7		
	clusters?	Information Technology Public Services, Science			
5	Why should a	Social Sciences, Transpo			
5.	Why should a person develop				
	a good work	and among communities PL-07-4.1.03 Students			
	ethic?	of academic skills acqu			
	eune:	verbal and nonverbal o			
6.	Why are	computer/technical, ma	,		
0.	entrepreneurs	skills) and explain how			
	important in an	job success and future			
	economy?	opportunities. DOK			
	conomy.	□ PL-07-4.1.04 Students			
7.	How can a	Career Interest Invent			
	person invest in	Inventory, and other fo			
	her or his own	job fairs, job shadowin			
	human capital?	experiences/grades, ho			
	*	determining individual			
		abilities, learning style		Lesson 4 (Productivity)	Lesson 4 (Productivity)

GRADE 7	Units 4: Education Pays Off: Learn Something		Suggested Length:
PL/Vocational Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and <u>Assessment</u>
Lesson 4	knowledge of such traits is helpful in		Student will:
(Productivity)	developing career goals for and Individual Learning Plan (ILP). DOK 3	□ Productivity□ Productive Resources	Read a story about two boys who are entrepreneurs. They will then answer questions about work skills and
1. How can productivity be increased?	□ PL-07-4.1.05 Students will describe how resources (e.g., Internet, government publications, newspapers, magazines, counselors) and experiences (e.g., shadowing,	□ Natural Resources□ Human Resources□ Capital Resources	productivity. 2. Second introduction to Kentucky Career Clusters and classify workers in career clusters.
2. What are some examples of natural resources?	mentoring) can be used for locating job and career information. PL-07-4.1.06 Students will explain how the components of the Individual Learning Plan (ILP) can be used as a career planning tool:		ASSESSMENT 4.1 Students will participate in a career search that is of interest to them. They will consider technology requirements of the job.
3. What are capital resources?	 Academic & career assessments Career goals Four year high school plan 		ASSESSMENT- Students will track their work ethic on a daily basis in the computer lab.
4. How do human resources affect productivity?	 □ Interest/hobbies □ School and community activities □ Work experiences □ PL-07-4.1.07 Students will describe available 		ASSESSMENT- Students will grade a small group of other students to evaluate keyboarding skills on a daily basis in the lab. Evaluation is based on FAST Method.
5. Why is it important to invest in your own human capital?	postsecondary options (e.g., community technical colleges, 4-year colleges, military service) used when developing career goals that are included in the Individual Learning Plan (ILP).		
6. What is the relationship between productivity and	Program of Studies		
standard of living?	Core Content		
	(Employability Skills)	Lagran 5 (Wile St. in	Laccar 5 (Why Charles Calcarles)
Lesson 5 (Why Stay in School?)	□ PL-07-4.2.01 Students will describe individual work habits/ethics (e.g., loyalty, problem solving, communication skills,	Lesson 5 (Why Stay in School?)	Lesson 5 (Why Stay in School?) 1. Students will make a bar or line graph that shows the
1. Why do people with more	initiative, teamwork, responsibility) and explain their importance in the workplace.	☐ Opportunity Cost☐ Trade Off	differences in income for students with various levels of education. They will then answer questions and perform

GRADE 7 PL/Vocational	Units 4: Education Pays Off: Learn Something		Suggested Length:
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and Assessment Student will:
education earn higher incomes. 2. Does everyone with more education earn more money?	DOK 2 PL-07-4.2.02 Students will describe team skills (e.g., goal setting, listening, following directions, communicating, questioning, problem-solving, dividing work) and explain why they are important in the workplace. DOK 2	□ Human Capital □ Wages	 calculations regarding income for various workers. Students will rewrite a letter that introduces them to the principal and/or teachers in this school. The letter will include a letterhead and a picture of themselves. Students will edit and improve a 30 second video to introduce themselves to teachers and other students at BCMS. This will be saved to their file on the school server.
3. What about entrepreneurs? Do they have advanced degrees?	Program of Studies Core Content		SCI VCI.
4. What is the best way to increase the likelihood of earning a higher income in the future?	Communication/Technology) □ PL-07-4.3.01 Students will explain how scientific and technological changes impact specific careers (e.g., construction worker, automotive technician, meteorologist, food service industry). □ PL-07-4.3.02 Students will explain the purposes of technology tools (e.g., word processing, data bases, spreadsheets, Internet, email, automated phone systems) and analyze how these impact productivity in homes, school and jobs. DOK 3 □ PL-07-4.3.03 Students will explain skills used in the classroom and workplace: □ Letter writing (business letter) □ Nonverbal communication skills (e.g., body language, personal appearance, facial expression, posture, dress) □ Verbal skills □ Interview skills (e.g., friendly greeting, maintain eye contact, show enthusiasm about the job, respond positively and honestly, plan questions to ask, listen		

GRADE 7 PL/Vocational	Units 4: Education Pays Off: Learn Something		Suggested Length:
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and Assessment Student will:
	carefully, thank interviewer). DOK 2		
GRADE 7	Unit 5: Reproduction/Sexuality		Suggested Length: 3 weeks
PL/Vocational			1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and Assessment Student will:
	Program of Studies		
 What physical changes take place during adolescence? What mental and emotional growth occurs during adolescence? How will you grow socially during adolescence? 	 □ HE-6-3 describe physical, emotional, and social changes that occur during puberty. □ HE-6-4 identify abstinence as the only sure means of preventing pregnancy and STDs. □ HE-7-3 describe physical, emotional, and social changes that occur during puberty. □ HE-7-4 describe the structure and function of the reproductive system. □ HE-7-6 recognize abstinence as the only sure means of preventing pregnancy and STDs. □ HE-8-3 describe the structure and function of body systems (e.g., reproductive, digestive, circulatory). □ HE-8-4 identify abstinence as the only sure means of preventing pregnancy and STDs. 	□ Bulimia □ Anorexia □ Respect □ Empathy □ Cooperation □ Compromise □ Collaboration	 □ Write a letter to your parents explaining from your perspective, the physical, emotional/intellectual, and social changes that occur during adolescence, as well as the problems associated with those changes. 1.2.04 DOK 2 □ PORTFOLIO ENTRY: In an editorial piece for the school newspaper, explain to your peers how sexual abstinence makes your life less complicated. 1.2.03 DOK 2 □ "Risks" Presentations: Partners explain in a 3-5 minute skitone risky behavioral choice, along with a minimum of 5 possible consequences of choosing that behavior. 1.2.03 DOK 2 □ PARTNERS (ONE ACT PLAY): □ Create a conflict.
4. What parts make up the male	Core Content		Resolve conflict through compromise, collaboration, and negotiation. 1.1.02 DOK 2
reproductive system?	□ PL-07-1.1.02 Students will recommend and justify effective strategies (e.g., communication, problem solving, decision		
5. How does the male reproductive system work?	making, refusal skills, anger management, conflict resolution) for responding to stress, conflict, peer pressure, and bullying. DOK 2		
6. How does the female reproductive	□ PL-07-1.1.03 Students will describe physical, social, and emotional changes (e.g., growth spurts, peer influence, self-confidence, mood swings) that occur during adolescence.		

GRADE 7		Un	it 5: Reproduction/Sexuality		Suggested Length: 3 weeks
PL/Vocational					
Essential Question	ns		Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and Assessment
					Student will:
system work?			PL-07-1.1.05 Students will identify the		
			benefits (e.g., preventing pregnancy,		
7. What is			preventing STDs, maintaining self-esteem) of		
menstruation?	?		abstaining from sexual activity.		
			PL-07-1.1.08 Students will explain risks		
			associated with unhealthy habits and		
			behaviors (e.g., substance use/abuse of		
			tobacco, alcohol, inhalants, illegal drugs,		
			prescription drugs, dietary habits/eating		
			disorders, irregular exercise habits, sexual		
			activity). DOK 2		
			PL-07-1.1.09 Students will explain causes,		
			symptoms, and prevention of social (e.g.,		
			not getting along with others, disagreeable,		
			being uncooperative), mental, and		
			emotional problems (e.g., depression,		
			anxiety, eating disorders). DOK 2		

GRADE 7	Unit 6: Exercise and Fitness		Suggested Length: 3 weeks
PL/Vocational			
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and Assessment
			Student will:
*Continuation of	Program of Studies		
Grade 5 and 6			
Psychomotor and	☐ HE-7-1 examine how respect, rules,	Body composition	☐ Open-Response: Regular physical activity or exercise is
Fitness Units.	communication, and cooperation enable	□ Posture	good for the heart, mind, and body.
	groups to function effectively.	Cardio respirator	 Explain 3 physical benefits received from regular
	☐ HE-7-2 demonstrate conflict resolution	fitness	physical activity.
	strategies.	□ Respiration	 Compare and contrast one social and one
	☐ HE-7-3 describe physical, emotional, and	Perspiration	emotional/mental benefit gained from participation
	social changes that occur during puberty.	□ Aerobic	in regular physical activity or sports. In your
	☐ HE-7-4 describe the structure and function of	□ Anaerobic	opinion, which is more important (justify your
	the reproductive system.	□ Strength	answer). 2.2.01 DOK 1
	☐ HE-7-5 determine procedures for dealing	□ Endurance	☐ Develop your own fitness program, which incorporates
	with unsafe and threatening situations.	□ Flexibility	the 5 components of fitness. Then utilizing the "FITT
	☐ HE-7-9 identify ways to become an	□ FITT PRINCIPLE	Principle" Explain how your program will be executed
	'intelligent health consumer.'	(Frequency Intensity	on a weekly basis. 2.3.01 DOK 2

GRADE 7	Unit 6: Exercise and Fitness		Suggested Length: 3 weeks
PL/Vocational Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and <u>Assessment</u> Student will:
	 □ HE-7-10 □ determine the role nutrients play in developing healthy individuals. □ HE-7-11 investigate health and safety hazards at home, school, and play. □ HE-7-12 follow safe traffic/transportation practices. Core Content	Type Time) Essential nutrients Continuation of Grade 6 vocabulary	PORTFOLIO ENTRY: Write an editorial for the school newspaper for incoming 5 th graders to ease their transition to the middle school. □ Discuss what you feel are 3 most important social skills for making new friends at B.C.M.S. □ Discuss positive behavioral choices related to diet, exercise, and rest. Which will help them to succeed and feel confident at B.C.M.S. □ Finally, explain 2 effective strategies to being a successful student at our school. 1.1.01 DOK 2,
	□ PL-07-2.2.01 Students will describe the physical, emotional/mental, and social benefits gained from regular participation in leisure/recreational, or competitive physical activities:		1.2.01 DOK 2, 1.2.06 DOK 2,3 ☐ Open-Response: ☐ Explain the 2 key recommendations made in the Dietary Guidelines for Americans 2006. ☐ What are the long-term effects of not following these guidelines? 1.3.02 DOK 2
	Physical benefits: (e.g., Weight management, muscular strength, muscular endurance, flexibility, cardio-respiratory/cardiovascular endurance, control of body movements, stress reduction body		 □ Partners will create a 3-5 role play responding to a variety of life-threatening emergencies: □ Choking □ Broken bones □ Shock □ Poisoning
	composition, decreased resting heart rate, reduced cholesterol levels) Social benefits: (e.g., Positive interactions with others, respect for self and others, enjoyment, self-expression, group interaction) Emotional/mental benefits: (e.g., Improved confidence, increased self-		☐ Bleeding ☐ The correct emergency response (situation, calling 911, poison control, ect. will be evaluated.) 1.4.02 DOK 2
	esteem, stress reduction, self- expression). DOK 1 PL-07-2.2.03 Students will explain the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory/ cardiovascular endurance) and how the FITT Principle (Frequency, Intensity,		

GRADE 7 PL/Vocational	Unit 6: Exercise and Fitness		Suggested Length: 3 weeks
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and Assessment Student will:
	Type, Time) can be used to maintain and improve fitness. DOK 2 PL-07-1.1.01 Students will explain the importance of effective social interaction skills (e.g., respect, self-advocacy, cooperation, communication, identifying and being open to different perspectives and points of view, empathy, friendship). DOK 2 PL-07-1.1.04 Students will explain basic structures and function of the reproductive system as it relates to the human life cycle. PL-07-1.1.06 Students will describe how individual behavior choices and habits relating to diet, exercise, rest, and other choices (e.g., tobacco, alcohol, illegal drugs) affect various body systems (e.g., circulatory, respiratory, nervous, digestive). DOK 2 PL-07-1.1.10 Students will describe resources (e.g. guidance counselors, drug counselors,		Student witt.
	parents, teachers) that are helpful for individuals seeking treatment or counseling for negative behaviors or addictions (e.g. drug addiction, eating disorders). PL-07-1.1.11 Students will recommend effective self-management and coping strategies (e.g., goal-setting, time-management, personal learning styles and preferences, decision-making) for maintaining mental and emotional health. DOK 2 PL-07-1.2.01 Students will explain how nutrients (protein, carbohydrates, fats, minerals, vitamins, water) are important for the growth and development of healthy bodies (e.g., strong bones and muscles, energy, healthy organs).		

GRADE 7	Unit 6: Exercise and Fitness		Suggested Length: 3 weeks
PL/Vocational			
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and <u>Assessment</u> Student will:
	□ PL-07-1.2.02 Students will describe key		Simich wit.
	recommendations made in the <i>Dietary</i>		
	Guidelines for Americans and explain how		
	these recommendations contribute to good		
	health. DOK 2		
	□ PL-07-1.3.01 Students will explain how		
	health hazards (e.g., firearms, motorized		
	vehicles, or potentially unsafe or threatening		
	situations) and safety practices (e.g., walking		
	in opposite direction of violence, staying calm		
	in dangerous situations, wearing protective		
	gear, notifying appropriate authority) may		
	influence their personal health.		
	□ PL-07-1.302 Students will describe basic		
	first-aid procedures for responding to a		
	variety of life-threatening emergencies		
	(e.g., choking, broken bones, shock,		
	poisons, burns, allergic reactions,		
	bleeding). DOK 2		
	□ PL-07-2.1.01 Students will apply a		
	combination techniques of locomotor and		
	nonlocomotor skills which are necessary for		
	the improvement of transitional motor skills		
	(e.g., punting, serving, dribbling):		
	locomotor - moving from one place to		
	another (e.g., running, skipping, hopping)		
	□ nonlocomotor - stationary (e.g., bending,		
	stretching, twisting) movements		
	□ PL-07-2.1.02 Students will interpret the role		
	that principles of motor skill refinements		
	(e.g., accuracy, technique, movement) have in		
	skill development.		
	□ PL-07-2.2.02 Students will access and		
	describe techniques (e.g., practice, lessons,		
	videos, drills, peer/teacher review, self-		
	evaluation) are used for improving		
	performance in games and sports.		
	□ PL-07-2.2.4 Students will describe how		

GRADE 7	Unit 6: Exercise and Fitness		Suggested Length: 3 weeks
PL/Vocational			
Essential Questions	Program of Studies and Core Content	Key Terms and Vocabulary	Classroom Instruction and Assessment
			Student will:
	offensive and defensive strategies are used in		
	games and sports.		
	□ PL-07-2.2.05 Students will identify rules of		
	behavior and fair play (e.g., accepting		
	authoritative decisions, assessing one's own		
	performance level, accepting skills and		
	abilities of others through verbal and		
	nonverbal actions for spectators and/or		
	participants) that are necessary during games		
	and sports.		