



Recommended 7th Grade Curriculum Framework

Content: Health Education – Grade 7

Topic: Behavioral Choices and Habits (Weeks 5-7)

Content (What do your students need to KNOW?)	Demonstrators (What do your students need to be able to DO?)	Assessment (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	Activities (HOW will you teach it?)	Resources (What MATERIALS will you need?)	Differentiation (How will you reach the DIVERSITY of learners?)	Literacy Connection (How will you use READING and WRITING with this material?)
<p>PL-M-1.3.1 Diet, exercise, rest, and other choices (e.g., tobacco, alcohol, and other drug use) affect body systems (e.g., circulatory, respiratory, digestive).</p> <p>PL-M-1.3.4 There are risks associated with unhealthy habits and behaviors (e.g., substance use/abuse, dietary habits, irregular exercise habits, sexual activity) that affect the physical health of adolescents.</p>	<p>Personal Wellness</p> <p>AE 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> Select behaviors and make lifestyle choices to prevent or minimize the risk of disease. <p>CA Identify health habits that effect personal health and wellness.</p>					



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