

**RIDGECROFT SCHOOL
HEALTHFUL LIVING/PHYSICAL EDUCATION
GRADE 7**

PACING GUIDE

TOPICS/CONCEPTS	TIME	OBJECTIVES	RESOURCES: Teen Health, (Glencoe, 2003)
FIRST GRADING PERIOD	30 DAYS		
Learning about your health	15		Chapter 1
Taking Responsibility for your Health	15		Chapter 2
SECOND GRADING PERIOD	30 DAYS		
Physical Activity and Fitness	10		Chapter 3
Food and Nutrition	10		Chapter 4
Personal Health and Consumer Choices	10		Chapter 5
THIRD GRADING PERIOD	30 DAYS		
Growth and Development	10		Chapter 6
Mental and Emotional Health	10		Chapter 7
Social Health: Family and Friends	10		Chapter 8
FOURTH GRADING PERIOD	30 DAYS		
Resolving Conflicts and Preventing Violence	10		Chapter 9
Tobacco	10		Chapter 10
Drugs and Alcohol	10		Chapter 11
FIFTH GRADING PERIOD	30 DAYS		
Understanding Communicable Diseases	15		Chapter 12
Noncommunicable Diseases	15		Chapter 13
SIXTH GRADING PERIOD	30 DAYS		
Personal Safety and Injury Prevention	15		Chapter 14
The Environment and Your Health	15		Chapter 15

NC STANDARD COURSE OF STUDY – GRADES 6-8 FOCUS AREAS

SIXTH GRADE	SEVENTH GRADE	EIGHTH GRADE
<ul style="list-style-type: none"> • Decision making • Assertive refusal and negotiation skills • Manipulative skills that impact the quality of movement patterns • Dietary guidelines for Americans • Relationship between food consumption, physical activity levels, and body weight • Social and physical consequences of alcohol, tobacco, and other drug use • Appreciation for creative aspects of skilled performance in school, home and community • Setting realistic physical activity goals and a plan to obtain them • Resolving interpersonal conflicts in a non-combative way 	<ul style="list-style-type: none"> • Stress management • Media literacy • Basic first aid and injury prevention • Healthy vs unhealthy relationships • Weight management • Social, emotional, physical, and economic consequences of tobacco, alcohol, and other drug use • Demonstrate a more advanced level of competency of manipulative skills that impact the quality of movement patterns • Utilizes strategy development for improved personal fitness 	<ul style="list-style-type: none"> • Fads affect health • Heimlich maneuver and CPR • Media literacy • Signs and symptoms of depression • Balancing caloric intake with expenditure • Eating disorders • Performance enhancing drugs • Effect of drugs and alcohol • Student’s workout at a vigorous exercise rate for 60 minutes daily • Utilize technology to research personal wellness • Advanced skill in team, individual, or dual activities including dance. • Knowledge for a safe environment to participate in physical activity

8/1/06