

7th grade Health- Scope and Sequence

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Terms	Skill/Standard	Content	Approx. # of classes
1 or 3	<p><u>Self-Management</u></p> <p>National 7.8.2: Demonstrates healthy practices and behaviors that will maintain or improve the health of self.7.8.3: Demonstrate behaviors to avoid or reduce health risks to self.</p> <p>MA Standard 8.2.MH.4 - Demonstrate techniques to independently manage emotions in a variety of settings. 8.2.MH.5 - Demonstrate behaviors that will maintain or improve the mental and emotional well-being of self and others. 8.2.MH.6 - Explain possible outcomes of expressing or repressing emotions. 8.2.MH.11 - analyze and demonstrate strategies for planning, prioritizing and managing time.8.2.MH.7 Examine how various coping strategies may help or harm health. 8.2.MH.8 Apply health promoting coping and stress management strategies.</p>	<ul style="list-style-type: none"> • Depression Awareness (Erika's Lighthouse) • Stress/ Teenage Stressors • Positive Coping Skills • Mindful Activities 	10
1 or 3	<p><u>Analyzing Influences</u></p> <p>National Standards: 2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors 2.8.3 Describe how peers influence healthy and unhealthy behaviors.2.8.5 analyze how messages from a social media influence health behaviors.</p> <p>MA Standards -8.5.PS.1 -Analyze how various influences (e.g., peers, family, culture, society, school and community policies) impact the safety of adolescents in a variety of situations (including during physical activity). [HPE] 8.5.PS3 - Analyze how sharing or posting personal information electronically about self or others (e.g., chat groups, email, texting, sexting, websites, social media, phone and tablet applications) can impact the safety of self or others.</p>	<ul style="list-style-type: none"> • Social Media Safety • Body Image 	10
2 or 4	<p><u>Decision Making</u></p> <p>National Standard 5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process. 5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.</p> <p>MA Standards: 8.1.SU.1-Thoughtfully apply a decision making process to situations or to problems relating to an illegal drug use.</p> <p>8.1.SU.2-Determine when situations or problems related to illegal drugs might require assistance and identify possible options in how to respond.</p>	<ul style="list-style-type: none"> • Alcohol • Marijuana 	10
2 or 4	<p><u>Accessing Valid Information</u></p> <p>National Standards: 3.8.1 Analyze the validity of health information, and products. 3.8.2 Access valid health information from home, school, and community.</p> <p>MA Standard- 8.7.NE.2- Analyze a variety of influences (e.g., media, peers, family, culture, stigmas, school, economics, food access, food production and cultivation) on nutrition-related beliefs and behaviors, and today's society. 8.7.NE.4 Articulate a health-promoting position on a nutrition-related topic and support the claim with accurate information.</p>	<ul style="list-style-type: none"> • Nutrients • Food Labels 	10

