

**Link Community Charter School
Grade 7-8 Health Scope and Sequence**

Unit Description/ Topic	Standards: CCCS	Essential Questions	Key Skills: What will students be able to do	Content: What will students know	Resources:
Q 1 Introduction to Health and Wellness	2.1.8.A.1 SWBAT Assess and apply health data to enhance each dimension of personal wellness	Why is it important to make healthy choices?	Class Intro Assessing Health Knowledge Making Healthy Choices Social Norms	Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly	Open Source Materials
Q 1 Communication	2.2.8.A.1 SWBAT Compare and contrast verbal and non verbal interpersonal communication strategies in a variety of settings and cultures	How do interpersonal relationships impact our risk taking behaviors?	Effective Communication Active Listening Saying "No" Skits	Effective interpersonal communication encompasses respect and acceptance for individuals regardless of gender, sexual orientation, visibility, ethnicity, socio-economic background, religion, and/or culture	Open Source Materials
Q 2 Decision Making and Problem Solving	2.2.8.B.1 SWBAT Predict social situations that may require the use of decision making skills	Why do our health decisions have long lasting impact?	Decision Making Model Living with Decisions Mind Mapping Perspective	Every health related decision has short and long term consequences and effects the ability to reach health goals	Open Source Materials
Q 2 ATOD	2.3.8.B.1 SWBAT Compare and contrast the physical and behavioral effects of commonly abused substances by adolescents	How are risk taking behaviors associated with drug and alcohol use?	Drug use and abuse Signs of drug Dependence Researching drug information Skits External Influences Be "Media Smart"	There's a strong relationship between individuals who abuse drugs and increased intentional and unintentional health-risk behaviors	Open Source Materials

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Q 3 Stress Management	2.1.8.E.4 SWBAT Compare and contrast stress management strategies that are used to address various types of stress-induced situations	How can we cope with stress through meditation and other holistic approaches?	Depression Teen Suicide Stress Management Relxation Techniques	Stress management skills impact an individual's ability to cope with different types of emotional situations	Open Source Materials
Q 3 Social and Anti-Social Behaviors	2.1.8.E.1 SWBAT Analyze how personal assets, resiliency, and protective factors support healthy social and emotinal health	How do our relationships impact our overall health?	Healthy Relationships Hurtful Relationships Conflict Resolution Dating Violence Social Skills Anti-Social Behaviors	Social and emotional development impacts all components of wellness	Open Source Materials
Q 4 Physical Activity and Nutrition	2.1.8.B.1 SWBAT Analyze how culture, health status, age, and eating environment influence personal eating patterns and recommend ways to provide nutritional balance	How does what we put in our body affect our health?	Fitness FITT Rule Skits Dietary Guidelines Nutrition Facts Labels Nutrients Nutrition Reviews	Eating patterns are influenced by a variety of factors	Open Source Materials

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Q 4 Environment	2.2.8.D.1 SWBAT Plan and implement Volunteer activities to benefit and local, state, notional, or world health initiative	How does communication aide in having a heathly lifestyle?	Caring for our Planet Advocacy Projects Poster Presentations	Effective advocacy for health or social issue is based on communicationg accurate and reliable research about the issue and developing and implementing strategies to motivate others to address the issue	Open Source Materials