

Grade 7

Adopted 2011

Physical Education and Leisure

2: Movement Concepts: Students shall understand movement concepts, principles, and strategies that apply to the performance of physical activity.

Body Awareness

1. Execute more advanced musculoskeletal techniques of movement necessary to perform a variety of activities [PEL.2.7.1](#)

Spatial Awareness

2. Examine spatial awareness while performing a variety of physical activities [PEL.2.7.2](#)

Balance and Weight Bearing Activities

3. Practice and refine the sequences of rolling, balance, and weight transfer demonstrating smooth transition [PEL.2.7.3](#)

Rhythms and Dance

4. Select alternative steps for established dance routines [PEL.2.7.4](#)

Knowledge and Strategies

5. Exhibit appropriate rules and strategies for competition in individual, dual, team, and recreational sports and activities [PEL.2.7.5](#)

Academic Integration

6. Integrate academic content into physical activities [PEL.2.7.6](#)

3: Health-Related Fitness: Students shall understand how health-related fitness can improve individual health.

Cardiorespiratory Endurance

1. Participate in individual cardio-respiratory endurance activity [PEL.3.7.1](#)
2. Develop and follow a personal fitness plan that integrates the FITT principle:
FrequencyIntensityTimeType [PEL.3.7.2](#)

Body Composition

3. Develop and use physical activities to improve body composition [PEL.3.7.3](#)

Flexibility

4. Develop flexibility to decrease incidents of injury [PEL.3.7.4](#)

Muscular Strength and Endurance

5. Explore a variety of muscle building activities [PEL.3.7.5](#)

Student Fitness Outcomes

6. Participate in a nationally recognized health-fitness assessment:cardio-respiratory endurancebody compositionmuscular strength and enduranceflexibility [PEL.3.7.6](#)

4: Lifetime Activities and Recreation: Students shall understand the importance of health benefits and enjoyment from participating in lifetime recreational activities.

Benefits of Lifetime Activities

1. Compare and contrast individual choice of activity and how it may change throughout life [PEL.4.7.1](#)

Lifetime Sports and Recreation

2. Discuss the way environment influences recreational and career choices [PEL.4.7.2](#)

5: Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior that respects self and others in physical activity settings.

Personal Behavior

1. Accept and respect the decisions made by game officials and other authority figures [PEL.5.7.1](#)

Social Behavior

2. Analyze the role of physical activity in understanding individual differences [PEL.5.7.2](#)
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Health and Wellness

6: Human Growth and Development Students shall understand characteristics relating to growth and development.

Body Systems

1. Examine the interaction between the body systems [HW.6.7.1](#)
 2. Examine changes that occur during adolescence [HW.6.7.2](#)
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7: Disease Prevention: Students shall understand components related to disease prevention and exhibit behaviors to promote health.

Communicable and Noncommunicable Diseases

1. Identify ways individuals can reduce risk factors related to communicable and chronic diseases [HW.7.7.1](#)
 2. Demonstrate ways individuals can reduce risk factors related to disease [HW.7.7.2](#)
 3. Recognize the warning signs of cancer:
 - change in bowel or bladder habitsa sore that does not healunusual bleeding or dischargethickening or lump in the breast or elsewhereindigestion or difficulty swallowingobvious change in a wart or molenagging cough or hoarseness [HW.7.7.3](#)
 - 4. Discuss the physical and social consequences associated with sexually transmitted infections (STIs) contraction [HW.7.7.4](#)
 - 5. Describe specific symptoms of STI [HW.7.7.5](#)
 - 6. Identify ways to prevent and treat STIs [HW.7.7.6](#)
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8: Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.

Health Information, Services, and Products

1. Research community resources for diagnosing and treating health issues [HW.8.7.1](#)

Environmental and Community Health

2. Identify available resources that provide information which promotes environmental and community health [HW.8.7.2](#)

Media and Technology

3. Discuss the validity of media messages before the purchase of products [HW.8.7.3](#)

9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

Interpersonal Relationships and Human Sexuality

1. Recognize the consequences of sexual interaction:
 - emotional
 - social
 - physical HW.9.7.1
2. Develop solution skills for conflict:
 - avoidance
 - resolutions
 - confrontation HW.9.7.2
3. Model refusal skills that may be used when pressured to exhibit inappropriate behavior HW.9.7.3
4. Identify the benefits of abstinence as it relates to risky behaviors HW.9.7.4

10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

Medicine

1. Predict how misuse of medication could lead to dependency [HW.10.7.1](#)

Tobacco

2. Chart the damage to different body systems caused by longterm tobacco use [HW.10.7.2](#)
3. Identify the legal issues and consequences of under-age use, possession, and purchase of tobacco products [HW.10.7.3](#)
4. Analyze how messages from media sources influence tobacco use [HW.10.7.4](#)

Alcohol

5. Explain diseases caused by alcohol abuse:
 - alcoholism
 - cirrhosis of liver
 - fetal alcohol syndrome (FAS)[HW.10.7.5](#)
6. Identify the legal issues and discuss the consequences of alcohol use and/or possession:
 - under age
 - blood alcohol concentration (BAC)
 - driving under the influence (DUI)[HW.10.7.6](#)

Other Drugs

7. Identify the physical, emotional, and social effects of the following drugs:
 - prescription drugs
 - crystal methamphetamine
 - "date-rape drug"
 - performance-enhancing drugs
 - marijuana
 - over-the-counter drugs
 - other dangerous drugs[HW.10.7.7](#)
8. Discuss legal boundaries involved with the use and abuse of each drug category [HW.10.7.8](#)
9. Analyze the legal and social consequences of repetitive illicit drug offenses [HW.10.7.9](#)

Refusal Skills and Prevention Strategies

10. Discuss the different prevention strategies used to avoid addictive substances [HW.10.7.10](#)
11. Identify family, peer, legal, and cultural influences in avoiding the use of all addictive substances [HW.10.7.11](#)

11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

Personal Health

1. Examine skills necessary to manage mental and emotional health:defense mechanismsself-talk coping skillsstress management HW.11.7.1
2. Discuss the warning signs of depression and suicidal thoughts HW.11.7.2
3. Discuss the benefits of safe behavior and the consequences of risky behavior HW.11.7.3
4. Identify suicide prevention strategies:counselinghot-linetrusted adult HW.11.7.4

Personal Hygiene

5. Examine the importance of good hygiene as the body develops HW.11.7.5

Oral Health

6. Identify diseases related to poor oral health:dental cavitiesgingivitisleukoplakiaperiodontitishalitosis HW.11.7.6
7. Describe the hazards of specific tobacco products on oral health HW.11.7.7
8. Discuss the risks of oral piercing on oral health HW.11.7.8

Safety

9. Practice safety procedures for the following:weathertransportationfoodfirerecreational (e.g., swimming, boating, camping, hunting, biking) HW.11.7.9
10. Model first aid and emergency procedures using role playing, skits, or another performance-based method HW.11.7.10
11. Develop responses to avoid situations that threaten personal safety:using conflict resolutionreporting bullying and sexual harassmenttraveling in pairs HW.11.7.11
12. Identify individuals and other sources to help and report abuse HW.11.7.12

12: Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.

Healthy Eating Habits

1. Identify factors that influence food choices:
 - time
cost/availabilityculturelocationpeers
mediafamilybody image HW.12.7.1
 - 2. Discuss a personal eating plan and physical activity schedule for weight management HW.12.7.2

Food and Nutrition

3. Explain how nutrients affect risk factors for the following four common chronic diseases:
 - cancercardiovascular disease
osteoporosistype II diabetes HW.12.7.3
 - 4. Analyze a daily nutrition log based on Nutrition Facts labels HW.12.7.4
 - 5. Describe causes, symptoms, consequences, and treatments for the three most common eating disorders:
 - bulimiaanorexia nervosa
binge eating HW.12.7.5