



BOE Approved 8/18

# Cliffside Park Public Schools

**GRADE: 7-8**    **SUBJECT: Health**

<p><b>Unit Name: Health</b></p> <p><b>Duration: 45 Days</b></p>		
<p><b>Essential Questions:</b></p>	<p><b>Health A 7th Grade</b></p> <p>Effective communication skills foster positive relationships.</p> <p>How do we learn to understand and respect diversity in relationships?</p> <p>How do we know when a relationship is not worth saving?</p> <p>How do you know when the time is right for you to become sexually active?</p> <p>Why does the United States have such a high incidence of unintended pregnancies and sexually transmitted infections?</p> <p>How do you know when you are ready to have a child. ?</p> <p>How do internal and external influences on personal, emotional, mental and social</p>	<p>Health B 8th grade</p> <p>How do I meet my personal health goals?</p> <p>How does your role in the community change as you grow?</p> <p>How do you effectively interact with people of different sexual identity and orientation and within your own relationships?</p> <p>How are STI's treated?</p> <p>How do heart healthy behaviors reduce the risk associated with heart disease?</p> <p>How can healthy practices help reduce the chance of cancer?</p> <p>How does the use of drugs affect your physical, mental, emotional, and social health?</p> <p>How do I meet my personal nutrition and fitness goals?</p> <p>How do you avoid a potentially dangerous situation? How do you respond to an emergency situation?</p>



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	<p>wellness affect your overall health?</p> <p>How do you effectively respond to changes that take place during adolescence?</p> <p>How can your everyday actions prevent the spread of STI's?</p> <p>How do high risk behaviors affect overall health?</p> <p>How does the use of drugs affect the user and the people around them</p>	<p>What are the risks and responsibilities when you share online in a relationship?</p> <p>How do people in romantic relationships communicate using digital technologies?</p> <p>What are the positive impacts people have using the internet and cell phones in a romantic relationship? Negative impacts?</p> <p>Why should sexting be illegal?</p>
<p><b>Enduring Understandings</b></p>	<ul style="list-style-type: none"> <li>• Positive family relationships prepare you for your future relationships and improve your overall health.</li> <li>Effective communication skills foster positive relationships.</li> <li>Natural changes occur to your body during adolescence.</li> <li>Changes to your body during adolescence require responsible decision making.</li> <li>Sexually transmitted infections are spread by sexual contact</li> </ul>	<p>Physical, mental, emotional and social aspects of health are essential to be a healthy person</p> <p>Community roles change as you grow</p> <p>Various sexual identities exist in our society and require responsible decision making and communication</p> <p>Certain STI's are curable, some are not. Heart disease and Cancer are leading causes of death in the US.</p> <p>The use and abuse of alcohol, tobacco, and other drugs impacts the individual as well as others</p>



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	<p>and are preventable by positive health behaviors.</p> <p>The use and abuse of alcohol, tobacco, and other drugs impacts the individual as well as others</p> <p>Proper nutrition and daily physical activity are essential to be a healthy person.</p>	<p>Proper nutrition and daily physical activity are essential to be a healthy person.</p> <p>Recognizing how to prevent and respond to emergency situations can protect your overall health.</p> <p>Self-disclosure includes telling a secret about one's self, or sharing information about one's family, childhood, etc.</p> <p>Self-disclosure can bring people closer together because it helps them learn about one another while also signaling trust.</p> <p>Many states prohibit sending or receiving sexual images of minors.</p> <p>Sharing any images/videos online can be copied, pasted, forwarded, etc without the permission of the owner.</p>
<p>Relevant Standards</p>	<ul style="list-style-type: none"> <li>• <b>2.1.8.A.2 Compare and contrast the impact of genetics, family history, personal health practices, and environment on personal growth and development in each life stage.</b></li> <li>• <b>2.1.8.B.1 Analyze how culture, health status, age, and eating environment influence personal eating patterns and recommend ways to provide nutritional balance.</b></li> <li>• <b>2.1.8.C.3 Analyze the impact of mental illness (e.g., depression, impulse disorders such as gambling or shopping, eating disorders, and bipolar disorders) on physical, social, and emotional well-being.</b></li> <li>• <b>2.1.8.D.2 Describe effective personal protection strategies used in public places and what to do when one's safety is compromised.</b></li> <li>• <b>2.1.8.E.4 Compare and contrast stress management strategies that are used to address various types of stress-induced situations.</b></li> </ul>	



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**Interdisciplinary Connections : ELA,History, Math, Literacy, Science**

*SCIENCE: LS1A Structure & Function*

2.3A Medicine

2.3B Alcohol, Tobacco & Other Drugs

*SCIENCE: LS1B Growth & Development of Organisms*

2.1A Personal Growth & Development

2.1C Disease

2.2E Health Services

2.3A Medicine

2.3B Alcohol, Tobacco & Other Drugs

2.4B Sexuality

2.4C Pregnancy & Parenting

*SCIENCE: LS1C Organization for Matter & Energy Flow in Organisms*

2.1B Nutrition



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### *SOCIAL STUDIES:*

Similar connections may be made between social studies content areas (6.3) and the following areas of content such as (2.2A) interpersonal communication skills, (2.1E) social, (2.2E) health services and (2.4A) relationships.

### LANGUAGE ARTS LITERACY

Students in physical education and health classrooms are provided with the opportunity to address CCSS in literacy, specifically “Grades 6-12 Literacy in History/Social Studies, Science and Technical Subjects” with a focus on analysis of non-fiction text and writing.

#### CCSS.ELA-LITERACY.CCRA.W.4

Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

#### CCSS.ELA-LITERACY.CCRA.W.6

Use technology, including the Internet, to produce and publish writing and to interact and collaborate with others.

#### CCSS.ELA-LITERACY.CCRA.W.8



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Gather relevant information from multiple print and digital sources, assess the credibility and accuracy of each source, and integrate the information while avoiding plagiarism.

CCSS.ELA-LITERACY.CCRA.W.9

Draw evidence from literary or informational texts to support analysis, reflection, and research.

CCSS.ELA-LITERACY.CCRA.W.10

Write routinely over extended time frames (time for research, reflection, and revision) and shorter time frames (a single sitting or a day or two) for a range of tasks, purposes, and audiences.

CCSS.MATH PRACTICES 1 and 2

Make sense of problems and reason abstractly during physical education classes and health data analysis goal setting.

WIDA English Language Development Standard 1

English language learners communicate for social and instructional purposes within the school setting.

**Tier 2 Vocabulary: Demonstrate, Analyze, Application, Perform, Recall, Evaluate, Irrelevant**

**Tier 3 Vocabulary: Digression, Aesthetic, Exemplary, Allocate**



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<b>Core Instructional Materials/Resources/Digital Tools: Internet, Web Quests, wireless laptop computers, SMART Boards, digital tools, video streaming, podcasting</b>	
<b>21<sup>st</sup> Century Themes and Skills:</b>  <b>(CRP Standards)</b>	<b><u>To apply the standards that apply copy and paste from the link.</u></b>  12 Career Ready Practices follow the link below.  <a href="http://www.state.nj.us/education/cccs/2014/career/CareerReadyPractices.pdf">http://www.state.nj.us/education/cccs/2014/career/CareerReadyPractices.pdf</a>  CRP2. Apply appropriate academic and technical skills.  CRP3. Attend to personal health and financial well-being.  CRP4. Communicate clearly and effectively and with reason
<b>8.1 Educational Technology</b>  <b>8.2 Technology Education, Engineering, Design, and Computation</b>	<a href="http://www.state.nj.us/education/cccs/2014/tech/8.pdf">http://www.state.nj.us/education/cccs/2014/tech/8.pdf</a> 8.1.12.A.1 Create a personal digital portfolio which reflects personal and academic interests, achievements, and career aspirations by using a variety of digital tools and resources. Select and use applications effectively and productively.  8.1.12.A.2 Produce and edit a multi-page digital document for a commercial or professional audience and present it to peers and/or professionals in that related area for review  <div style="border: 1px solid black; height: 30px; width: 100%;"></div>



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<p><b>Assessments and Performance Tasks:</b></p>	<p>Projects, written and/or oral responses, self-assessments, multi-media presentations.</p> <p>Student periodicals, health websites, public health resources, teacher-created resources</p> <p>perform the physical Fitness testing all year and log their improvement.</p>	
<p><b>Differentiation/Accommodations/Modifications</b></p>		
<p><b>Gifted and Talented</b></p>	<p><b>English Language Learners</b></p>	<p><b>Students at Risk of School Failure</b></p>
<p><i>(content, process, product and learning environment)</i></p> <p><b>Extension Activities</b></p> <p>Conduct research and provide presentation of cultural topics.</p> <p>Design surveys to generate and analyze data to be</p>	<p><b>Modifications for Classroom</b></p> <p><b>Modifications for Homework/Assignments</b></p> <p>Modified Assignments</p>	<p><b>Modifications for Classroom</b></p> <p>Pair visual prompts with verbal presentations</p> <p>Ask students to restate information, directions, and assignments.</p> <p>Repetition and and practice</p>





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<p>used in discussion.</p> <p>Debate topics of interest / cultural importance.</p> <p>Authentic listening and reading sources that provide data and support for speaking and writing prompts.</p> <p>Exploration of art and/or artists to understand society and history.</p> <p>Implement RAFT Activities as they pertain to the types / modes of communication (role, audience, format, topic).</p> <p>Anchor Activities</p> <p>Use of Higher Level Questioning Techniques</p> <p>Provide assessments at a higher level of thinking</p>	<p>Native Language Translation (peer, online assistive technology, translation device, bilingual dictionary)</p> <p>Extended time for assignment completion as needed</p> <p>Highlight key vocabulary</p> <p>Use graphic organizers</p>	<p>Model skills / techniques to be mastered.</p> <p>Extended time to complete class work</p> <p>Provide copy of classnotes</p> <p>Preferential seating to be mutually determined by the student and teacher</p> <p>Student may request to use a computer to complete assignments.</p> <p>Establish expectations for correct spelling on assignments.</p> <p>Extra textbooks for home.</p> <p>Student may request books on tape / CD / digital media, as available and appropriate.</p>
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		<p>Assign a peer helper in the class setting</p> <p>Provide oral reminders and check student work during independent work time</p> <p>Assist student with long and short term planning of assignments</p> <p>Encourage student to proofread assignments and tests</p> <p>Provide regular parent/ school communication</p> <p>Teachers will check/sign student agenda daily</p> <p>Student requires use of other assistive technology device</p>
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		<p><b>Modifications for Homework and Assignments</b> Extended time to complete assignments.</p> <p>Student requires more complex assignments to be broken up and explained in smaller units, with work to be submitted in phases.</p> <p>Provide the student with clearly stated (written) expectations and grading criteria for assignments.</p> <p>Implement RAFT activities as they pertain to the types / modes of communication (role, audience, format, topic).</p> <p><b>Modifications for Assessments</b> Extended time on classroom tests and quizzes.</p> <p>Student may take/complete tests in an alternate setting as needed.</p> <p>Restate, reread, and clarify directions/questions</p>
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		<p>Distribute study guide for classroom tests.</p> <p>Establish procedures for accommodations / modifications for assessments.</p>
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