

**Health and Physical Education****HEALTH AND PHYSICAL EDUCATION
GRADE 7**

Counselors are available to assist parents and students with course selections and career planning. Parents may arrange to meet with the counselor by calling the school's guidance department.

COURSE DESCRIPTION

Health and Physical Education 7 focuses on the development of team and individual sport skills and improving students' levels of physical fitness. These include cooperative learning, individual and dual activities, team activities, dance and fitness, in order to maintain a healthy level of wellness. A fitness test will be administered each semester to determine a student's healthy wellness zone. Components tested are the pacer; curl-ups; trunk lift; push-ups; back saver sit and reach skills. The WELNET student/parent report will be accessible to parents/guardians via the web-based program WELNET located at www.focusedfitness.org. The report will be available in the fall after the completion of the initial pre-testing period and again in the spring, after the year-end post-testing period. Parents should be reminded to check the website for the student/parent report. Paper copies will be sent to parents who do not have internet access. All students will receive a parent report at the end of each semester.

Health topics include *Virginia Rules* program, formally *Class Action-Teens Learn and Live the Law*; Personal Fitness-Physical Fitness; Nutrition and Emotional Health-Nutrition/Diet; Health Risk Behaviors-Personal Safety, and Substance Abuse; Managing Personal and Family Health-Stress/Decision Making, Influences on Personal Health, and Healthy Behaviors; and Community Health and Wellness-First Aid, and Community Health.

The Family Life Education (FLE) program is implemented during the second semester of the health program. Prior to the start of the family life program, students receive information in their schools to take home to their parents/guardians. This information includes the dates of instruction for the program as well as more specific information related to the Opt-Out program. The Opt-Out program offers parents/guardians the opportunity to withdraw their children from the Family Life Education Program if they do not wish them to participate in some or all of the lessons. Since individual schools schedule the dates for their FLE instruction, deadlines for opting-out of the program will vary. However, requests must be in writing to be honored at any time during the Family Life program.

The seventh-grade Family Life Education program focuses on the topics of physiological changes in adolescence, sexual abstinence outside of marriage, family planning within the marriage and the development of friendships and relationships in connection while dating.

PREREQUISITE

None

OPTION FOR NEXT COURSE

Health and Physical Education, Grade 8

REQUIRED STUDENT TEXTBOOK

Teen Health: Course 2, Glencoe (2005)

Adapted physical education is provided for students certified by a doctor as being unable to participate in the regular program.

HEALTH GRADE 7

Personal Fitness

VA SOL

- 7.2 The student will describe and exhibit the behaviors associated with a physically active and healthy lifestyles.
- 7.2.b The importance of participating in recreational and leisure activities;
- 7.2.d The health benefits of regular physical activity and fitness;
- 7.2.e The impact of sleep and rest on physical and mental performance

VBO

- 7.1 The student will describe and exhibit the behaviors associated with a physically active and healthy lifestyles. **(SOL 7.2.b,d,e)**
- 7.1.1 Evaluate the importance of cardiovascular fitness.
- 7.1.2 Discuss various methods to monitor heart rate during exercise.
- 7.1.3 Evaluate the importance of muscular strength, endurance, and flexibility.
- 7.1.4 Examine the value of warm-up and cool-down.
- 7.1.5 Describe how the principles of frequency, intensity, type and time are factors in developing exercise programs.
- 7.1.6 Identify the different types of exercise programs.
- 7.1.7 Describe community resources related to fitness and exercise (i.e. recreation centers, state parks, amusement parks, swimming pools, beaches, bike trails, etc.)
- 7.1.8 Examine the health benefits of regular physical activity and fitness (i.e. relieves stress, promotes sleep, feeling of wellness, maintain weight, tone muscles, etc.);
- 7.1.9 Explain the impact of sleep and rest on physical and mental performance (i.e. rebuild and reenergize mind and body).

Nutrition and Emotional Physical Health

Nutrition/Diet

VA SOL

- 7.2.a The effects of nutrition on daily performance;

VBO

- 7.2 Examine the importance of selecting proper nutrients for a healthy diet. (Food sources and functions); (i.e. effect on physical performance, nutritious snacks, nutrient dense foods) **(SOL 7.2.a)**
- 7.2.1 Explain why breakfast is the most important meal of the day (describe a healthful breakfast).

Health Risk Behaviors

Personal Safety

VA SOL

- 7.1 The student will use knowledge of health concepts to make decisions related to personal safety and wellness.
- 7.1.a Alternatives to gang related behaviors and acts of violence
- 7.1.b Recognition of harmful and risky behaviors;

VBO Virginia Rules Program

1. Criminal Law Basics
 2. Introduction to Juvenile Justice
 3. Bullying
 4. Gangs
 5. Internet Safety
- 7.3 Deliver accurate, current law education curriculum for instructors of teens with the goal of reducing criminal and behavioral problems in schools and communities. **(SOL 7.1.a,b)**
 - 7.3.1 Provide a central resource for all agencies of the Commonwealth for teen and family law related education.
 - 7.3.2 Be a resource for teens and their parents for applicable law in the Commonwealth of Virginia.
 - 7.3.3 Encourage instructors to prioritize their instruction by viewing data available which will show statistics by school and student of behavioral and criminal problems.
 - 7.3.4 Provide downloadable work book information and lesson plans by subject to address individual instructor, school, school district, and community priorities for targeted behaviors and crimes.
 - 7.3.5 Provide a means of reviewing instruction which over time may have changed statistics reported by student, school

HEALTH GRADE 7

	district, and community.
7.3.6	Provide a resource which will encourage a community of adults and teens committed to positive character building across the Commonwealth.
<i>Substance Abuse</i>	
VA SOL	
7.2.c	Strategies for avoiding drugs, alcohol, tobacco, inhalants, and other harmful substances;
VBO	
7.4	Analyze the harmful effects of substance abuse on the body. (SOL 7.2.c)
7.4.1	Describe strategies for staying free from alcohol and other drugs (i.e. participate in healthy alternatives, choose friends wisely, refuse to use pledges/activities, school success).
7.4.2	Describe assertive behaviors for resisting peer pressure (saying no assertively, increasing loudness, deepening tone of voice, eye contact, stern facial expression, leaving the situation)
Managing Personal and Family Health	
<i>Stress/Decision Making</i>	
VA SOL	
7.1.c	The benefits of stress management and stress reduction techniques
7.1.d	Development of strategies for coping with disappointment
VBO	
7.5	Identify the effects of stress and list strategies that may reduce stress. (SOL 7.1.c,d)
7.5.1	Investigate common causes of stress.
7.5.2	Describe all the effects that stress may have on an individual's health.
7.5.3	Discuss various strategies to reduce stress (i.e. talking, redirect, accept what you cannot change, relax, spend time with friends, time management, planning, set realistic goals, humor, caring for pets, rest, etc.).
7.5.4	Analyze the role of exercise as a strategy to reduce stress.
7.5.5	Discuss strategies for coping with disappointment. (Anticipate situations in which disappointment may occur, i.e. expect something and it doesn't happen; discuss disappointment with parents and friends.)
<i>Influences on Personal Health</i>	
VA SOL	
7.1.e	Factors that affect school success;
7.1.f	The impact of difficult family situations;
7.1.g	Development of healthy interpersonal relationship;
7.3	The student will investigate and analyze the various factors that guide an individual's decisions about health and wellness.
7.3.a	The types of advertising techniques used to influence adolescents decisions;
7.3.b	The validity of information from different resources;
7.3.c	Family practices and customs
VBO	
7.6	The student will investigate and analyze the various factors that guide an individual's decisions about health and wellness. (SOL 7.1.e,f,g, 7.3.a,b,c)
7.6.1	Identify/interpret how cultures and family beliefs play a role in health choices that are made. (Food customs, physical activity practice, health care decisions, effects on individuals, family and groups).
7.6.2	Analyzes the factors that contribute to or detract from success in school. (Positive and negative factors that affect academic performance; i.e. sleep, home environment, nutrition, self image, school safety, study habits, mental and physical health, etc.)
7.6.3	Investigate and analyze persuasive advertising techniques used to influence adolescents buying decisions (i.e. infomercials, anti-smoking messages, encouraging milk consumption, misleading advertising, etc.)
7.6.4	Develop a process to validate reliability of health information from various sources (i.e. books, internet, advertising, nonprofit organizations, community, state and national agencies).
7.6.5	Investigate the impact of difficult family situations on individual family members (i.e. abusive behavior, financial problems, divorce, death, loss of pet, separations, birth of a baby, remarriage, etc.; anger, confusion, stress, insecure, etc.).

HEALTH GRADE 7

7.6.6	Explore strategies to adjust to difficult family situations (i.e. talking, redirect, avoid blaming, helping out with responsibilities, journaling, recognize grief as natural process, etc.)
7.6.7	Examine the importance of developing a meaningful interpersonal relationship (i.e. connections with others, promotes mutual respect, trust and understanding, good communication skills, compromise, good listener, supportive, empathy, honest, etc.)

Healthy Behaviors

VBO	
7.7	Examine the structure, function, care and problems of the eyes, ears, skin, nail, hair and teeth.
7.7.1	Explain the hearing process.
7.7.2	Discuss balance as it relates to the function of the ear.
7.7.3	Describe the common problems associated with hearing.
7.7.4	State how common visual problems are treated and outline the steps for proper eye care and protection.
7.7.5	List community resources related to vision/hearing.
7.7.6	Explain basic hair/nail care.
7.7.7	Describe common skin problems and treatment (include research of various products used in skin care).
7.7.8	Identify the role of dermatologist.
7.7.9	Model the importance of proper dental care and evaluate the treatment for common dental problems.

Community Health and Wellness

First Aid

VA SOL	
7.4	The student will describe how family and community priorities influence an individual's ability to reduce diseases and other health problems.
7.4.d	The availability of emergency response systems and services.
VBO	
7.8	State the correct procedures related to first aid emergencies. (SOL 7.4,d)
7.8.1	Explain crisis management (remain calm; calm others, quick evaluation, action, etc.)
7.8.2	Describe the first aid treatment for poisoning, insect bites, fracture, sprain/strains, burns, heat and cold related emergencies, shock, bleeding and an obstructed airway, fever, heart attack and stroke.
7.8.3	Identify the materials necessary for a first aid kit.

Community Health

VA SOL	
7.4.a	The relationship of social and environmental factors to individual and community health;
7.4.b	The community's financial resources dedicated to promoting health;
7.4.c	The community's support of health services and partnerships;
7.4.e	The community's support of recreational and leisure activities;
7.5	The student will work cooperatively with others to support and promote healthy schools, families, and communities.
7.5.a	Implementation of safe and healthy practices and behaviors;
7.5.b	Advocacy and use of appropriate methods of expressing opinions on health issues;
7.5.c	The benefits of community service;
VBO	
7.9	Make a connection between the relationship of the community and your individual health. (SOL 7.4.a,b,c,e, 7.5,a,b,c)
7.9.1	Examine the relationship of social and environmental factors to individual and community health (i.e. social: effects of violence, teasing, taunting, bullying; environmental: earthquakes, tsunamis, hurricanes, natural events, industrial pollution, poor air quality, war, etc.);
7.9.2	Identify financial resources in the community dedicated to benefitting health programs;
7.9.3	Identify the community's support of recreational and leisure activities;
7.9.4	Describe appropriate health practices and behaviors for expressing opinions on health issues;
7.9.5	Investigate the benefits of community service (i.e. promotes positive feelings, confidence, career exploration, satisfying personal relationships)



Mission Statement

The Virginia Beach City Public Schools, in partnership with the entire community, will empower every student to become a life-long learner who is a responsible, productive and engaged citizen within the global community.

Dr. James G. Merrill, Superintendent

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CIE-0005 (Revised 8/12)