

# WEST DEPTFORD SCHOOL DISTRICT

Content Area: Health			
Course Title: 7th grade Health			Grade Level: 7
<b>Quarter 2</b>			3 weeks
Topic 1: What is Health and Wellness Topic 2: Benefits of Physical Activity Topic 3: Endurance, Strength and Flexibility Topic 4: Setting Fitness Goals			
<b>Quarter 2</b>			3 weeks
Topic 5: The Importance of Nutrition Topic 6: Nutrients for Wellness Topic 7: Following nutrition guidelines Topic 8: Planning Meals and Snacks			
<b>Quarter 2</b>			2 weeks
Topic 9: What is Mental and Emotional Health Topic 10: Your Self Concept and Self Esteem Topic 11: Your Emotions and Managing Stress			
Date Created: August 2022 Revised: August 2023		Board Approved on: August 2022 Revised Board Approved: August 2023	

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## Seventh Grade Health Pacing Guide

<b>Topic Number</b>	<b>Title</b>	<b>DATES</b>	<b>Number of Days</b>
1	What is Health and Wellness	11/8	1 day
2	Benefits of Physical Activity	11/9-11/12	4 days
3	Endurance, Strength and Flexibility	11/15-11/19	4 days
4	Setting Fitness Goals	11/22-11/29	4 days
<b>1-4</b>	<b>Assessment</b>	<b>Review 11/30-12/2</b>	2 days
5	The Importance of Nutrition	12/3-12/8	3 days
6	Nutrients for Wellness	12/9-12/14	3 days
7	Following nutrition guidelines	12/15-12/20	4 days
8	Planning Meals and Snacks	12/21-1/4	4 days
<b>5-8</b>	<b>Assessment</b>	<b>Review 1/5-1/7</b>	2 days
9	What is Mental and Emotional Health	1/10-1/12	2 days
10	Your Self Concept and Self Esteem	1/13-1/16	4 days
11	Your Emotions and Managing Stress	1/17-1/22	4 days
<b>9-11</b>	<b>Assessment/Journal Entry</b>	<b>1/23-1/24</b>	2 days

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## Health Lesson Plan Format

{45 Minutes of Instruction}

### OPENING

5 minutes

- Attendance, ice breaker activity

### SETTING THE STAGE

5 minutes

*Objectives- Purpose of lesson and expectations*

### TEACHER LED INSTRUCTION

10 minutes

*Lesson Topic*

*Learning plan- Teacher led explanation of lesson*

*Guided practice- teacher to student led*

### STUDENT LED INSTRUCTION AND ASSESSMENT

25 minutes

*Independent practice*

*Assessment-teacher observation, lesson assignments, class discussion, student*

*participation, end of unit assessments*