



RADNOR TOWNSHIP SCHOOL DISTRICT  
Course Overview



7<sup>th</sup> Grade Health

**General Information**

Credits: N/A  
Weighted: N/A  
Prerequisite: N/A

Length: Semester  
Format: every other day  
Grade: 7th

**Course Description**

The 7<sup>th</sup> Grade Health Curriculum is designed to promote life-long fitness and Health. Students will develop Health goals as well as design a plan to achieve those goals. The course also identifies the traits that are important for maintaining good character. Using these goals and traits, they will understand how to make responsible decisions throughout their life. Some of the important issues covered in this course are Drugs, Alcohol and Tobacco abuse as well as the risk associated with sexual pressures. Refusal skills will be practiced to help students refrain from these dangerous risk behaviors. Growth and Development and the Endocrine System are among the most important parts of the body. Students will take an in depth look at the changes that occur during their adolescent years and why.

**Common Assessments:**

Chapter Test, Class discussions, presentations (individual and group), section quizzes and projects.

**Major Units of Study:**

Mental and Emotional Health  
Drugs, Alcohol and Tobacco  
Human Growth and Development: Endocrine, STDs and AIDs

**Materials & Texts**

Health and Wellness: MacMillian-McGraw-Hill  
Internet, power point, worksheets, DVD's/videos  
ETR Associates: Reproductive Flip Chart  
[www.unitedstreaming.com](http://www.unitedstreaming.com)  
[www.cdc.org](http://www.cdc.org)  
[www.kidshealth.org](http://www.kidshealth.org)