

**VECC Health Education
Grade 7
Curriculum Guide 2007**

Suggested Time Line How much time will be spent on this learning	Essential Questions and Content What will be taught?	NJCCC Standards What state standards will be met by these objectives?	Instructional Objectives What will the students know or be able to do as a result of this instruction?	Assessment What evidence will I collect that demonstrate that the students have achieved the objective?	Instructional Domain How will the learning be structured?	Instructional Activities What will the students do to achieve the objective?
March & April <hr/> “What is Stress”	What is stress? Is it harmful or helpful? Where does stress come from? Are there ways to “cope” with stress? What stressful events or circumstances can affect a whole community?	2.1 A: 1-4 B: 1-3 D: 1-5 E: 1-5 F: 1-7 2.4 A: 1-8	Lesson 1: Stress and your body <ul style="list-style-type: none"> Define stress and explain the ways it can help or hurt your body. Tell why some kinds of stress are valuable to you. Practice becoming aware of symptoms of stress in yourself and others. Analyze your own body’s reactions to different types of stress. Lesson 2: Recognizing the causes of stress <ul style="list-style-type: none"> Describe various sources of stress for different people at different stages of life. Show how having a feeling of control over one’s circumstances can lessen stress. Practice recognizing in advance situations that might cause you negative stress. Analyze various sources of stress to discover the root cause. Lesson 3: Coping with stress <ul style="list-style-type: none"> Describe positive ways of managing and coping with stress. Determine the level of stress that is comfortable for you in short, medium and long range time frames. Compare and contrast positive and negative methods of coping with stress. Lesson 4: Communities in stress <ul style="list-style-type: none"> Explain how stress can be felt throughout a community. Respect how your actions can sometimes cause stress for others. Set goals to do what you can to contribute to lowering stress in the community. Predict the consequences various stressors can have on a community. 	Students will be assessed through: <ul style="list-style-type: none"> Personal participation in classroom and small group discussions Personal content & organization of Health notebook Written assignments, projects, and reports <ul style="list-style-type: none"> - Individual - Group Unit Tests and Quizzes 	Learning will take place through: <ul style="list-style-type: none"> Teacher led instruction Classroom discussions Group activities Graphic organizers Role Playing 	Student achievement will take place through: <ul style="list-style-type: none"> Outlining of teacher led instruction and taking written notes Participation in classroom discussions Brainstorming activities Charting personal graphic organizers in: <ul style="list-style-type: none"> Decision making Comparing and Contrasting Predicting Consequences Researching, reading, analyzing and writing about stress in our lives.

