

**Cocalico School District**  
**Year-at-a-Glance - Curriculum Overview**

**Department: Health/PE**

**Course: 7th Grade Health**

**Grade Level: 7**

**Big Ideas**

- Health concepts are essential for wellness and a health-enhancing lifestyle.
- Community well-being is dependent upon a balance of personal and social responsibility.
- Quality lifelong movement is based on scientific concepts/principles.

Units of Study	% of Course Time	Textbooks & Supplemental Materials	Assessments	Standards Addressed
<ul style="list-style-type: none"> <li>• Tobacco/Vaping</li> </ul>	18%	<ul style="list-style-type: none"> <li>• McGraw-Hill - Teen Health textbook</li> <li>• Edpuzzle</li> <li>• The Real Cost website</li> </ul>	<ul style="list-style-type: none"> <li>• Daily participation grade</li> <li>• Worksheets</li> <li>• Quiz</li> </ul>	<ul style="list-style-type: none"> <li>• 10.1.9.A,C,D</li> <li>• 10.2.9.B,C,E</li> </ul>
<ul style="list-style-type: none"> <li>• Alcohol/Drugs</li> </ul>	22%	<ul style="list-style-type: none"> <li>• McGraw-Hill - Teen Health textbook</li> <li>• Edpuzzle</li> <li>• Drug Free World website</li> </ul>	<ul style="list-style-type: none"> <li>• Daily participation</li> <li>• Project</li> <li>• Letter</li> <li>• Quiz</li> </ul>	<ul style="list-style-type: none"> <li>• 10.1.9.A,D</li> <li>• 10.2.9.B,C</li> <li>• 10.3.9.A</li> </ul>
<ul style="list-style-type: none"> <li>• Heart Disease/Cancer</li> </ul>	20%	<ul style="list-style-type: none"> <li>• McGraw-Hill - Teen Health textbook</li> <li>• Edpuzzle</li> </ul>	<ul style="list-style-type: none"> <li>• Daily participation</li> <li>• Note sheets</li> <li>• Quizzes</li> </ul>	<ul style="list-style-type: none"> <li>• 10.1.9.A,C,E</li> <li>• 10.2.9.B,E</li> </ul>
<ul style="list-style-type: none"> <li>• Fitness and Nutrition</li> </ul>	22%	<ul style="list-style-type: none"> <li>• McGraw-Hill - Teen Health textbook</li> <li>• MyPlate</li> <li>• Edpuzzle</li> </ul>	<ul style="list-style-type: none"> <li>• Daily participation</li> <li>• Note sheets</li> <li>• Project</li> </ul>	<ul style="list-style-type: none"> <li>• 10.4.9.A,D,E</li> <li>• 10.5.9.D</li> <li>• 10.1.9.A,C,E</li> </ul>
<ul style="list-style-type: none"> <li>• Reproduction/Healthy Relationships</li> </ul>	18%	<ul style="list-style-type: none"> <li>• McGraw-Hill - Teen Health textbook</li> </ul>	<ul style="list-style-type: none"> <li>• Daily participation</li> <li>• Quiz</li> </ul>	<ul style="list-style-type: none"> <li>• 10.1.9.A,B,C,E</li> <li>• 10.2.9.A.</li> </ul>



**Eagle P.A.C.T. Course**

Communication and teamwork is heavily used in the 7th grade health curriculum through collaboration with peers on group projects, labs and other health activities.