C.U.S.D. #1 – Physical Education Curriculum
CMS Health Profile

Grade Level: 7th **-revised 5.30.07**

By the end of seventh grade health, each student should be able to:

1.) **Define and discuss the importance of a healthful diet**
Illinois State Goal – 22.A.3a

2.) **Recall the dietary guidelines proposed by the Food/Drug Administration**
Illinois State Goal – 22.A.3b

3.) **Identify and describe functions of local health agencies that affect them**
Illinois State Goal – 22.A.d

4.) **Discuss the healthful and harmful aspects of aggressive, passive, and assertive behaviors**
Illinois State Goal – 24.A.3b

5.) **Identify and discuss skills that contribute to the development of meaningful friendships**
Illinois State Goal – 24.A.3c

6.) **Discuss dating and apply the criteria for responsible decision making to limit sexual involvement**
Illinois State Goal – 24.B.3

7.) **Explain safety precautions in practical situations**
Illinois State Goal – 22.A.3c

8.) **Apply refusal and negotiation skills to potentially harmful situations**
Illinois State Goal –24.C.3

9.) **Describe how diseases are spread via direct contact and indirect contact**
Illinois State Goal – 23.C.3

10.) **Identify and discuss lifestyle choices that promote health and minimize or eliminate the risk of irresponsible drug use**
Illinois State Goal –23.B.3

Time Allocation: **45 Days**

Assessment: Teacher-made tests
Group work
Participation