

WEST DEPTFORD SCHOOL DISTRICT

Content Area: Health			
Course Title: 7th grade Health			Grade Level: 7
Quarter 2			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			
Quarter 2			3 weeks
Topic 5: The Importance of Nutrition Topic 6: Nutrients for Wellness Topic 7: Following nutrition guidelines Topic 8: Planning Meals and Snacks			
Quarter 2			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			
<i>Date Created: August 2022</i> <i>Revised: August 2022</i>		<i>Board Approved on: August 2022</i> <i>Revised Board Approved: August 2022</i>	

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Seventh Grade Health Pacing Guide 2022 – 2023

Topic Number	Title	DATES	Number of Days
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
1-4	Assessment	Review 11/30-12/2	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
5-8	Assessment	Review 1/5-1/7	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
9-11	Assessment/Journal Entry	1/23-1/24	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