

City Of Angels School, Independent Study
Health Grade 7 – Course ID #260101
Instructional Framework

Text: Comprehensive Health Skills for Middle School © 2023, The Goodheart-Willcox
Company

ASSIGNMENTS FOR WEEK #1

Date assigned: _____ Due date: _____

Chapter 3: Developing Good Personal Hygiene, page 74-75

Lesson 3.1: Caring for Your Skin, Hair, & Nails

- **Review** Learning Outcomes and Key Terms page 76
- **Read** pages 76-86
- **Complete** Lesson 3.1 Review questions page 86, #1-5

Lesson 3.2: Keeping Your Mouth, Eyes, and Ears Healthy

- **Review** Learning Outcomes and Key Terms page 87
- **Read** pages 87-96
- **Complete** Lesson 3.2 Review questions page 96, #1-4

Chapter 4: Getting the Sleep You Need, page 100-101

Lesson 4.3 Developing Strategies for Getting Enough Sleep

- **Review** Learning Outcomes and Key Terms page 115
- **Read** pages 115-122
- **Complete** Lesson 4.3 Review questions page 122, #1-5

Chapter 5: Understanding Mental and Emotional Health, pages 128-129

Lesson 5.1 Being Mentally and Emotionally Healthy

- **Review** Learning Outcomes and Key Terms page 130
- **Read** pages 130-138
- **Complete** Lesson 5.1 Review questions page 138, #1-4

Lesson 5.2 Making Sense of Your Emotions

- **Review** Learning Outcomes and Key Terms page 139
- **Read** pages 139-148
- **Complete** Lesson 5.2 Review questions page 148, #1-4

Lesson 5.3 Managing Stress

- **Review** Learning Outcomes and Key Terms page 149
- **Read** pages 149-158
- **Complete** Lesson 5.3 Review questions page 158, #1-5

Optional Assignment from Teacher:

Date received: _____ Evaluation: _____

ASSIGNMENTS FOR WEEK #2

Date assigned: _____ Due date: _____

Chapter 6: Understanding Mental Illnesses, page 162-163

Lesson 6.1: Recognizing Mental Illnesses

- **Review** Learning Outcomes and Key Terms page 164
- **Read** pages 164-172
- **Complete** Lesson 6.1 Review questions page 172, #1-5

Lesson 6.2: Getting Help for Mental Illnesses

- **Review** Learning Outcomes and Key Terms page 173
- **Read** pages 173-179
- **Complete** Lesson 6.2 Review questions page 179, #1-5

Lesson 6.3: Preventing Suicide

- **Review** Learning Outcomes and Key Terms page 180
- **Read** pages 180-186
- **Complete** Lesson 6.3 Review questions page 186, #1-5

Chapter 7: Nutrition, pages 192-193

Lesson 7.1: Getting Enough Nutrients

- **Review** Learning Outcomes and Key Terms page 194
- **Read** pages 194-203
- **Complete** Lesson 7.1 Review questions page 194, #1-5

Lesson 7.2: Following a Healthy Eating Pattern

- **Review** Learning Outcomes and Key Terms page 204
- **Read** pages 204-216
- **Complete** Lesson 7.2 Review questions page 216, #1-5

Optional Assignment from Teacher:

Date received: _____ Evaluation: _____

ASSIGNMENTS FOR WEEK #3

Date assigned: _____ Due date: _____

Chapter 7: Nutrition cont.

Lesson 7.3: Managing Your Weight

- **Review** Learning Outcomes and Key Terms page 217
- **Read** pages 217-227
- **Complete** Lesson 7.3 Review questions page 227, #1-6

Lesson 7.4 Having a Healthy Body Image

- **Review** Learning Outcomes and Key Terms page 228
- **Read** pages 228-236
- **Complete** Lesson 7.4 Review questions page 236, #1-5

Chapter 8: Physical Activity, pages 240-241

Lesson 8.1 Understanding Physical Activity and Fitness

- **Review** Learning Outcomes and Key Terms page 242
- **Read** pages 242-247
- **Complete** Lesson 8.1 Review questions page 247, #1-5

Lesson 8.2 Knowing About Types of Physical Fitness

- **Review** Learning Outcomes and Key Terms page 248
- **Read** pages 248-254
- **Complete** Lesson 8.2 Review questions page 254, #1-5

Lesson 8.3: Staying Safe During Physical Activity

- **Review** Learning Outcomes and Key Terms page 255
- **Read** pages 255-260
- **Complete** Lesson 7.2 Review questions page 260, #1-5

Lesson 8.4: Developing a Personal Physical Activity Plan

- **Review** Learning Outcomes and Key Terms page 261
- **Read** pages 261-268
- **Complete** Lesson 8.4 Review questions page 268, #1-5

Optional Assignment from Teacher:

Date received: _____ Evaluation: _____

ASSIGNMENTS FOR WEEK #4

Date assigned: _____ Due date: _____

Chapter 12: Understanding and Preventing Diseases, pages 368-369

Lesson 12.1: Communicable Diseases

- **Review** Learning Outcomes and Key Terms page 370
- **Read** pages 370-376
- **Complete** Lesson 12.1 Review questions page 376, #1-5

Lesson 12.2: Noncommunicable Diseases

- **Review** Learning Outcomes and Key Terms page 377
- **Read** pages 377-389
- **Complete** Lesson 12.2 Review questions page 289, #1-5

Lesson 12.3: Preventing Diseases

- **Review** Learning Outcomes and Key Terms page 390
- **Read** pages 390-400
- **Complete** Lesson 12.3 Review questions page 400, #1-5

Chapter 9: Tobacco and Vaping, pages 274-275

Lesson 9.1: Tobacco Products and Your Health

- **Review** Learning Outcomes and Key Terms page 276
- **Read** pages 276-286
- **Complete** Lesson 9.1 Review questions page 286, #1-5

Lesson 9.2: Understanding Tobacco Use

- **Review** Learning Outcomes and Key Terms page 287
- **Read** pages 287-294
- **Complete** Lesson 9.2 Review questions page 294, #1-5

Lesson 9.3: Preventing and Treating Tobacco Use

- **Review** Learning Outcomes and Key Terms page 295
- **Read** pages 295-302
- **Complete** Lesson 9.3 Review questions page 302, #1-5

Optional Assignment from Teacher:

Date received: _____ Evaluation: _____

ASSIGNMENTS FOR WEEK #5

Date assigned: _____ Due date: _____

Chapter 10: Alcohol, pages 306-307

Lesson 10.1: The Effects of Alcohol

- **Review** Learning Outcomes and Key Terms page 308
- **Read** pages 308-319
- **Complete** Lesson 10.1 Review questions page 319, #1-5

Lesson 10.2: Preventing and Treating Alcohol Use

- **Review** Learning Outcomes and Key Terms page 320
- **Read** pages 320-328
- **Complete** Lesson 12.2 Review questions page 289, #1-5

Lesson 12.3: Preventing Diseases

- **Review** Learning Outcomes and Key Terms page 390
- **Read** pages 390-400
- **Complete** Lesson 12.3 Review questions page 400, #1-5

Chapter 11: Medication and Drugs, pages 332-333

Lesson 11.1: Medication Use and Abuse

- **Review** Learning Outcomes and Key Terms page 334
- **Read** pages 334-342
- **Complete** Lesson 11.1 Review questions page 342, #1-5

Lesson 11.2: Drug Abuse

- **Review** Learning Outcomes and Key Terms page 343
- **Read** pages 343-353
- **Complete** Lesson 11.2 Review questions page 353, #1-5

Lesson 11.3: Preventing and Treating Medication and Drug Abuse

- **Review** Learning Outcomes and Key Terms page 354
- **Read** pages 354-362
- **Complete** Lesson 11.3 Review questions page 362, #1-5

Optional Assignment from Teacher:

Date received: _____ Evaluation: _____

ASSIGNMENTS FOR WEEK #6

Date assigned: _____ Due date: _____

Chapter 14: Protecting Environmental Health, pages 442-443

Lesson 14.1: Common Hazards in the Environment

- **Review** Learning Outcomes and Key Terms page 444
- **Read** pages 444-454
- **Complete** Lesson 14.1 Review questions page 454, #1-5

Lesson 14.2: Pollution Prevention and Greener Living

- **Review** Learning Outcomes and Key Terms page 455
- **Read** pages 455-466
- **Complete** Lesson 12.2 Review questions page 466, #1-5

Lesson 12.3: Preventing Diseases

- **Review** Learning Outcomes and Key Terms page 390
- **Read** pages 390-400
- **Complete** Lesson 12.3 Review questions page 400, #1-5

Chapter 13: Promoting Safety and Preventing Injuries, pages 404-405

Lesson 13.1: Promoting Safety in the Home

- **Review** Learning Outcomes and Key Terms page 406
- **Read** pages 406-416
- **Complete** Lesson 13.1 Review questions page 416, #1-5

Lesson 13.2 Promoting Safety in the Community and Online

- **Review** Learning Outcomes and Key Terms page 417
- **Read** pages 417-426
- **Complete** Lesson 13.2 Review questions page 426, #1-5

Lesson 13.3 Knowing Basic First Aid

- **Review** Learning Outcomes and Key Terms page 427
- **Read** pages 427-438
- **Complete** Lesson 13.3 Review questions page 438, #1-5

Optional Assignment from Teacher:

Date received: _____ Evaluation: _____

ASSIGNMENTS FOR WEEK #7

Date assigned: _____ Due date: _____

Chapter 16: Preventing and Responding to Violence, pages 514-515

Lesson 16.1: Bullying and Cyberbullying

- **Review** Learning Outcomes and Key Terms page 516
- **Read** pages 516-526
- **Complete** Lesson 16.1 Review questions page 526, #1-5

Lesson 16.2: Abuse and Neglect

- **Review** Learning Outcomes and Key Terms page 527
- **Read** pages 527-535
- **Complete** Lesson 16.2 Review questions page 535, #1-6

Lesson 16.3 Other Types of Violence

- **Review** Learning Outcomes and Key Terms page 536
- **Read** pages 536-542
- **Complete** Lesson 16.3 Review questions page 542, #1-5

Chapter 17: Human Development, pages 548-549

Lesson 17.1: The Beginning of Life

- **Review** Learning Outcomes and Key Terms page 550
- **Read** pages 550-555
- **Complete** Lesson 17.1 Review questions page 555, #1-5

Lesson 17.3: Adolescence and Puberty

- **Review** Learning Outcomes and Key Terms page 563
- **Read** pages 563-571
- **Complete** Lesson 17.3 Review questions page 571, #1-5

Optional Assignment from Teacher:

Date received: _____ Evaluation: _____

ASSIGNMENTS FOR WEEK #8

Date assigned: _____ Due date: _____

Chapter 15: Promoting Healthy Relationships, pages 472-473

Lesson 15.1: What is a Healthy Relationship?

- **Review** Learning Outcomes and Key Terms page 474
- **Read** pages 474-487
- **Complete** Lesson 15.1 Review questions page 487 #1-5

Lesson 15.2: Family Relationships

- **Review** Learning Outcomes and Key Terms page 488
- **Read** pages 488-495
- **Complete** Lesson 15.2 Review questions page 495, #1-6

Lesson 15.3: Peer Relationships

- **Review** Learning Outcomes and Key Terms page 496
- **Read** pages 496-504
- **Complete** Lesson 15.3 Review questions page 504, #1-5

Lesson 15.4: Dating Relationships

- **Review** Learning Outcomes and Key Terms page 505
- **Read** pages 505-510
- **Complete** Lesson 15.4 Review questions page 510, #1-5

Chapter 19: Understanding Sexuality, pages 606-607

Lesson 19.1: Adolescence and Puberty

- **Review** Learning Outcomes and Key Terms page 608
- **Read** pages 608-617
- **Complete** Lesson 19.1 Review questions page 608, #1-5

Lesson 19.2: Sexual Feelings and Behavior

- **Review** Learning Outcomes and Key Terms page 618
- **Read** pages 618-626
- **Complete** Lesson 19.2 Review questions page 626, #1-5

Lesson 19.3: Unwanted Sexual Activity

- **Review** Learning Outcomes and Key Terms page 627
- **Read** pages 627-634
- **Complete** Lesson 19.3 Review questions page 634, #1-5

Optional Assignment from Teacher:

Date received: _____ Evaluation: _____

ASSIGNMENTS FOR WEEK #9 and #10

Date assigned: _____ Due date: _____

Chapter 20: Making Responsible Sexual Decisions, pages 638-639

Lesson 20.1: Pregnancy Prevention

- **Review** Learning Outcomes and Key Terms page 640
- **Read** pages 640-652
- **Complete** Lesson 20.1 Review questions page 652 #1-5

Lesson 20.2: Teen Pregnancy and Parenthood

- **Review** Learning Outcomes and Key Terms page 653
- **Read** pages 653-658
- **Complete** Lesson 20.2 Review questions page 658, #1-4

Chapter 18: Sexually Transmitted Infections and HIV/AIDS

Lesson 18.1: Sexually Transmitted Infections (STI)

- **Review** Learning Outcomes and Key Terms page 584
- **Read** pages 584-593
- **Complete** Lesson 18.1 Review questions page 593, #1-5

Lesson 18.2: HIV/AIDS

- **Review** Learning Outcomes and Key Terms page 594
- **Read** pages 594-600
- **Complete** Lesson 18.2 Review questions page 600, #1-5

Week 1 of Final

- **Wellness Action Plan (see attached)**

Week #10

Week 2 of Final

- **Wellness Action Plan (see attached)**

Optional Assignment from Teacher:

Date received: _____ Evaluation: _____

Wellness Action Plan (Week 1)

Changing a behavior or starting a new behavior takes time and intentional effort. The purpose of this project is to create and implement a plan to change a health behavior or implement a new health behavior.

You will be graded on your behavior change attempt, your wellness action plan, and your description of the experience during and after the wellness action plan. You will not be graded on your success, or lack of success, with your wellness action plan.

Step 1: Identify the Behavior

In the space provided, record the behavior you would like to change, or the new behavior you would like to start.

Answer:

Step 2: Learn About the Behavior

Before beginning your wellness action plan, it is important to learn about the behavior. Refer to your textbook and research accurate, up-to-date, valid sources to learn more about the behavior. Focus your learning on the steps that you can take to reach your goal. This information will serve as the foundation of knowledge to help you create your wellness action plan. Record your notes in the space provided and cite your valid sources. In addition, talk with a parent, guardian, or trusted adult to gain greater insight and additional information on steps that you can take to reach your goal.

Notes:

Step 3: Planning for Change

Respond to the following questions to begin planning for your wellness action plan.

1. Why do you want to change this behavior?

Answer:

2. Develop a SMART goal.

Answer:

3. How will you involve your family and friends?

Answer:

4. What obstacles or problems could you encounter? How do you plan to overcome these obstacles?

Answer:

5. How will you measure and evaluate your success?

Answer:

Step 4: Wellness Action Plan (Week 2)

Prepare your own action plan for accomplishing your goal. Identify what steps you will take to reach your goal. Begin your wellness action plan. Each day, check your progress. Record whether you complete the action step. In addition, write a journal entry each day reflecting on your progress, successes, failures, obstacles, and thoughts and feelings related to the behavior. Use as many lines as necessary.

Prepare your own action plan for accomplishing your goal. Identify what steps you will take.

Steps I can take to reach my goal	Day 1	Day 2	Day 3	Day 4	Day 5
<i>Step 1:</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>
<i>Step 2:</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>
<i>Step 3:</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>
<i>Step 4:</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>
<i>Step 5:</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>	<i>Yes/No</i>

Step 5: Reflection

Describe your experience of trying to accomplish your goal. This should summarize your daily journal entries and your weekly progress within your wellness action plan.

Journal Entries	
Day 1	<i>Enter journal entry here:</i>
Day 2	
Day 3	
Day 4	
Day 5	

Wellness Action Plan Assessment Scale

Score each standard-based criteria on a scale from 1 to 4. (1 = Limited criteria met; 2 = Criteria mostly met; 3 = Criteria met; 4 = Criteria exceeds expectations).

Standard-Based Criteria 1: Identifies the behavior to change, or the new behavior to start. The behavior should be personal and meaningful.

Score from 1 to 4:

Teacher feedback:

Standard-Based Criteria 2: Records steps that can be taken to reach the goal from accurate, up-to-date, valid sources.

Score from 1 to 4:

Teacher feedback:

Standard-Based Criteria 3: Accurately and thoughtfully responds to questions to begin planning and developing the wellness action plan.

Score from 1 to 4:

Teacher feedback:

Standard-Based Criteria 4: Develops an action plan by identifying what steps will need to be taken to reach the goal.

Score from 1 to 4:

Teacher feedback:

Standard-Based Criteria 5: Implements the wellness action plan for one week, including charting progress and writing a journal entry each day.

Score from 1 to 4:

Teacher feedback:

Standard-Based Criteria 6: Implements the wellness action plan for a second week, including charting progress and writing a journal entry each day. Changes and modifications to action steps were made as needed.

Score from 1 to 4:

Teacher feedback:

Standard-Based Criteria 7: Provides thorough and thoughtful reflection on the wellness action plan.

Score from 1 to 4:

Teacher feedback:

Total Score (out of 28 possible points):

Student Comments: