

7th Grade American Online School

HEALTH EDUCATION CURRICULUM

Awareness, Responsibility, and Growth for Lifelong Wellness

Version Apr/2025

1. Introduction

The Role of Art Education in 7th Grade

In 7th grade, health education supports students in developing the self-awareness, knowledge, and life skills necessary for navigating adolescence with resilience and care. Students explore topics such as human disease prevention, social belonging, mental wellness, body changes, and health decision-making. The curriculum fosters empathy, responsibility, and safety while providing space to reflect on transition, change, and personal experiences. Learning activities include discussion, storytelling, media analysis, and skill-based practices such as first aid simulations.

By the end of this course, students will:

- ✓ Understand the causes, prevention, and treatment of communicable and noncommunicable diseases.
- ✓ Demonstrate first aid techniques and emergency response readiness.
- ✓ Reflect on personal transitions, social change, and coming-of-age experiences.
- ✓ Explore healthy community engagement and the importance of support networks.
- ✓ Communicate effectively about emotions, values, and boundaries.

2. Core Competence Areas

HE.1 Human Health and Disease Prevention

Learning Outcomes

By the end of this course, students will be able to:

- ✓ Differentiate between infectious and non-infectious diseases.
- ✓ Explain how hygiene, vaccines, and healthy behaviors reduce risk.
- ✓ Recognize signs of illness and understand prevention strategies.

Competencies

HE.1.A.1 – Understanding disease transmission and immunity.

- Explore how pathogens spread and how the immune system responds.
- Simulate how outbreaks occur and how public health strategies work.

HE.1.A.2 – Promoting personal and public health habits.

- Demonstrate hygiene practices and health routines.
- Analyze how nutrition, rest, and movement affect disease resistance.

HE.2 Emergency Preparedness and First Aid

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Respond calmly and effectively in basic first aid situations.
- ✓ Demonstrate care techniques for common injuries.
- ✓ Understand how to seek help and offer peer support.

Competencies

HE.2.A.1 – Practicing first aid and safety.

- Identify injuries such as burns, sprains, cuts, and nosebleeds.
- Apply bandaging, R.I.C.E. method, and emergency protocols (e.g., 911, CPR awareness).

HE.2.A.2 – Building emergency awareness and response.

- Design emergency response plans for home, school, and outdoor settings.
 - Role-play safety decision-making in scenarios (bike accidents, dehydration, asthma attacks).
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HE.3 Community, Belonging, and Mental Health

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Understand the importance of social connection and support.
- ✓ Recognize feelings of inclusion, exclusion, and belonging.
- ✓ Access resources and strategies for emotional well-being.

Competencies

HE.3.A.1 – Navigating social life and relationships.

- Discuss empathy, respect, and conflict resolution.
- Participate in class circles or peer support groups.

HE.3.A.2 – Promoting mental and emotional wellness.

- Use language to describe emotions and coping strategies.
 - Reflect on personal identity, support networks, and community roles.
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HE.4 Transitions, Change, and Resilience

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Reflect on puberty, brain development, and emotional growth.
- ✓ Manage changes with confidence and support.
- ✓ Build routines and mindsets that support self-regulation.

Competencies

HE.4.A.1 – Understanding the physical and emotional changes of adolescence.

- Identify body systems and hormonal changes.
- Discuss mood swings, personal values, and boundaries.

HE.4.A.2 – Building strategies for navigating transitions.

- Practice journaling, visualization, and grounding techniques.
 - Plan for future scenarios like school changes or increased independence.
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HE.5 Rituals, Milestones, and Coming of Age

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Explore how cultures mark personal growth and identity.
- ✓ Design personal or family rituals around transition and achievement.
- ✓ Value rites of passage as part of healthy development.

Competencies

HE.5.A.1 – Investigating cultural and personal coming-of-age traditions.

- Research global and local rituals (e.g., quinceañera, bar/bat mitzvah, rite of passage camps).
- Reflect on personal experiences and values.

HE.5.A.2 – Celebrating personal growth and change.

- Create visual or written timelines of life milestones.
 - Design a symbolic ritual or letter to your future self.
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HE.6 Health Education through Experience and Reflection

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Reflect on lived experiences that shape health beliefs.
- ✓ Make informed decisions based on evidence and values.
- ✓ Develop a lifelong attitude of curiosity, care, and personal agency.

Competencies

HE.6.A.1 – Making connections between knowledge and life.

- Analyze media portrayals of health (ads, influencers, films).
- Debate health scenarios and discuss consequences of different actions.

HE.6.A.2 – Owning personal health narratives.

- Reflect on how past experiences shape beliefs, fears, and confidence.
- Create a health vision board or personal health manifesto.

3. Assessment and Evaluation

Formative Assessments – Interactive and Reflective

- ✓ Journal entries and discussion prompts.
- ✓ Scenario roleplays and simulations.
- ✓ Personal wellness logs and goal-setting.

Summative Assessments – Competency-Based Mastery

- ✓ Health quizzes and concept maps.
- ✓ First aid skill demonstration.
- ✓ Portfolio of milestones and reflections.

Authentic Assessment – Real-World Applications

- ✓ Health campaign poster or PSA video.
- ✓ Family traditions or coming-of-age project.

4. Instructional Strategies for Online Learning

Narrative and Inquiry-Based Learning

- ✓ Use real-life case studies, personal storytelling, and guest speakers.
- ✓ Foster student-led questions and discussion.

Project-Based and Culturally Responsive Approaches

- ✓ Design rituals, reflect on family traditions, and build wellness portfolios.
- ✓ Respect spiritual, cultural, and personal health perspectives.

Technology and Media Integration

- ✓ Use digital platforms for journaling and video reflection.
- ✓ Analyze TikToks, YouTube, or articles on health messaging.

Creating a Safe and Inclusive Environment

- ✓ Safe, inclusive, and non-judgmental space for vulnerability.
- ✓ Opportunities for private and group reflection.
- ✓ Emphasis on growth, respect, and care.