

Brunswick School Department
Health Education
Curriculum Alignment

Growth and Development	Grade 7	Grade 8	Grade 10
A. Health Concepts Students will understand health promotion and disease prevention concepts.			
	<p><u>Human Growth</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Abstinence from sexual activity is the safest and most effective way to avoid pregnancy and sexually transmitted infections, including HIV. ▪ The structure and function of the female and male reproductive organs are unique. ▪ Human reproduction is a process that involves fertilization, pregnancy, and birth. ▪ Behavior influences fetal development. ▪ Risk factors involved in being sexually active include: unplanned pregnancy, emotional distress, and sexually transmitted infections (STI), including HIV/AIDS, etc. <p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Identify the structure and explain the function of the female and male reproductive system. ▪ Identify characteristics of pregnancy and fetal development. ▪ Explain the relationship between a healthy lifestyle and fetal development. ▪ Identify risk factors involved in 		<p><u>Growth and Development</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ The nervous system, cardiovascular system, immune system, respiratory system, skeletal system, muscular system, endocrine system, digestive system, urinary system, integumentary system, and reproductive system allow our bodies to function. ▪ There are a variety of prevention practices that people can follow to keep all body systems working at their highest levels and promote healthful ageing. ▪ There are four major learning styles that have been identified by educators: visual, auditory, kinesthetic, and global. ▪ Discussing concerns with responsible adults, maintaining a healthful appearance, practicing habits to keep the body in optimal condition, and routine health care visits are all practices that can lead to comfort with gender and a positive body image.

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	<p>being sexually active.</p> <p><u>Human Development</u></p> <p>Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ The stages of human life include: infancy, childhood, adolescence, young adulthood, middle adulthood, and late adulthood. ▪ Each stage of life has certain characteristics. ▪ Each person moves through the stages of life at his/her own rate of development. ▪ There is an interrelationship of health components at every stage. ▪ During puberty adolescents experience significant physical, mental, emotional, and social changes. <p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Describe the stages of human development. ▪ Recognize that individuals develop at various rates. ▪ Describe the relationships among the parts of health. ▪ Define puberty and the changes that occur. 		<p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Identify different body systems and their functions. ▪ Practice habits that protect the body systems and promote healthful ageing. ▪ Identify personal learning style and develop habits to promote further learning. ▪ Plan ways to improve learning and prepare for a career. ▪ Describe techniques to improve self esteem and become more comfortable with body image and gender.
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B. Health Information, Services and Products Students will know how to acquire valid information about health issues, services, and products.			
	<u>Human Growth</u> Essential Knowledge: <ul style="list-style-type: none"> Valid and invalid resources for information about sexuality exist. Parenthood requires resources. Essential Skills: <ul style="list-style-type: none"> Identify valid sexuality resources. 		<u>Growth and Development</u> Essential Knowledge: <ul style="list-style-type: none"> There are a variety of prevention practices that people can follow to keep all body systems working at their highest levels and promoted healthful ageing. Essential Skills: <ul style="list-style-type: none"> Practice habits that protect the body systems and promote healthful ageing.

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C. Health Promotion and Risk Reduction Students will understand how to reduce their health risks through the practice of healthy behaviors.			
			<u>Growth and Development</u> Essential Knowledge: <ul style="list-style-type: none"> Discussing concerns with responsible adults, maintaining a healthful appearance, practicing habits to keep the body in optimal condition, and routine health care are all practices that can lead to comfort with gender and a positive body image. Essential Skills: <ul style="list-style-type: none"> Describe techniques to improve self esteem and become more comfortable with body image and gender.

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D. Influences on Health Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.			

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E. Communication Skills Students will understand that skillful communication can contribute to better health for themselves, their families and the community.			
			<u>Growth and Development</u> Essential Knowledge: <ul style="list-style-type: none"> Discussing concerns with responsible adults, maintaining a healthful appearance, practicing habits to keep the body in optimal condition, and routine health care visits are all practices that can lead to comfort with gender and positive body image. Essential Skills: <ul style="list-style-type: none"> Describe techniques to improve self esteem and become more comfortable with body image and gender.

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<p>F. Decision-Making and Goal Setting</p> <p>Students will learn how to set personal goals and make decisions that lead to better health.</p>			
			<p><u>Growth and Development</u></p> <p>Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Goal setting and action plans can lead to a successful future. <p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Plan ways to improve learning and prepare for a career.