

MRMS 7th Grade Integrated Wellness Syllabus (Health and Physical Education)

Our primary goals are for students to develop and implement a lifelong plan for personal Health, Wellness & Fitness. The curriculum is based on the [2020 Colorado PE/Health Academic Standards](#): Movement Competence and Understanding, Physical & Personal Wellness, Emotional & Social Wellness, and Prevention & Risk Management (including an understanding of public health and safety issues).

****MRMS Health/PE Big Idea: Goals & Effort Affect Outcomes!****

MRMS 7th Grade Health Curriculum Guide

Unit #	Standard	Evidence Outcomes - Students Can...
2.1	Physical and Personal Wellness	Nutrition <ul style="list-style-type: none"> ● Demonstrate understanding of how the body needs and uses nutrients. ● Analyze factors that influence healthy eating behaviors. ● Create a personalized plan for healthy eating.
2.2 2.3	Physical and Personal Wellness	Relationships <ul style="list-style-type: none"> ● Analyze what influences our relationships - including peer pressure. ● Evaluate the characteristics of healthy relationships. ● Compare and contrast healthy and unhealthy relationships. ● Develop positive interpersonal communication. ● Exhibit Self-Management and Personal Responsibility. ● Demonstrate effective strategies for dealing with difficult relationships.
2.3 2.4	Physical and Personal Wellness	Ill-Health: Illness & Disease Prevention <ul style="list-style-type: none"> ● Describe the immune system. ● Describe how illness and diseases can and can't be transmitted. ● Describe ways to prevent communicable illnesses and diseases.
3.1	Social and Emotional Wellness	Communication <ul style="list-style-type: none"> ● Demonstrate effective communication skills to express thoughts and feelings appropriately. ● Advocate for self and others to increase the safety of school community.
3.2	Social and Emotional Wellness	Self-Management <ul style="list-style-type: none"> ● Define stress, identify personal stressors, and explain the body's physical and psychological responses to stressful situations. ● Develop and practice healthy strategies to deal with stressors.
4.1 4.2 4.3	Prevention and Risk Management	Prevention & Risk Management <ul style="list-style-type: none"> ● Analyze the consequences of using marijuana, illegal drugs, prescription drugs, alcohol, and tobacco. ● Demonstrate self-management and refusal skills to reduce violence. ● Describe procedures needed to treat injuries and emergency care; and actions to take during severe weather or trauma-related emergencies.

MRMS 7th Grade Physical Education Curriculum Guide

Unit #	Standard	Evidence Outcomes - Students Can...
1.1 1.2	Movement Competence and Understanding	Combine the critical elements of movement and skills to do the following: <ul style="list-style-type: none"> ● Demonstrate competency in a variety of motor skills and movement patterns. ● Understand and apply game strategies to physical activities and sports.
2.1 2.2	Physical and Personal Wellness	Understand the basics of human physiology so as to implement the following: <ul style="list-style-type: none"> ● Explain the principles of physical fitness (S.P.O.R.T.); Specificity, progression, overload, reversibility, and tedium. ● Create an individual fitness portfolio according to personal interests and goals, complete with the F.I.T.T. Principle. ● Engage and maintain involvement in physical activity at school, and at least twice a week outside physical education class. ● Identify moderate to vigorous muscle and bone strengthening physical activities. ● Design a warm-up and cool-down regime for a self-selected physical activity.
3.1	Social Emotional Wellness	Demonstrate inclusiveness in and out of classroom settings: <ul style="list-style-type: none"> ● Participate with, and show respect for peers with varying skills and abilities. ● Participate in group games and activities to foster collaboration and team-building.
4.1	Prevention and Risk Management	Apply personal safety knowledge and skills to prevent and treat injury: <ul style="list-style-type: none"> ● Identify & demonstrate proper warm-up and cool-down techniques. ● Identify & demonstrate safety rules for the activity and area being used. ● Independently use physical activity and exercise equipment appropriately & safely.