

USD 230 Curriculum Map

Grade: 7th Subject: Health

Unit: Physical Fitness Quarter Taught: 1st /or 3rd

State Indicators	District Objectives/Outcomes/ Key Concepts	Instructional Strategies	Student Activities or Product(s)	Resources Used	Methods of Assessment
<p>7.1.14 7.1.15 7.3.3 7.3.9 7.3.11 7.3.12 7.4.3 7.6.4 7.6.5 7.6.7</p>	<p>Students understand the benefits of exercise</p> <p>Strategies to develop personal health goals</p> <p>Develop injury prevention and management strategies for personal and family health</p> <p>Understand and demonstrate characteristics of good sportsmanship</p>	<p>Graphic Organizer</p> <p>Presentation</p> <p>Cooperative groups</p> <p>Discussion</p> <p>Note taking</p>	<p>Handouts:</p> <p>Define different components of fitness</p> <p>Activity Pyramid</p> <p>Measure Grip Strength</p> <p>Take Resting Heart Rate</p> <p>Target Heart Rate</p> <p>Thumb Print</p> <p>Personal Response on Stretching</p>	<p>Your Health Text Book</p> <p>7th Grade Supplemental Material Notebook</p> <p>Overhead Transparencies</p> <p>Models of organs</p>	<p>Unit Test</p> <p>Quizzes</p> <p>Presentations</p> <p>Observation</p>

