

The following is an overview of the Family Life Education Program Curriculum outline that is in compliance with New Jersey law and regulation and has been in place from 1969 to present.

Upon request, parents/guardians will be given an opportunity to preview films and materials before they are used in the classroom. Call your building Principal for information.

**FAMILY LIFE EDUCATION PROGRAM
CURRICULUM OUTLINE
GRADE 7**

Hopatcong Middle School Health

7th Grade

1. What is health and Wellness
 - 1.1. Your Total Health
 - 1.2. What is the difference between Health and Wellness
 - 1.3. Skills for building Health
 - 1.3.1. 10 building blocks
 - 1.3.1.1. Accessing information
 - 1.3.1.2. Practicing healthful behaviors
 - 1.3.1.3. Stress management
 - 1.3.1.4. Analyze influences
 - 1.3.1.5. Communications skills
 - 1.3.1.6. Conflict resolutions skills
 - 1.3.1.7. Refusal skills
 - 1.3.1.8. Decision making
 - 1.3.1.9. Goal setting
 - 1.3.1.10. Advocacy
 - 1.4. What effects Health?
 - 1.4.1. Heredity, environment (physical and social) and healthy choices
 - 1.5. Risk and Risk Behaviors
2. Taking charge of your health
 - 2.1. Making responsible decisions
 - 2.2. Setting and reaching goals
 - 2.2.1. Long term/short term: attainable or no
3. Body Systems
 - 3.1. Skeletal Systems
 - 3.1.1. Function: Joints, tissue
 - 3.2. Muscular System
 - 3.2.1. Types of Muscles
 - 3.2.1.1. Skeletal Muscles
 - 3.2.1.2. Smooth Muscles
 - 3.2.1.3. Cardiac Muscles
 - 3.2.1. How do they work
 - 3.3. Circulatory System
 - 3.4. Respiratory System
 - 3.4.1. Breathing and functions
 - 3.4.2. Parts
 - 3.4.3. Role of the Diaphragm
 - 3.4.4. Problems

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Hopatcong Middle School Health
7th Grade - Page 2

- 3.5 Nervous System
 - 3.5.1 Parts: Central and Peripheral
 - 3.5.2 Parts of the Brain
- 3.6 Digestive and Excretory System
 - 3.6.1 Digestive
 - 3.6.2 Excretory System Process and Problems
- 3.7 Endocrine System
 - 3.7.1 Parts of the Endocrine System
 - 3.7.2 Hormones
 - 3.7.3 Response to stress
- 4. Building good character
 - 4.1 6 Pillars of Character
 - 4.2 Physical Activity and Fitness
 - 4.2.1 Becoming Physically Fit
 - 4.2.1.1 Benefits of physical activity
 - 4.2.1.2 Elements of physical Activity
 - 4.2.1.3 Types of exercise

PROVISION FOR EXCUSING STUDENTS

Section (i) of the Code states the following:

Any pupil, whose parent or guardian presents to the school Principal a signed statement that any part of the instruction in Family Life Education is in conflict with his/her conscience, or sincerely held moral or religious beliefs, shall be excused from that portion of the course where such instruction is being given and no penalties as to credit or graduation shall result therefrom. (N.J.S.A. 18A:35-4.6 et.seq.)

Parents or guardians who wish to excuse their child(ren) from any part of the Family Life Education Program should contact their building Principal. An excuse form will be provided for parental signature.

Any questions concerning the Family Life Education Program should be directed to the building Principal.

NOTIFICATION OF PARENTS AND GUARDIANS

In compliance with Article 6:29-4.2 of the New Jersey Administrative Code, the Hopatcong Borough School District has instituted a Family Life Education Program. This program is essentially a continuation of the Human Development Program originally initiated in this district in 1969.

With respect to parental notification, Section b (1) of the Code states the following:

The parents and guardians of pupils enrolled in the district shall receive annually an outline of the curriculum and a list of instructional materials for the grade of their child including notification about how to receive a copy of the curriculum. The district shall make available for review in each school the complete curriculum and all instructional materials shall be made available for their review.