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**Coal City Unit District #1**  
**Seventh Grade**  
**Health Curriculum**

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**HE.7:1 Students will show knowledge of harmful effects of smoking tobacco. (IL 21A, 21B)**

- HE.7:1-1 Explain second hand smoke.
- HE.7:1-2 Identify legal age for use of smoking tobacco.
- HE.7:1-3 Identify nicotine as a harmful addictive substance.

**HE.7:2 Students will demonstrate knowledge of the respiratory system. (IL 21B, 23A)**

- HE.7:2-1 Identify parts of the respiratory system (e.g. pharynx, larynx, bronchial tubes).
- HE.7:2-2 Describe respiration.
- HE.7:2-3 Describe the functions of the respiratory system.

**HE.7:3 Students will demonstrate knowledge of the circulatory system. (IL 23A)**

- HE.7:3-1 Describe and identify parts of the circulatory system.
- HE.7:3-2 Identify four parts of blood (e.g. red/white blood cells, plasma, platelets).
- HE.7:3-3 Describe the function of the circulatory system and identify ways to take good care of circulatory system.
- HE.7:3-4 Identify signs and symptoms of heart attack.

**HE.7:4 Students will demonstrate knowledge of the excretory system. (IL 23A)**

- HE.7:4-1 Describe excretion.
- HE.7:4-2 Describe functions of the kidneys.
- HE.7:4-3 Identify body systems that are in the excretory system (e.g. circulatory, respiratory, urinary).
- HE.7:4-4 Describe the functions of the excretory system.

**HE.7:5 Students will demonstrate knowledge of the nervous system. (IL 23A)**

- HE.7:5-1 Describe the parts of the nervous system.
- HE.7:5-2 Identify the parts of the brain and explain their functions.
- HE.7:5-3 Describe and identify the 5 senses.
- HE.7:5-4 Describe the functions of the nervous system.

**HE.7:6 Students will demonstrate knowledge of the skeletal system. (IL 23A)**

- HE.7:6-1 Describe the parts of the skeletal system.
- HE.7:6-2 Describe the functions of the skeletal system.
- HE.7:6-3 Recognize and name 20 different bones and their appropriate locations on the body.

**HE.7:7 Students will demonstrate knowledge of the muscular system. (IL 23A)**

- HE.7:7-1 Describe the parts of the muscular system.
- HE.7:7-2 Identify the 3 types of muscle. (e.g. cardiac, smooth, skeletal)
- HE.7:7-3 Describe the functions of the muscular system.
- HE.7:7-4 Label 12 muscles.

**HE.7:8 Students will demonstrate knowledge of the digestive system. (IL 23A)**

- HE.7:8-1 Describe and identify parts of the digestive system.
- HE.7:8-2 Describe the functions of the digestive system.
- HE.7:8-3 Identify the proper steps of digestion.
- HE.7:8-4 Label the major parts of the digestive system.