



Appendix A

Health and Life Skills, English Language Arts, Social Studies and Drama

Comparison of *Own Your Zone* Grade 7 Curriculum and Grade 7 Specific Outcomes as outlined in the Alberta Learning *Program of Studies: Elementary Schools*

Health and Life Skills

WELLNESS CHOICES: Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Students will:

Specific Outcome	Description	Own Your Zone
W-7.1	Compare personal health choices to standards for health (e.g., physical activity, nutrition, relaxation, sleep, reflection)	Session 4
W-7.4	Analyze the messages and approaches used by the media to promote certain body images and lifestyle choices	Session 3
W-7.6	Analyze social factors that may influence avoidance and/or use of particular substances	Sessions 2 and 5
W-7.10	Identify and examine potential sources of physical/emotional/social support	Session 8
W-7.11	Identify characteristics of resiliency (e.g., problem-solving skills, positive self-esteem, social bonding)	Sessions 5, 6 and 8

RELATIONSHIP CHOICES: Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.

Students will:

Specific Outcome	Description	Own Your Zone
R-7.2	Analyze the need for short-term and long-term support for emotional concerns (e.g., family, friends, schools, professionals)	Sessions 2, 5 and 8
R-7.3	Identify sources of stress in relationships and describe positive methods of dealing with such stressors (e.g., change, loss, discrimination, rejection)	Session 7
R-7.4	Analyze and practise constructive feedback (e.g., giving and receiving)	Sessions 2, 5, 6 and 8
R-7.5	Examine the characteristics of healthy relationships and develop strategies to build and enhance them (e.g., peer, opposite sex)	Sessions 4 and 8

LIFE LEARNING CHOICES: Students will use resources effectively to manage and explore life roles and career opportunities and challenges

Students will:

Specific Outcome	Description	Own Your Zone
L-7.3	Decide between choice and coercion in decision-making for self and others(e.g., demonstrate a willingness to accept “no” from others)	Sessions 2, 5, 6 and 8
L-7.4	Revise short-term and long-term goals and priorities based on knowledge of interests, aptitudes and skills (e.g., personal, social, leisure, family, community)	Sessions 4 and 5

English Language Arts

GENERAL OUTCOME 1: Students will listen, speak, read, write, view and represent to explore thoughts, ideas, feelings and experiences.

Students will:

Specific Outcome	Description	Own Your Zone
1.1 Discover and explore	Expressing ideas and developing understanding	Sessions 2 through 10 inclusive
	Experimenting with language and forms	Session 3 and unit project
1.2 Clarify and extend	Considering others’ ideas	Interactive activities and discussions throughout unit
	Combining ideas	Sessions 2 through 10 inclusive
	Extending understanding	Interactive activities, small group and class discussions throughout unit, and unit project

GENERAL OUTCOME 2: Students will listen, speak, read, write, view and represent to comprehend and respond personally and critically to oral, print and other media texts.

Students will:

Specific Outcome	Description	Own Your Zone
2.1 Use Strategies and cues	Using prior knowledge	Interactive activities, and cues small group and class discussions and written assignments
2.2 Respond to texts	Appreciating the artistry of texts	Session 3
2.3 Understand forms, elements and techniques	Understanding techniques and elements	Session 3 and unit project
2.4 Create original text	Generating ideas	Interactive role-plays throughout unit and final project
	Elaborating on the expression of ideas	Interactive role-plays throughout unit and final project
	Structuring texts	Interactive role-plays throughout unit and final project

GENERAL OUTCOME 3: Students will listen, speak, read, write, view and represent to manage ideas and information.

Students will:

Specific Outcome	Description	Own Your Zone
3.1 Plan and focus	Focusing attention	Unit project
	Planning to gather information	Unit project
3.2 Select and process	Accessing information	Sessions 1, 2 and 3 and unit project
	Evaluating sources	Session 3
3.3 Organize, record and evaluate	Evaluating information	Sessions 2 through 10 inclusive
3.4 Share and review	Sharing ideas and information	Interactive role-plays throughout unit and final project

GENERAL OUTCOME 4: Students will listen, speak, read, write, view and represent to enhance the clarity and artistry of communication.

Students will:

Specific Outcome	Description	Own Your Zone
4.1 Enhance and improve	appraising own and others' work	interactive role-plays, small group and class discussions throughout unit and final project
	enhancing artistry	interactive role-plays throughout unit and final project
4.2 Attend to conventions	attending to grammar and usage	Interactive role-plays, small group and class discussions, written assignments throughout unit and the final project
4.3 Present and share	presenting information	interactive role-plays, small group and class discussions throughout unit
	enhancing presentation	interactive role-plays, small group and class discussions throughout unit and the final project
	using effective oral and visual communication	interactive role-plays, small group and class discussions throughout unit and the final project
	demonstrating attentive listening and viewing	entire unit

GENERAL OUTCOME 5: Students will listen, speak, read, write, view and represent to respect, support and collaborate with others.

Students will:

<i>Specific Outcome</i>	<i>Description</i>	<i>Own Your Zone</i>
5.1 Respect others and strengthen community	using language to show respect	entire unit
5.2 Work within a group	co-operating with others	group work throughout unit
	working in groups	entire unit
	evaluating group process	opportunities for such evaluation throughout unit

Social Studies

SKILLS AND PROCESSES FOR GRADE 7

Students will:

<i>Specific Outcome</i>	<i>Description</i>	<i>Own Your Zone</i>
7.S.1 Develop skills of critical thinking and creative thinking	distinguishing fact from opinion	Sessions 1, 2 and 3
7.S.2 Demonstrate skills of conflict resolution, cooperation and consensus building	proposing strategies or options to solve problems and class discussions	interactive activities, role-plays, small group throughout unit and unit project
	identifying and using a variety of strategies to resolve conflicts peacefully and fairly	interactive activities, role-plays, small group and class discussions throughout unit and unit project
	participating in and predicting outcomes of problem-solving and decision-making scenarios	Session 5 introduces and provides practice of a decision-making model, interactive activities, role-plays, small group and class discussions throughout unit and unit project
	generating and applying new ideas and strategies to contribute to problem solving and decision-making	entire unit
	assuming a variety of roles and responsibilities in groups	group work throughout entire unit
7.S.4 Communicate effectively	making reasoned comments relating to the topic of discussion	small group and class discussions throughout entire unit
	eliciting, clarifying and responding appropriately to questions, ideas and diverse points of view in discussions	small group and class discussions throughout entire unit
	using skills of informal debate to persuasively express differing viewpoints regarding an issue	small group and class discussions throughout entire unit
	communicating in a persuasive and engaging manner, through speeches, multimedia presentations, written and oral reports, taking particular audiences and purposes into consideration	unit project and role-plays
	interacting with others	entire unit

Social Studies

SKILLS AND PROCESSES FOR GRADE 7 (continued)

Students will:

Specific Outcome	Description	Own Your Zone
7.S.5 Develop skills of media literacy	examining techniques used to enhance the authority and authenticity of media messages	Sessions 3 and 4
	detecting bias on issues presented through the media	Sessions 3 and 4
7.S.6 Use the research process to complete an inquiry	developing a position supported by information gathered in answering a research question or issue	Session 3
	assessing the validity of information based on context, bias, source, objectivity, evidence or reliability	Sessions 3 and 4

DRAMA

GOAL 1: To acquire knowledge of self and others through participation in and reflection on dramatic experience.

Students will:

Objectives	Concept/Skill/Attitude	Own Your Zone
Develop a positive self-image	Attitude	entire unit is about being true to one's self — <i>Own Your Zone</i>
Develop self-confidence	Attitude	entire unit encourages knowing one's values, making good decisions and learning refusal skills
Extend the ability to think imaginatively and creatively	Skill	role-plays, small group and class discussions throughout unit and unit project
Extend the ability to explore, control and express emotions	Skill	role-plays, small group and class discussions throughout unit and unit project
Develop the willingness to make a decision, act upon it and accept the results	Attitude/Skill	Session 5 presents and provides practice for a decision-making model while the entire unit reinforces this
Develop a sense of responsibility and commitment	Attitude	entire unit
Develop the ability to initiate, organize and present a project within a given set of guidelines	Skill	unit project
Develop the ability to understand, accept and respect others – their rights, ideas, abilities and differences	Attitude/Skill	group work, small group and class discussions and role-plays throughout unit
Develop the ability to offer and accept constructive criticism	Attitude/Skill	role-plays, small group and class discussions throughout unit and unit project

GOAL II: To develop competency in communication skills through participation in and exploration of various dramatic disciplines.

Students will:

Objectives	Concept/Skill/Attitude	Own Your Zone
Develop the body and voice as tools of communication	Skill	role-plays, small group and class discussions throughout unit and unit project
Develop the ability to give form or expression to feelings, ideas and images	Skill	role-plays, small group and class discussions throughout unit and unit project
Develop belief in, identification with, and commitment to a role	Attitude	role-plays and unit project

LEARNER EXPECTATIONS

Movement	Session 7 deals with using physical relaxation techniques effectively Role-plays in session 5 use “freezing of movement”
Speech	Ad-lib role-plays in sessions 2, 5 and 6 and the unit project give opportunities to speak spontaneously, use storytelling techniques, listen effectively and to use volume appropriate to the situation.
Improvisation/Acting	Ad-lib role-plays in sessions 2, 5 and 6 and the unit project give opportunities for creating experiences; creating and telling a story spontaneously; communicating a clear beginning, middle and end in spontaneous and planned scenes; and making logical choices within the boundaries of situation and character.