

7<sup>th</sup> Grade OCPE

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**Student Written Assignments  
(2<sup>nd</sup> 6 Weeks)**

Name \_\_\_\_\_

1. Nutrition and Activity Journal \_\_\_\_\_ /100 pts total

2. Goal Setting Worksheet \_\_\_\_\_ /100 pts total

3. 5 Weekly Topic Sheets with Questions

• Week 7: Self Esteem & Body Image \_\_\_\_\_ /100 pts total

• Week 8: Alcohol & Binge Drinking \_\_\_\_\_ /100 pts total

• Week 9: Bullying & Cyberbullying \_\_\_\_\_ /100 pts total

• Week 10: Sleep, Rest, & Time Management \_\_\_\_\_ /100 pts total

• Week 11: Hydration, Sugary & Energy Drinks \_\_\_\_\_ /100 pts total

**Written Work Average Grade (Total points divided by 7) \_\_\_\_\_**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**7<sup>th</sup> Grade**

**2<sup>nd</sup> 6 Weeks Nutrition and Activity Journal**

This sheet is done once per six weeks but can be done on any week during the grading period.

**Nutrition Goal: (20 pts)**

**Instructions: Record everything you eat and drink in the boxes below for one week. (30pts)**

	Breakfast	Lunch	Dinner	Snacks
MON				
TUES				
WED				
THURS				
FRI				

**Lifestyle Factors for the Week (10 pts)**

Average Hours of Sleep: \_\_\_\_\_ # of Breakfasts: \_\_\_\_\_

Glasses of Water: \_\_\_\_\_ # Sugar Drinks: \_\_\_\_\_

# of Protein Servings \_\_\_\_\_ # of Fruit Servings \_\_\_\_\_

# of Veggie Servings \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Physical Activity and Exercise Goals (FITT): (20 pts)**

**Instructions: Record all physical activities you participate in for one week into the correct boxes below. (30pts)**

	Cardiovascular Endurance Activities	Muscular Strength/Endurance Activities	Flexibility Activities
MON			
TUES			
WED			
THURS			
FRI			

**Lifestyle Factors for the Week (10 pts)**

Trouble Sleeping:  Exercise Fatigue:  Muscle/Joint Pain:

Change in Appetite:  Gained Interest in Exercise:

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**7<sup>th</sup> Grade  
Goal Setting Worksheet**

My goals for this 6 weeks are: (25 Points)

1.

2.

Start Date: \_\_\_\_\_ Target Completion: \_\_\_\_\_

What will help you reach your goal?  
(25 Points)

1.

2.

3.

What are things that will stand in your way?  
(25 Points)

1.

2.

3.

How will reaching these goals affect you? (25 Points)

## Self Esteem and Body Image

**Self-esteem** is the way you value, respect, and feel about yourself. It is about how much you feel you are worth and how much you feel other people value you. Self-esteem is important because feeling good about yourself can affect your overall mental health, how you treat others and how you react to various situations. People with high self-esteem know themselves well. They're realistic and have friends who like and appreciate them for who they are. People with high self-esteem usually feel more in control of their lives and know their own strengths and weaknesses. People with high self-esteem take pride in what they do and think positively about themselves. Self-esteem can influence your happiness and success. Regular exercise helps you to be fit and healthy which may contribute to having a healthy self-esteem. Setting fitness goals and working every day to achieve them can improve self-confidence and how you feel about yourself. There are people and/or things that influence how we learn to think and feel about ourselves. Examples include:

- Parents, teachers, and other adults in our lives.
- Our "inner" voice.
- Comparing ourselves with others.

**Body image** is how you view your physical self, including whether you feel you are attractive and whether others like your looks. Having a healthy body image means you accept your body's appearance and abilities. For teens, body image can be closely linked to self-esteem. Some people struggle with their self-esteem and body image when they begin puberty because it's a time when the body goes through many changes. It can be tempting to compare ourselves with others during this time. The trouble with that is, not everyone grows or develops at the same time or in the same way. The media influences our opinion of body image by portraying everyone we see as perfect. Remember real people aren't perfect and perfect people aren't real (they're usually airbrushed).

If you have a positive body image you probably like and accept yourself the way you are, even if you don't fit some media "ideal." This healthy attitude allows you to explore other aspects of growing up, such as developing good friendships, becoming more independent from your parents, and challenging yourself physically and mentally. Developing these parts of yourself can help boost your self-esteem.

### Tips for Improving Body Image

- Recognize that your body is your own, no matter what shape or size it comes in. Focus on maintaining good health.
- Identify the aspects of your appearance you can realistically change and which you can't or don't need to. Celebrate your uniqueness.
- Build your self-esteem by giving yourself three compliments every day. Focus mainly on the things that make you happy.

Visit <http://kidshealth.org/en/teens/body-image.html?ref=search#> for more information.

### Check for Understanding

- What is self-esteem?
  
- How can regular exercise affect your self-esteem?
  
  
  
  
  
  
  
  
  
- What is body image?
  
  
  
  
  
  
  
  
  
- How can you improve your body image?

Coach's Reflection: