

Department: Physical Education
Course Name: Health 7

Course Description:

Our students will demonstrate a comprehensive understanding of the life skills needed to become health-literate adults and to lead healthy lives. The students will gain knowledge of healthful habits, healthful decision-making, and strong problem-solving skills through critical thinking and positive effective communication.

Content:

Mental/Emotional, Social, and Physical Health
Personal Hygiene
Consumer, Community, and Environmental Health
Body Systems
Growth and Development
Violence, Bullying, and Injury Prevention
Communicable and Chronic Diseases
Emergency Procedures

Skills:

Practice making responsible decisions and setting goals
Communicate effectively and build resistance skills
Practice stress and time management
Access valid health information, products, and services
Apply the practice of healthful behaviors
Analyze what influences one's health
Demonstrate how to be a health advocate
Practice conflict resolution
Explain what to do in emergency situations

Text and Materials:

Pen/Pencils
Paper
IPad

Methods of Instruction:

Class discussion
Video
Teacher directed

Methods of Evaluation:

Teacher observation
In-class assignments
Projects
Oral assessments (question/answer)