Health Hastings FMS

Short Synopsis of the Course/Subject Areas of Focus
Health Education is a 7th & 8th grade course for middle school students. The objective of the health curriculum is to provide students with a variety of skills they can use to create and maintain a healthy lifestyle.

Grade Level: 7th and 8th
Subject: Health

Curriculum Unit Map organized for each grade.
Click Here

Student Learning Standards **(Students will be able to)**

Standard 1 - Students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.

Standard 2- Students will demonstrate personally and socially responsible behaviors. They will care for and respect themselves and others. They will recognize threats to the environment and offer appropriate strategies to minimize them

Standard 3- Students will understand the influence of culture, media, and technology in making decisions about personal and community health issues. They will know about and use valid health information, products, and services. Students will advocate for healthy families and communities.

Culturally responsive content and practices

Quarters 1-4- Look for opportunities to incorporate various cultures and backgrounds into the content studied in class.

- Provide regular opportunities for social/emotional learning strategies within lessons and as learning activities.
- Analyze how culture can influence our health (Family history, foods, traditions, values and beliefs).
- Mental health unit: Acceptance, affection and achievement of all people

- Emotional impact of not being the majority of a “group” (Race, social class, gender, language, sexual orientation, nationality, religion, ability)

Assessment plan

- **Wellness Wheel** - wellness book
- **Self Management** - coping skills toolkit
- **Stress Management** - Mood Meter / Journaling
- **Body Image** - positive internal coach
- **Mental Health**- research project
- **Fitness and Nutrition**- wellness portfolio
- **Alcohol, Tobacco and Other Drugs**- decision making project / role play performances
- **Sexual Health / Consent / LGBTQ** - relationship management project
- **Community Health** - local resources
- **Communication / Advocacy** - importance of face to face communication in a digital world

Resources

- CDC
- Health Education Toolbox
- Mental Health
- NIMH
- KidsHealth.org
- PECentral.org