

LEHIGHTON AREA SCHOOL DISTRICT

MS. SCHERER – 8th GRADE

Course Name:

Healthy Living 8

Course Description:

During Healthy Living Health Education students will be presented with information on some of today's most pertinent health topics. Some of these topics include: first aid, safety (personal, home, and fire), stress/anxiety and ways to cope, suicide prevention, fitness and nutrition. The Life Skills Training topics of resisting drugs, media influences, coping with anger, and resolving conflicts will be reviewed. Making choices for a healthy lifestyle will be stressed.

Course Objectives:

Healthy Living provides the students with the knowledge and skills that they need to:

- Avoid alcohol, tobacco, and other drugs.
- Cope with anger.
- Manage stress and anxiety.
- Make informed decisions.
- Resolve conflicts.
- Prevent/prepare for emergency situations.
- Provide help for themselves/others when an emergency situation occurs.
- Develop a healthy lifestyle.

Course Content and Time Frame:

This course is a marking period long or every day for 45 days. Content: personal self-management and making healthy choices skills, general social skills, drug resistance skills, and emergency situation skills.

Textbook and other Required Materials:

- Health folder to put notes, handouts, etc.
- Pencil or pen (something to write with)
- LST Book
- Electronic Device...computer

Grade Components/Assessments: (Weight description)

Tests -60%

Quizzes- 30%

Homework- 10%