

7th Grade Health Syllabus - 2017-2018

Course Description:

Health Education in seventh grade is based on developing skills in relation to age appropriate health topics. By developing skills related to effectively accessing health resources, communicating, analyzing peer and media influences, goal setting, decision making, and health advocacy, students in BVSD will be able to achieve and maintain optimal wellness.

Topics at a glance:

- Factors that influence eating behaviors
- Healthy food choices
- Stress/ anger management
- Identify healthy relationships
- Communicate feelings/refusal skills
- Substance abuse prevention
- Developmental changes during puberty and adolescence
- Causes, effects and prevention of HIV
- Define gender expression terminology

7th Grade Health and Physical Education Standards: *

1. Movement Competence and Understanding (Physical Education)

2. Physical and Personal Wellness (Shared Standard)

3. Emotional and Social Wellness (Shared Standard)

4. Prevention and Risk Management (Shared Standard)

* The link below will take you to BVSD's *Health Curriculum Essentials Document* in its entirety.

[Health Curriculum Essentials Document](#)

Units: Health is a one semester course and your child will attend Physical Education during the other semester.

- I. *Nutrition*
- II. *Stress Management*
- III. *Mental/ Emotional Health*
- IV. *Substance Abuse Prevention*
- V. *Personal Safety/ Violence Prevention*
- VI. *Human Sexuality / Human Growth and Development*

Grading Criteria:

Summative Assessments: 50% (quizzes, tests, projects)

Formative Assessments: 40% (classroom assignments)

Preparation and Production: 10% (homework, participation, preparedness for class)

Classroom Expectations:

- Be on time - EVERYDAY
- Make sure you have your binder, pens/pencils, and your planner with you – EVERYDAY
- Use class work time wisely - EVERYDAY
- As soon as you sit down, open your Health Folder and begin setting up your notes for the day
- Ask a friend if you need clarification or extra help and if you need more help ask your teacher

We are looking forward to a wonderful year! Please do not hesitate to contact us with any questions.

Angevine Health Teachers