

## Health Education Mr. Walgamott

### **Class Description:**

Health class is a required semester course designed to teach students the information and skills they need to make good choices, promote good health, prevent disease, and prevent injury.

### **Class Content:**

Students will participate in nine health units during the semester.

These units include:

- |  |         |
|--|---------|
| • A Healthy Foundation                       | 1 week  |
| • Mental and Emotional Health                | 2 weeks |
| • Safe and Healthy Relationships             | 2 weeks |
| • Personal Care and Body Systems             | 3 weeks |
| • Growth and Development                     | 1 week  |
| • Tobacco, Alcohol, and Drugs                | 2 weeks |
| • Diseases and Disorders                     | 2 weeks |
| • Injury Prevention and Environmental Health | 2 weeks |

### **Methods of Instruction:**

Class time will be spent in various learning activities including lecture, demonstrations, group activities, games, video presentations, guest speakers, written projects, and class discussions. Each student is expected to be a part of such activities in a positive manner.



### **Exercise Regularly**



### **Three C's of healthy relationships**

- Communication
- Cooperation
- Compromise

