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Google Classroom Codes:
7A -

Health & Life Skills 7

Course Outline 2021-22

Big Ideas

- ✓ **Wellness Choices –**
Students will make responsible and informed choices to maintain health and to promote safety for self and others.
- ✓ **Relationship Choices –**
Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.
- ✓ **Life Learning Choices-**
Students will use resources effectively to manage and explore life roles and career opportunities and challenges.

Course Overview

The aim of the Health and Life Skills Program of Studies is to enable students to make well-informed, healthy choices and to develop behaviours that contribute to the well-being of self and others. To achieve this aim, students require an understanding of self as the basis for healthy interactions with others and for career development and lifelong learning.

Alberta Education

Materials Required

You will need (binder, pens, pencils, lined paper, erasers, highlighters, etc.)

Scope and Sequence

Unit 1 – You 101: The Brain, Mind, and Behaviour Connection

Unit 2 – Relationships, Volunteerism & Community

Unit 3 – Human Sexuality and Decision Making

Learning Strategies

A variety of learning strategies will be used in Health 7. These will include:

- ✓ Class discussion
- ✓ personal reflection
- ✓ lectures, videos, and review games
- ✓ individual and group research projects and presentations

Assessment and Evaluation

The final course mark will be generated in the following way:

Reflection Journals	40%
Assignments, Projects, and Quizzes	60%
Total	100%

Food and drinks (other than water) will not be permitted in class without explicit consent from your teacher.

Plagiarism

All students are expected to practice academic integrity by ensuring all work is authentic and original to them, or appropriate credit and citations are used when citing another person's work.

Student Expectations

1. Be prepared for class - this means coming to class with your homework completed and all the materials you will need. It also means coming to class with a positive attitude and an intention to learn and participate in class discussions and activities.
2. Attendance – Due to nature of this class, attendance is essential for participation in class discussion and activities. If you are absent from class, you may miss out on important content. It is your responsibility when you return to find out about missed assignments and announcements. Absences do not excuse you from assignments - you WILL be responsible for completing missed assignments.
3. Respect for yourself, your classmates, your teacher, and the shared learning environment must be demonstrated at all times.
4. Reflect - you will be encouraged to develop your skills as a reflective learner to set and achieve goals. You will work hard and do your best to evaluate your progress throughout the year.

Cell Phones

Cell phones will not be used in class without explicit permission from your teacher. If you bring a cell phone to class, it is expected to remain unseen. If your cell phone is visible or audible, you will be expected to give it to your teacher for the remainder of the class. If this occurs often, you may be expected to give it to your teacher for the remainder of the day, or, in certain instances, your parents may be contacted to pick it up for you. Failure to comply with these expectations will become a disciplinary issue.

Controversial Topics

Health and Life Skills 7 may cover some controversial topics. All subject matter will be taught objectively, using approved resources, however, recognizing personal bias and appreciating a difference of opinion are essential skills when participating in a social environment. Students will be expected to demonstrate respect for diverse experiences, ideas, and opinions at all times.

Success Plan

Respect and responsibility are key concepts in Health & Life Skills 7. Regular attendance is key to your academic success. If you participate during class activities, do your homework, and study for quizzes/exams you will be successful. Extra help is available during lunch or after school; however, it is your responsibility to ask.

Keep track of your marks as they will be posted online on a regular basis. PowerSchool is used as a tool for teachers to communicate with students and parents about such things as attendance, grades, discipline, schedules, and assignments.

Health & Life Skills 7 is all about working together in a learning community based on respect and responsibility.

Let's have some fun with this!