

2021-22

HEALTH 8

Room 19

Mrs. Wiebe

WHY STUDY HEALTH:

THE OVERALL OBJECTIVES OF THE ALBERTA HEALTH AND LIFE SKILLS COURSE ARE "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. (HEALTH AND LIFE SKILLS, K-9 FROM ALBERTA LEARNING, ALBERTA, CANADA.2002)

GENERAL OUTCOMES:

WELLNESS CHOICES-General Outcome
Students will make responsible and informed choices to maintain health and to promote safety for self and others.

RELATIONSHIP CHOICES-General Outcome
Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.

LIFE LEARNING CHOICES-General Outcome
Students will use resources effectively to manage and explore life roles and career opportunities and challenges.

HUMAN SEXUALITY- Students will learn about STIs, forms of contraception, and responsibilities and consequences associated with involvement in a sexual relationship. **Note: Students must have a signed permission form from parents/guardians to take the Human Sexuality Unit.

Units of Study:

1. Personal Safety & Injury Prevention
2. Substance Use, Addictions, & Related Behaviours
3. Growth & Development
4. Healthy Eating

Assessment:

Assignments: 60%

Projects 40%

Resources:

- The Fourth R program - <https://youthrelationships.org/pages/grade-7-8-9-health-physical-education-hpe>
- Teaching Sexual Health - <https://teachingsexualhealth.ca/teachers/grade/grade-8/>
- Various lessons created by teachers and the school YES Worker

“SUFFICIENT SLEEP, EXERCISE, HEALTHY FOOD, FRIENDSHIP, AND PEACE OF MIND ARE NECESSITIES, NOT LUXURIES.”

MARK HALPERIN