



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.

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:

Daily Assignments	40%
Projects and Quizzes	60%
Total	100%

CLASSROOM EXPECTATIONS:

BE POLITE:

Everyone has a right to learn- please do not interfere with someone else's learning. This means:

- Wait for your turn to speak- allow your teacher or other students to finish what they are saying before you speak. Keep your voice down while people are working, and NEVER talk during a test.
- People sometimes make mistakes when they answer questions- this is part of learning! Be respectful and give everyone a chance to try answering.
- It is particularly important to be respectful in Health due to the nature of the subject matter.

Please respect and follow all school procedures and rules.

Ask for permission before touching or borrowing someone else's things. Respect personal space.

Please respect any technology that is brought into the classroom. You will be instructed on proper, acceptable use. If something is not working, please tell Ms. Dalke immediately!

BE PREPARED:

Please be on time, and make sure you have completed assigned homework before class.

At the beginning of each class, check to make sure that you have all the supplies you will need. Keep your materials organized so that you will be easily able to find homework and notes.

Notify Ms. Dalke in advance if you know you are going to miss classes. You are responsible for making up missed quizzes and exams on your own time, either at lunch or before or after class. Extended absences nearly always require time to be made up at lunch- asking for a missed assignment is good, but asking for help to complete the assignment is even better!

BE PRODUCTIVE:

Use your class time wisely. All assignments in this class have a purpose, so please make each one a priority. Maintaining a positive attitude and asking for help when you need it will help with this!

If you need to leave the classroom, please ask. Only one person will be allowed to leave the room at a time. Leaving during class time is a privilege- if you are gone for a long period of time, you will no longer be allowed to leave the room. Unless it is an emergency, PLEASE do not interrupt instruction or a test to ask to leave the room.

ELECTRONIC DEVICE POLICY:

Any device brought to class will be placed on your personal shelf in the organizer provided at the back of the classroom; feel free to charge your device during class. Please be aware that the organizer is not locked and secure; if you want to be certain that your device remains safe, **leave it in your locker**. If you need to use your device during class for some reason, ask Ms. Dalke for permission first.

In return, Ms. Dalke will extend you the same courtesy and respect.
Let's have a fantastic year together!