

7th Grade Health



Course Description

Students will be introduced to a comprehensive health program with a strong emphasis on making good personal decisions regarding their health. Students will have a foundation to build lifelong health skills and reinforce ways to practice those skills to make positive health choices. Students will show the ability to make healthy nutritional choices, explain the effects of drugs on the human body, be able to identify healthy and unhealthy relationships: personal boundaries, dating violence, sexual abuse, and male and female reproductive systems with an emphasis on the stages of pregnancy and teenage pregnancy.

Instructors:

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Course Materials Required:

- *Chromebook*

Learning Activities

- *Lab activities*
- *Online activities*
- *Group discussion*
- *Writing assignments*

Learning Outcomes

- Students will be able to...
 - Apply the decision making process to personal eating habits
 - Apply refusal and negotiation skills to potentially harmful situations
 - Describe the effects of drugs on body systems.
 - Identify sexual abuse and the importance of telling an adult.
 - Demonstrate appropriate ways to set boundaries in relationships.
 - Demonstrate methods for addressing intrapersonal differences without harm.
 - Describe possible causes of conflict.
 - Describe the effects of bullying on mental, social, and physical health.
 - Describe the relationship of nutrition on mental, social and physical health.
 - Explain how the reproductive system works during pregnancy.
 - Explain the effects of fad diets on the body.

Course Outline

7th Grade Health



Unit	Approximate Dates	Topics	Student Activities
<i>Nutrition</i>	<i>Nov 1st - 30th</i>	<i>Food & Nutrition, personal eating habits, fad diets, & Body Image</i>	<i>Personal food log, find a fad analysis, food labels, "Overfed, Undernourished DVD," & Food Deserts using WeVideo</i>
<i>Drugs</i>	<i>Dec 1st - Jan 20th</i>	<i>Drugs and the adolescent body, Illegal substances, & legal substances.</i>	<i>Marijuana Debate, Drug Research Project, Exit Slips, Group Discussions.</i>
<i>Healthy Relationships</i>	<i>Jan 21st - Feb 28th</i>	<i>Friendships, peer pressure, resolving conflict, refusal skills, bullying, communication skills, abuse, & Erin's Law.</i>	<i>Wright family vacation, Bip and Bop friendship on the rocks, "Bully" DVD, Erin's Law presentation with ECC.</i>
<i>Human Sexuality</i>	<i>Mar 1 - March 30</i>	<i>Relationships, Reproductive System, Pregnancy, Basic Contraceptives</i>	<i>Reproductive Anatomy, Understanding Boundaries, teen pregnancy project & contraceptives discussion</i>

Major Course Assignments/Assessments

- *Illegal Substances Summative*
- *Nutrition Summative*
- *Healthy Relationships Summative*
- *Reproductive Systems Summative*

Grading Procedures:

- *Students will be graded on the following criteria. Participation - Actively participating in class in small and large activities. Responsibility - remembering to*

7th Grade Health



have everything they need for class. Sportsmanship - showing respect to classmates during discussion and following procedures. Written work - projects, homework, in class assignments, and assessments. Students will be given two school days to complete written work for full credit, one day late is half credit, two days late is a zero.

Grades will be determined by the following category weights:

Category	Percentage
<i>Participation</i>	<i>25%</i>
<i>Responsibility</i>	<i>25%</i>
<i>Sportsmanship</i>	<i>25%</i>
<i>Written Work</i>	<i>25%</i>

Grading Scale:

Letter Grade	Range
A	100-90
B	89.99-80
C	79.99-70
D	69.99-60
F	59.99-below

Absences/Make-up Work:

Students who are absent from school will be allowed to make up work for equivalent academic credit. The time allowed to make up work will generally be one school day for

7th Grade Health



every school day missed, starting with the first day the student returns to school. In extenuating circumstances a student may ask his/her teacher for additional time to make up work. It is the responsibility of the student (and his/her parent/guardian), not the teachers, to get the assignments, complete them, and turn them in, and to arrange a time with the teacher to make up any missed quizzes or tests. Incomplete work or failure to do the work may result in a lowering of grades.

Timeframe for makeup work:

It is the responsibility of the student, to talk to their teacher to make-up any assignments missed during the absence. Students will be given one school day for every school day missed, starting the first day the student returns to school.

Procedure to follow to receive and submit makeup work:

1. *Student will speak to teacher about the work missed*
2. *Canvas assignments and classwork will be given to the student.*
3. *Student will have time to make-up the work according to their absence.*

Technology Policy

The District's electronic networks, including the Internet, are part of the District's instructional program and serve to promote educational excellence by facilitating resource sharing, innovation, and communication. Use of all electronic devices allowed as part of the District's Bring Your Own Device ("BYOD") program and the District issued Chromebook must be consistent with District policies and procedures. Such electronic devices may be used during instructional time only for educational purposes as approved by the Administration or teacher. Personal devices may be used by students during non-instructional time, such as during passing periods, lunch, and before or after school. Students may not place or receive phone calls during school day hours (6:20am to 2:46pm). Use is a privilege, not a right. Students and staff members have no expectation of privacy in any material that is stored, transmitted, accessed via the District's electronic networks. The District's rules for behavior and communications apply when using the electronic networks. Refer to the Chromebook Handbook issued by the district.

State specific technology guidelines for your classroom here

The use of cell phones while in the Health classroom is strictly prohibited without teacher permission.

Students are to have their chromebooks charged and ready to use when they are in the health classroom.

7th Grade Health



Academic Integrity:

Students engaging in academic dishonesty, including cheating, intentionally plagiarizing, wrongfully giving or receiving help during an academic examination, altering report cards, and wrongfully obtaining test copies or scores may be subject to disciplinary consequences as outlined in the Student-Parent Handbook.

Resources:

Canvas