



PARKSIDE JUNIOR HIGH SCHOOL

HEALTH 7

COURSE OUTLINE

Teacher: Mrs. Deis

Course Overview:

The Grade 7 Health course aims to empower students with the knowledge, skills, and attitudes necessary to make informed decisions about their health and well-being. The course covers personal well-being, relationships, safety, and understanding the factors that influence individual food choices and body image.

Course Objectives:

By the end of the course, students will:

1. Understand Personal Health: Explore all dimensions of health, and learn strategies for maintaining a healthy lifestyle, including the importance of nutrition and physical activity.
2. Develop Healthy Relationships: Practice communication, empathy, and respect, while addressing bullying, harassment, and the impact of media and peer pressure.
3. Enhance Safety and Risk Management: Learn to stay safe in various environments, understand the risks of substance use, and develop skills to resist peer pressure.
4. Explore Body Image and Media Literacy: Analyze media influence on body image, understand health risks of altering body shape, and build a positive self-image.
5. Make Informed Food Choices: Relate factors influencing food choices to nutritional needs, and engage in activities to promote healthy eating.

Overview of Units:

Unit 1: Wellness Choices (Personal Health, Safety & Responsibility)

This unit emphasizes personal health, safety, and well-being. Students explore factors that influence their health and wellness, including nutrition, physical activity, sleep, stress management, and safety practices.

Unit 2: Relationship Choices (Understanding & Expressing Feelings, Interactions, Group Roles & Processes)

This unit addresses the development of healthy relationships with peers, family, and others. It covers communication skills, conflict resolution, and the effects of peer pressure.

Unit 3: Life Learning Choices (Learning Strategies, Life Roles & Career Development, Volunteerism)

This unit encourages students to explore personal growth, career planning, and community involvement. It also emphasizes decision-making skills and goal-setting.

Unit 4: Human Sexuality (*Parents/Guardians will retain the right to exempt their child from school instruction in human sexuality education)

This unit provides students with knowledge about human sexuality, reproductive health, and the physical and emotional changes during adolescence. It promotes a healthy, informed approach to sexual health and relationships.

Resources and Materials:

- Alberta Health Curriculum Guides
- Educational videos and online resources
- Guest speakers (e.g., nutritionists, mental health professionals)
- Hands-on activity materials (e.g., health-related games)

Classroom Expectations:

- Respect for self and others.
- Active participation in discussions and activities.
- Timely completion of assignments and projects.
- Adherence to classroom safety guidelines, especially during hands-on activities.

Assessment and Evaluation:

Assignments and Projects: 80%

Class Participation and Engagement: 20%

Course Calendar:

September: Personal Health

October: Safety & Responsibility

November: Understanding & Expressing Feelings

December: Interactions, Group Roles & Processes

January: Learning Strategies

February: Personal Health

March: Life Roles & Career Development

April: Volunteerism

May: Human Sexuality

June: Importance of living a physically active lifestyle

If you have any questions or concerns, please contact your child's Health teacher.

Mrs. Allyson Deis

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