

**Department:** Physical Education  
**Course Name:** Health 7

**Course Description:**

Our students will demonstrate a comprehensive understanding of the life skills needed to become health-literate adults and to lead healthy lives. The students will gain knowledge of healthy habits, healthful decision-making, and strong problem-solving skills through critical thinking and positive effective communication.

**Content:**

Mental/Emotional, Social, and Physical Health  
Personal Hygiene  
Consumer, Community, and Environmental Health  
Body Systems  
Growth and Development  
Emergency Procedures

**Skills:**

Practice making responsible decisions and setting goals  
Communicate effectively and build resistance skills  
Practice stress and time management  
Access valid health information, products, and services  
Apply the practice of healthful behaviors  
Analyze what influences one's health  
Demonstrate how to be a health advocate  
Practice conflict resolution  
Explain what to do in emergency situations

**Text and Materials:**

Pen/Pencils  
Paper  
IPad

**Methods of Instruction:**

Class discussion  
Video  
Teacher directed

**Methods of Evaluation:**

Teacher observation  
In-class assignments  
Projects  
Oral assessments (question/answer)