

Seventh Grade Health Syllabus
North St. Paul – Maplewood – Oakdale School District 622
John Glenn Middle School

Nine week Course

Standards met: **National Health Standards** provided by the **American Association for Health Education**.

The National Health Standards 7th grade health addresses are #1, 3, 4, & 5 and are listed in the curriculum section of this document. You will see them as NS #1, etc.

Course Description:

Health is taught in conjunction with physical education, and is taught by the same teacher. This course covers a period of nine weeks, throughout the year. We will focus on three body systems, nervous, circulatory and respiratory, the dangers and effects drugs, alcohol and tobacco have on those body systems, mental health, self-esteem, and healthy relationships as well as beginning First Aid for life-threatening emergencies.

Essential Outcomes Health Education
7th Grade

The student will be able to:

1. Describe the basic structures of the circulatory, nervous and respiratory systems.
2. Understand how lifestyle affects the human body systems.
3. Develop injury prevention strategies for personal and family health.
4. Demonstrate an understanding of the importance of respect for self and others.
Identify signs/symptoms of life threatening emergencies.

ASSESSMENT & INSTRUCTION

How will we know they have learned?

Assessment FOR Learning

- Daily Assignments
- Individual or Group Projects

Assessment OF Learning

- Tests and Quizzes

How will I teach this?

- Use 6th – 8th Grade Health Education Instructional framework
- class discussions/activities
- hands-on activities
- guided practice
- guest speakers
- current events
- researching internet/CD ROM
- multi-media presentations

7th Grade Health Topics:

- Nervous System
- Circulatory System
- Respiratory System
- First Aid
- Tobacco – Addiction
- Alcohol and other drugs
- Self-esteem and Relationships; healthy versus risky relationships
- Mental and emotional health

Course Requirements:

The following materials are needed for health education class:

1. pencil or pen
2. paper or notebook
3. two pocket folder with clasps for paper
4. colored pencils

You are responsible for your health grade. Write all of your assignments in your agenda. Take pride in the work you turn in. Quality is expected in both content and writing. Turn your assignments in on time. If you are absent: check with a classmate about any missed work first. If they cannot tell you, check with your teacher. Students who have been absent have three days to complete and turn in any missing assignments for full credit.

Class activities will include reading, discussions, hands-on activities that complement the unit being studied and appropriate power point and video presentations.

Homework will be required for some units and must be turned in on the assigned date for full credit. Quizzes and tests will also be used for assessment.

Grading Procedures:

Health grades are calculated on a point system where each point earned contributes equally to your final grade. Points earned include: attendance, behavior, daily participation in class activities, daily work, quizzes, tests and health lab activities.

90% of the quarter total = the A range

80 – 89% = the B range

70 – 79% = the C range

60 – 69% = the D range

any score below 60% is not passing.

Text And Other Resource Material:

Decisions for Health Level Red, copyright 2007 Holt-Reinhart-Winston

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