7th Grade Health

Welcome to Health class. This quarter long class will focus on the four elements of health that create overall wellness. We will use the textbook Decisions for Health which is aligned to district and national Health education standards.

Content:

The concepts which will be covered during this quarter include but are not limited to:

- What is Health and Wellness?
- Teens and Drugs: an introduction
- Making Successful Decisions and Goal Setting
- Physical Fitness and Nutrition
- Managing Stress
- Teens and Tobacco/Alcohol

Grading:

Your grade will be based on these components:

Classwork……..……...…35%
Homework…… ..20%
Tests/Projects……35%
Quizzes……10%

Late work will be accepted but will drop as much as one letter grade. Deadlines may be adjusted for extended absences.

Health Journal—a written reflection on course topics will be collected periodically throughout the quarter, and will comprise part of the class work average. **Students will need a composition book or separate folder for this purpose.**

Class Conduct Expectations:

1. Raise your hand before speaking
2. Be prepared—*have your supplies with you and be on time to class*
3. Follow teacher directions--*the first time*
4. Do your best work
5. Respect yourself and others—*this is the most important rule in Health class and in life!*

Class Conduct Consequences:

1. Warning
2. Think Sheet
3. Phone call home
4. Before School Detention (arrive at 7:30 on a day agreed upon by student, parent, and teacher)
5. Referral to Mr. Rudy