

Health Education 7 - 8

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Outcomes:

These course outcomes define what a student is expected to know, demonstrate, and understand, as a result of a learning experience.

- Learners will analyze how life skills influence physical, mental, emotional, social, and spiritual health
- Learners will analyze the relationships between health behaviours and physical, mental, emotional, social, and spiritual health
- Learners will reflect on the importance of mental health literacy
- Learners will evaluate ways to access reliable sexual health information that positively impacts adolescent sexual and reproductive health
- Learners will reflect on how relationships impact physical, mental, emotional, social, and spiritual health
- Learners will reflect on the impact of substance misuse on adolescent health

Students will work towards becoming competent in:

- Critical Thinking
- Citizenship
- Communication
- Creativity and Innovation
- Personal and Career Development
- Technology Fluency

Nova Scotia Curriculum:

For more information around curriculum and outcomes please visit:

<https://curriculum.novascotia.ca/english-programs/>

Assessment:

The following is a list of assessment strategies that **may** be used by the physical education teacher to assess a student's progress. A combination of these assessments creates a balanced and fair approach when assessing each student.

- **Observations of oral activities/cooperative activities**
- **Checklists**
- **Presentations**
- **Conferences**
- **Debates**
- **Rubrics – specific criteria that are set for an activity against which a student's work will be measured.**
- **Presentations**
- **Performance – dance and gymnastic routines.**
- **Peer/Self Evaluation – students assessing their own, or each other's work using clear guidelines.**
- **Observation/Anecdotal Records/Checklist – Specific checklist or a simple note in a teacher plan book.**
- **Portfolios – a collection of selected work that portrays a student's effort, progress, and achievement over a period of time.**

NOTE: If there is a need for communication between the PE teachers and home, teachers will typically use one of the following methods.

- Emails
- Phone calls
- Notes home

Expectations:

Students are expected to arrive with a positive attitude each day towards what we are doing in class. It is understood that students may not enjoy all class activities, but they are expected to be open and try their best. Students are not permitted to have cell phones out during class. UNLESS told otherwise by the teacher when usage could benefit classwork. Devices are best kept in bags or lockers during class time.

Students are expected to respect themselves, others, and the learning environment while in class. Any incidence of poor attitude towards learning, bullying, racism, sexism, or homophobia will not be tolerated in class. There will be appropriate consequences to follow these actions.

This course explores very important topics. We will talk about sensitive issues such as (but not limited to) racism, sexism, homophobia, human rights and privileges. We will also talk about sexual health and relationships. It is essential that every class member responds to every issue with compassion and understanding. Always think before you speak!