

Eastern School District Course Descriptor

September 2006

Subject Area: Health

Course: Health (Intermediate)

Level of Instruction: Grades 7, 8 & 9

Program Description & Guiding Principles

At the Intermediate Level, a comprehensive school health and personal development program is recognized as an effective way to improve students' health and involves a wide range of school and community personnel working collectively to enhance the well-being of young people and to promote positive health practices. Such a program is comprised of a broad spectrum of activities and services delivered in a setting that fosters and supports health and wellness.

The program for schools in this province should take into consideration:

- The developmental stages of the learner, recognizing that all are different.
- The needs and interests of young people.
- Positive and negative media influences.
- Current research findings.
- Environment and culture of the province.

The philosophy and goals of the program are organized around a thirteen unit health and personal development program in grades 7 and 8, as well as a comprehensive sexuality education program in grade 9.

- C Content, Processes and Skills (Grades 7 & 8)
- C Emotional and Social Well-Being (Grades 7 & 8)
- C Human Sexuality (Grades 7 & 8)
- C Relationships (Grades 7 & 8)
- C Drugs: Smoking and Alcohol (Grade 7)
- C Drugs: Alcohol and Other Drugs (Grade 8)
- C Active Living (Grade 7)
- C Nutrition (Grade 8) Safety and Environmental Health (Grade 7)
- C Adolescence: Relationships and Sexuality (Grade 9)

Specific curriculum goals and objectives for each grade Seven are found in **Adolescence: Healthy Lifestyles** Health and Personal Development Curriculum Guide, as authorized by the Department of Education.

Evaluation Plan

Oral (interaction with the group, demonstration of listening skills and verbalization skills, show of commitment to a task) 30%

Projects and Activities 40%

Tests/Quizzes 30%