

Teacher: John Lasley	School: Mt. Tabor Middle School
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Subject: Health	Course Title: Health	Grade Level: 6, 7, 8
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Course description: Students will be introduced to several health related issues and they will gain knowledge and understand individual differences and learn how to improve and maintain optimal health and wellness. Building a healthy body and mind is the main focus. Students will also learn some anatomy, social health and nutrition. Relationships, diseases, tobacco and alcohol will also be covered.

Course outline:

1<sup>st</sup> quarter – Body systems, relationships, stars program, eating healthy, alcohol, drugs, tobacco, and growth and development. Communicable diseases, non-communicable diseases, relationships, hygiene, first aid, nutrition and relationships.

2<sup>nd</sup> quarter – Same as 1<sup>st</sup> quarter

3<sup>rd</sup> quarter – Same as 1<sup>st</sup> quarter

4<sup>th</sup> quarter – Same as 1<sup>st</sup> quarter

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Academic Vocabulary: See "TEEN HEALTH" Glossary

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District adopted materials: TEEN HEALTH Course 3

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Supplemental resources: Decisions for health, teaching transparencies, Health smart, videos, guest speakers.

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Differentiation/ accessibility strategies and support (TAG, ELL, SpEd):

Group discussions, partner work, note taking, videos, art work, research, individual feedback on personal performance and modifying instructions if needed through assessment. Use of flexible grouping and partnering. Modification of assignments if needed. Short presentations.

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Final proficiencies: Students demonstrate understanding of topics through discussion and quizzes. Students will evaluate their own level of health and wellness.

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Behavioral expectations:

*ATTENDANCE:* Students must attend class regularly

*TARDINESS:* Students need to be in their seats and ready for work when the bell rings

*RULES:* No putdowns, respect for themselves and others

*CONSEQUENCES:* lunch detention, phone call home, afterschool detention

*CONTACT INFORMATION:* If you need to contact me my email address is johnnyqui@lycos.com. You can contact me by phone at 503-916-5646 during school hours.

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