

Emily Gray Junior High
Health Education 7th and 8th grade Syllabus

Course Description:

The Health Education program in grades 7 and 8 encourages the development of physical, mental, social, and emotional health, which will lead to a lifetime of wellness and fitness. The emphasis in the Health Education program is to develop personal health goals and general understanding of the skills needed to live a healthy lifestyle. Every decision is a health decision in some way.

Topics:

The following units will be used to develop a general understanding of personal Health: Alcohol, Tobacco, Mental, Emotional, Family & Social Health Nutrition & Fitness, Consumer & Environmental Health, Personal Health & Hygiene, Safety & First Aid, Anatomy and Physiology

Grading:

Students will be graded with daily points
Students will also be responsible for all test and quizzes
Late work is accepted but will be marked down.

Classroom Rules:

All students are expected to abide by the class rules expected of Emily Gray students. Cell phones are not permitted in class.

Materials:

Students should have the following materials in class daily:

1. Folder or Binder
2. notebook paper
3. Pens, pencils, and colored pencils

Teacher Contact Information: