

HEALTH 9

COURSE OUTLINE & YEAR PLAN

Teacher: Ms. Susan Robinson

robinsons@lrsd.ab.ca

Program Rationale & Philosophy

Health and life skills involves learning about the habits, behaviors, interactions and decisions related to healthy daily living and planning for the future. It is personal in nature and involves abilities based on a body of knowledge and practice that builds on personal values and beliefs within the context of family, school and community. Some examples of these learnings include the ability of students to:

- make effective personal decisions for current and future issues and challenges
- plan and set goals
- employ critical reflection
- cope with change and transition
- manage stress
- analyze and manage career and health-related information
- recognize and expand personal skills
- recognize, explore and expand career opportunities and options
- explore service learning/volunteerism
- commit to lifelong learning.

General Outcomes

Three general outcomes serve as the foundation for the Health and Life Skills Kindergarten to Grade 9 Program of Studies.

Wellness Choices

- *Students will* make responsible and informed choices to maintain health and to promote safety for self and others.

Relationship Choices

- *Students will* develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.

Life Learning Choices

- *Students will* use resources effectively to manage and explore life roles and career opportunities and challenges.

Resources

- Throughout the term a variety of resources will be used: Handouts & worksheets related to topics addressed, Films – The Social Dilemma, Blind Side & Community Resources as Guest Speakers

Course Expectations

- Attendance: Please let your teacher know when you will be away for a planned absence. Upon return, please see your teacher for work that you have missed.
- Plagiarism: If students “copy and paste” work and submit it as their own – first instance will require a resubmission. Further plagiarism will result in an awarded mark of 0%.
- Late Assignments: Late assignments will be accepted, however, depending on the circumstances, may be a different assignment or work may be assessed in a stricter manner. Students with exceedingly late or missing assignments will be required to complete work by a set deadline determined by the teacher. **If more time is needed for an assignment, this matter must be discussed prior to the due date. Not taking advantage of the make-up opportunity may result in a failing grade.**
- Technology and personal devices should be put away – not used, unless otherwise directed by the teacher. Any inappropriate use of technology may result in privilege being suspended.
- When handing in work, please ensure teacher has **initialed** work as being recorded and checked off.
- Please see the student handbook for any other specifics.
- Note: “You do not have to agree with someone’s opinion but please respect their right to have it.”

Year Plan (*The Long - Range plan and or timeframe may be altered to meet the needs of students and / or available resources.)

Wellness Choices:

Personal Health:	Activities:	Time
	Goal Setting	2 – 3 classes
	The Social Dilemma	4 classes
	Body Image: Size Discrimination	2 – 3 classes
	Healthy Eating/Active Living	2 – 3 classes
	Sleep & Mental Health	2 – 3 classes
	Substance Use – Awareness & Prevention	2 – 3 classes

Safety & Responsibility:

Cyber Bullying	2 – 3 classes
Guest Speaker: Harm Reduction	2 classes

Guest Speaker: Safety Laws
Resource Pamphlet

2 classes
1-2 classes

Relationship Choices:

Understanding & Expressing Relationships:

Interactions:

Group Roles:

Building Healthy Relationships	2 – 3 classes
Guest Speaker – Unhealthy Relationship	2 – classes
Blind Side	4 – 5 classes

Life Learning Choices:

Learning Strategies:

Time Management & Scheduling	1 – 2 classes
Dealing With Stress	2 – 3 classes
Goal Setting / Career Planning	2 classes

Life Roles & Career Development:

Resume, Job Application, Mock Interview	4 classes
High School Prep	2 classes

Volunteerism:

Home, School, Community (5 Hours Each) Ongoing

Assessment:

Wellness Choices	30%
Relationship	30%
Life Learning Choices	30%
Volunteerism	10%
Total	100%

