

HEALTH AND LIFE SKILLS 7

COURSE OUTLINE

MR. SHEEN

The aim of the Health and Life Skills program is to enable students to make well-informed healthy choices, and to develop behaviors that contribute to the well-being of self and others.

There are three areas of focus for Health and Life Skills 7.

1. WELLNESS CHOICES

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

2. RELATIONSHIP CHOICES

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

3. LIFE LEARNING CHOICES

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

Students will have the opportunity to explore areas of gender and body images. How does the media play a major role in these issues?

Students will also be exposed to various career paths to help them identify areas of strengths and weaknesses, along with some direction as to future careers.

To help us meet curricular outcomes, we will be partnering up with a mature member of the community. We will make monthly visits with these people starting in January, and continuing to May. After visiting and gathering information, there will be a celebration evening where the students, seniors, family members, and community members will gather for an evening of sharing.

ASSESSMENT:

Wellness Choices	20%
Relationship Choices	40%
Life Learning Choices	20%
Final Evaluation	20%
Total	100%

September 11/23	Introduction
September 18/23	Body image
September 25/23	Media and Body Image
October 10/23	Media and Body Image
October 17/23	Stereotypes
October 23/23	ELW
October 30/23	Wellness Test
November 6/23	Career Cruising
November 20/23	Career Choices
November 27/23	Career Inventory
December 4/23	Career Inventory
December 11/23	Career Assessment
December 18/23	How to interview (Guest Speaker)
January 8/24	Relationships (Guest Speaker)
January 15/24	Relationship Questions
January 22/24	Visit Seniors
January 29/24	Work on Final Project
February 5/24	Careers (Guest Speaker)
February 12/24	Career Questions
February 26/24	Work on Final Project
March 4/24	Mental Health (Guest Speaker)
March 11/24	Mental Health Questions
March 25/24	Visit Senior
April 8/24	Nutrition (Guest Speaker)
April 15/24	Physical Health (Guest Speaker)
April 22/24	Physical Health Questions
April 29, 24	Visit Seniors
May 6/24	Work on Final Project
May 13/24	Work on Final Project
May 21/24	ELW
May 28/24	Work on Final Project
June 4/24	Work on Final Project
June 10/24	Showcase (Project Due)
June 17/24	Final Test