

# Grade 8 Health and Life Skills

*Making well-informed, healthy choices  
That contributes to the well being of self and others.*

Crowther Memorial Junior High  
2007-2008

*S. Smart*

The aim of the health 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.

To enhance the unit outcomes, we have added a component to the grade 8-health class. The students will be guided through *The Seven Habits For Highly Effective Teens* in a made for schools program called *GO*. This program is incorporated into the student agenda.

## **Units of Study**

- Wellness Choices  
Personal health, human sexuality, safety and responsibility
- Relationship Choices  
Understanding and expressing feelings, interactions, group roles
- Life Learning Choices  
Learning strategies, life roles and career development, volunteerism

## **Evaluation**

### **Term Marks**

- Assignments/Quizzes/Projects/GO program 80%
- Attitude/Participation/Self Assessments/Agenda in Class 20%

### **Final Grade**

All four terms will be weighted equally at 25%