

Grade 9 Health – Mrs. MacGowan

***Personal Health*** is about making positive choices. The following topics will frame the decisions a student can make regarding their own personal, physical, emotional, social, intellectual and spiritual health:

***Goal setting, smoking & substance abuse, drinking & driving, human sexuality including dating, friendships and abuse, stress management, career planning including job applications and resumes.***

***Expectations:***

You are expected to participate and help create a positive learning environment by being accepting, understanding and showing respect for yourself and others.

Students will learn about making positive and informed wellness choices. They will also work to develop interpersonal skills to help establish and maintain relationships.

The following ***General Outcomes*** will be explored this year:

1. ***Wellness Choices:*** making responsible choices to maintain health and to promote safety for self and others
2. ***Relationship Choices***: demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions
3. ***Life Long Learning***: explore life roles and career opportunities and challenges

**Assessment:**

The purpose of assessment is to improve learning and therefore will be on-going throughout the course. Assessment will be in the form of observations, conversations, assignments, and projects. Your achievement will be based on communicating your knowledge and skills of the following outcomes in one or more of the above ways.

***Report Card Outcome 1***- Makes safe and healthy choices based on experiences and information.

***Report Card Outcome 2***- Develops skills to form and maintain healthy relationships.

***Report Card Outcome 3***- Explores roles and responsibilities to work towards life and learning goals.