

Healthy Lifestyles 7th Grade
Room B10 (10:17-10:59)
Field Middle School
Mr. Peterson

Class Description:

Healthy Lifestyles is an elective class for sixth graders. Students will learn to work on all aspects of health and how to adjust and balance their life to achieve a healthier lifestyle. These topics in this class will focus on Physical, Intellectual, Social, Emotional and Environmental Health. Students will learn by working individually and in groups by participating in physical fitness and a variety of class projects.

Student Expectations:

Students will be expected to be in your assigned seats when the bell rings. Each student will be prepared with a written utensil and class spiral notebook each day. Your grade will be determined by your class participation, journals, projects and other written assignments.

- Topic 1- Introduction
- Topic 2- Drug Abuse and Violence
- Topic 3- Making Decisions
- Topic 4- Media Influence
- Topic 5- Coping With Anxiety
- Topic 6- Coping With Anger
- Topic 7- Communication Skills
- Topic 8- Social Skills
- Topic 9- Assertiveness
- Topic 10- Resolving Conflicts
- Topic 11- Resisting Peer Pressure
- Topic 12- The Human Body

- Every week we will have at least one or two days of physical activity (weather permitting).
- Each topic will last at least one week. Some topics will last more than one week.
- This is a tentative schedule of topics. Each topic may change, depending on guests and availability of equipment and outdoor use.