

Hingham Middle School
Curriculum Summary
HEALTH
Grades 7 & 8

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Good physical, social and emotional health is linked with better school performance, cognitive development, attendance rates, higher graduation rates and a general improvement in the life of the student, the family and the community. The guiding principles of the required health courses are centered in teaching fundamental health concepts, practicing skills and promoting habits that enhance health and fitness. Healthy students help build healthy families, relationships, schools and communities.

DESCRIPTIVE OVERVIEW

Comprehensive health education addresses the knowledge and skills for both reducing risk behaviors and increasing actions and habits that increase wellness. The middle school courses were designed with the guidance of the Massachusetts Comprehensive Health Curriculum Frameworks and the National Health Education Standards. Students are required to take Health education for one term in both grades 7 and 8. At the middle school classes are of mixed grades (seventh and eighth grade students together) so the curriculum is outlined in an odd-year and even-year schedule.

GOALS AND OBJECTIVES

The development and nurturing of lifetime healthy habits and strategies in our students remains the ultimate goal of the department. Students are introduced to health concepts through various methodologies including class lectures and discussions, current events, skills practice and independent projects. Learners are expected to participate actively and to think critically. These courses emphasize that students recognize the importance of personal health and learn to make choices that improve physical, emotional and social health. Students will be able to identify health care services necessary to maintain good health, and to find and analyze information on various health topics.

- Expose students to a variety of health-related issues.
- Develop an understanding of the interrelationship between physical, social and emotional health.
- Read one or more sources to complete projects.
- Participate in small group and classroom discussions pertaining to health topics.
- Use technology to explore health topics and analyze information.
- Develop the ability to interpret health information and screening tests accurately.
- Demonstrate self-respect and respect for others by participating with appropriate conduct and social skills.
- Work both independently and cooperatively by participating in class discussions and completing group activities and individual assignments.

ASSESSMENT

Teachers assess student progress through a variety of strategies selected to determine a students' knowledge, skills and growth. These assessments include but are not limited to classroom participation, individual projects, group discussions, quizzes, and skill demonstration.

INSTRUCTIONAL MODEL

The method of instruction includes various techniques including demonstrations, lecture, cooperative group, guest speakers and independent research. Students are expected to learn through active participation as well as personal reflection. An environment of personal discovery is promoted to encourage students to begin the process of independently caring for their physical, social and emotional health.