

Health Education Grade 10 Hingham High School

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This course is designed to comply with the Massachusetts Comprehensive Health Curriculum Frameworks. **The core concept is that health education enables students to maintain a positive attitude and healthy body, and by doing so, improves a student's ability to thrive and persevere.** Health education teaches fundamental concepts, promotes habits and behaviors that enhance health, and helps guide efforts to build healthy families, schools and communities.

Course Objectives:

1. Recognize the importance of health and develop strategies to improve and maintain personal, family and community health.
2. Understand the implications, interrelationships and benefits of emotional, social and physical health.
3. Practice social skills and respect.
4. Identify health care services necessary to maintain good health now and in the future.
5. Find and analyze the validity of information of various health topics.

Rules and Expectations

1. **Be prompt and prepared.** You must have a signed pass if you are late. Bring a pen/pencil every day, any assigned work and a willingness to learn!
2. **Listen attentively** to the teacher, each other and any guest speakers.
3. **Work cooperatively** to achieve classroom goals and pull your own weight in groups!
4. Create an environment of **mutual respect**. Treat each other as you would like to be treated.
5. **Communicate and self-advocate**--ask for clarification or help when you need it!
6. **No food, drinks (except water), cell phones, headphones.**

Attendance

Successful completion of this Health course is a requirement for graduation. If you fail the course or lose credit due to absences you will be required to take the course again. If you have been absent from health class and you are not on the absent list your name will be given to the office as a cut.

If you are absent from class you must make up notes or assignments. The class binder has a copy of all class notes to help you do this. Ask about what you've missed--it's your responsibility.

Grading

A number of different assessments will be used to calculate your grade. This will enable each student to express his or her knowledge while practicing study- and life-skills such as working in small groups, writing, using technology and organization.

- Attitude/Behavior/Participation 25%
- Digital Notebook/Folder/Worksheets 25%
- Preparedness/Punctuality 10%
- In-class projects/assignments 20%
- CPR Quiz 10%
- Health History assignment 10%

Digital Health Notebook Rubric

Content Area	Excellent	Competent	Needs Work	Not Completed
Cover 5 points	<p style="text-align: center;">5</p> Followed instructions as to the type of image required and it is clear how it relates to the theme. Caption the image			<p style="text-align: center;">0</p> No cover image is included or image is present but does not relate to, or fulfill, the requested theme.
Formatting 5 points	<p style="text-align: center;">5</p> Answers are typed in color (e.g. red, blue) to make it clearly readable. Font size is at least 20 pts.			<p style="text-align: center;">0</p> Text color is not changed and font is less than 20 pts.
Work Pages 10 points per page	<p style="text-align: center;">10</p> All questions on page are answered thoroughly and demonstrate an understanding of topic and/or reflections includes detail that is thoughtful and shows effort. If a question has multiple parts, ALL parts of the questions are answered.	<p style="text-align: center;">8</p> All questions are answered but some lack detail or are incorrect. Answers are not thorough and/or reflections do not clearly indicate an understanding of the subject.	<p style="text-align: center;">5</p> Page is partially completed but some answers are missing or skipped.	<p style="text-align: center;">0</p> Page is not completed.

INTERVIEW ACTIVITY

Interview a partner. Use good listening skills (eye contact, do not interrupt, smile, etc.) Find out the following information about your partner and share that by introducing them to the rest of the class.

My partner's name is (first and last): _____

1. If you could have dinner with any celebrity currently alive, WHO would it be and WHY?
2. What is the most frustrating thing about being the age that you are?
3. If you could take a vacation anywhere in the world, WHERE would you go and WHY?
4. Name one good thing/quality about your family as a whole or a family member.
5. What is a career interest of yours or “what do you want to be when you grow up”? Even if you don't know, give an idea about the type of work environment you might like (for example, you like to work with people or be part of a team, you can see yourself working with animals, you'd love to work with music somehow---or math, or food, or athletes, etc., you might enjoy working outdoors or at a job where you'd get to travel a lot).

Reflection: What answers were given by multiple students? Who else in class gave the same/similar answer as you did to any question (i.e., who do you have things in common with?)