Grade 7 Physical Education/Health Education

 Fitness Management Safety Personal/Social Management 

Teacher: Mrs. Tuininga

The core of the Physical Education/Health Education program will consist of five integrated components:

* Movement
* Fitness Management
* Safety
* Personal and Social Management
* Healthy Lifestyle Practices

Topics covered throughout Health Education consist of the following:

**Personal and Social Management**

* Health and Wellness Triangle
* Self Esteem
* Personal Reflections
* Goal Setting

**Healthy Habits**

* Puberty
* Reproduction
* Smoking and Marijuana
* Personal Hygiene
* Health Issues

**Safety of Self and Others**

* Behaviour
* Internet Safety
* Labels and Stereotypes, Bullying

\*\*You will have one Health class per cycle. Students are expected to come to class with all necessary equipment and complete all assignments/projects within the set time frame. If absent, it is **your responsibility** to see me for any missed work. Students need to *respect each other, respect the equipment, and respect themselves* in order for us to be successful. Let’s work together for a happy and healthy year ☺

If you have any questions or concerns please contact me at 204-785-8514 or [ntuininga@lssd.ca](mailto:ntuininga@lssd.ca)

N. Tuininga