

# Sacred Heart Middle School

## Health: Middle School

**Teacher:** Chris Schmerbach

**Course Description:**

Middle School Health is the first course in a three-year study of wellness of the mind and body. Students explore a variety of topics relevant to their daily lives and become more aware of how each decision they make affects their well-being.

**Text:** Teen Health Glencoe,

**Unit 1: Choosing a Healthy Life**

**Unit 2: Nutrition and Fitness**

**Unit 3: Understanding Yourself and Others**

**Unit 4: Protecting Your Health**

**Unit 5: Personal Safety**

**Student Requirements:** Students will be required to bring with them their Health text book, binder and pen or pencil to class each day. If a student is absent they are still responsible for the material covered in class that day. It is the responsibility of the student to get all missing assignments and material. Students will be expected to turn in all homework and assignments on the due date.

**Grade Percentages:**

Daily work 30%

Homework 10%

Quizzes 10%

Tests 30%

Projects 20%