

# Mode de Vie Actif 8

Teacher: Mlle. MacAskill

2016-2017

The grade 8 Healthy Living curriculum offers opportunities for students to acquire the skills necessary to manage their health, develop and maintain a healthy lifestyle and relationships, and enhance health within their community. This course will allow students to continue to develop the skills they acquired in grade 7.

We will not study these units in order. As part of the MDV curriculum, students will frequently be working in cooperative groups with their peers. Sections of some units may be addressed in a cross-curricular manner with other subject areas. It is essential that all communication is in French; Toujours communique en français.

The curriculum includes these units:

## Body, Growth and Development

- **Self-management** (self-concept, sexual identity, media influences, stereotyping, respect for differences, time-management, valued habits and qualities, personalities, grief, health services)
- **Body function and growth** (cells, body systems, body care, life cycle)
- **Disease prevention** (STI's, sexual activity, cancer)
- **Safety** (school community, dangerous situations, life-saving, emergencies)

## Lifestyle Choices

- **Nutrition and Fitness** (effect on body systems, nutrient needs, physical activity)
- **Risk Taking: Influences and Consequences** (sexual activity, decision making, respect, media, smoking, other drugs and gaming, family and values)
- **Life/Work Building** (assess self, values, world of work opportunities, role of student, life cycle and adulthood, money)

## Healthy Relationships

- Respect for others, feedback and criticism, dating relationships, values and peer acceptance, family members

## Citizenship

- Community, volunteer service, global citizenship

### Possible activities include:

- Diagrams
- Role Playing
- Story Writing
- Advertising
- Pamphlet creation
- Model/Poster making
- Small group discussion
- Class meetings
- Tests/ Quizzes
- Assignments

As some of the material in this course may be of a sensitive nature, please feel free to approach me if anything we are about to discuss may make you feel uncomfortable.