

Intermediate Health & Phys Ed: Valerie Soper

I teach Phys Ed and Dance to 7A, 7B, 7C, and 7D. I teach Health to 7A, 7C, and 7D. The chart below outlines what students will be learning in these subject areas in Term 1.

Thanks,
Val Soper

Grade / Subject Area	Expectations	Teaching Strategies	Assessment
Grade 7 Health	<p>Healthy eating:</p> <ul style="list-style-type: none"> - demonstrate the ability to make healthy food choices - understand that personal and external factors can influence people's food choices - promote healthy eating within the home, school, community 	<ul style="list-style-type: none"> - scavenger hunt to learn 2019 Canadian Food Guide - class discussions - Guest Speaker: Doctor from East Wellington Family Health Team 	<ul style="list-style-type: none"> - observations - Healthy Plate assignment - Restaurant Assignment - Promoting Healthy Eating assignment
	<p>Personal Safety, Injury Prevention:</p> <ul style="list-style-type: none"> - describe the benefits and dangers of computers and other technologies - assess the impact of different types of bullying or harassment 	<ul style="list-style-type: none"> - direct instruction - class discussions - videos - gallery walk - Guest Speaker: Doctor from East Wellington Family Health Team 	<ul style="list-style-type: none"> - student work - student presentations - observations - role-playing
Grade 7 Physical Education	<ul style="list-style-type: none"> - demonstrate responsibility for their own safety and the safety of others in physical activities - perform movement skills, applying movement concepts, in various physical activities (football, soccer, quidditch) - apply social skills as they participate in physical activities - participate in a wide variety of physical activities 	<ul style="list-style-type: none"> - teaching of game rules, safe and cooperative play - demonstration of skills - small and large group games - descriptive feedback 	<ul style="list-style-type: none"> - anecdotal observations - checklists - student reflection

Grade 8 Health	<p>Healthy eating:</p> <ul style="list-style-type: none"> - demonstrate an understanding of the 2019 Canada Food Guide, macronutrients, micronutrients and their functions - evaluate personal food choice on the basis of a variety of criteria (serving size, nutrients, energy, ingredients) 	<ul style="list-style-type: none"> - computer research - class discussions - conferencing - direct instruction 	<ul style="list-style-type: none"> - student work - student presentations - rubrics - exit slips - observations
	<p>Personal safety and injury prevention:</p> <ul style="list-style-type: none"> - analyse the impact of violent behaviours, including aggression, anger, swarming, dating violence - demonstrate the ability to assess situations for potential dangers - identify situations that could lead to injury or death 	<ul style="list-style-type: none"> - class discussions - safety videos - direct instruction - computer research - group work 	<ul style="list-style-type: none"> - student work - student presentations - quizzes - role-playing
Grade 8 Phys Ed	<ul style="list-style-type: none"> - demonstrate responsibility for their own safety and the safety of others as they participate in physical activities - participate actively in a wide variety of physical activities - apply movement strategies appropriately to improve their ability to participate in activities 	<ul style="list-style-type: none"> - teaching of game rules, safe and cooperative play - demonstration of skills - small and large group games - descriptive feedback 	<ul style="list-style-type: none"> - anecdotal observations - checklists - student reflection
Grade 7 and 8 Dance	<ul style="list-style-type: none"> - use the elements of dance to communicate feelings and ideas 	<ul style="list-style-type: none"> - direct instruction, repeated modeling of dance moves - descriptive feedback 	<ul style="list-style-type: none"> - observation - student participation - final performance of dance routine