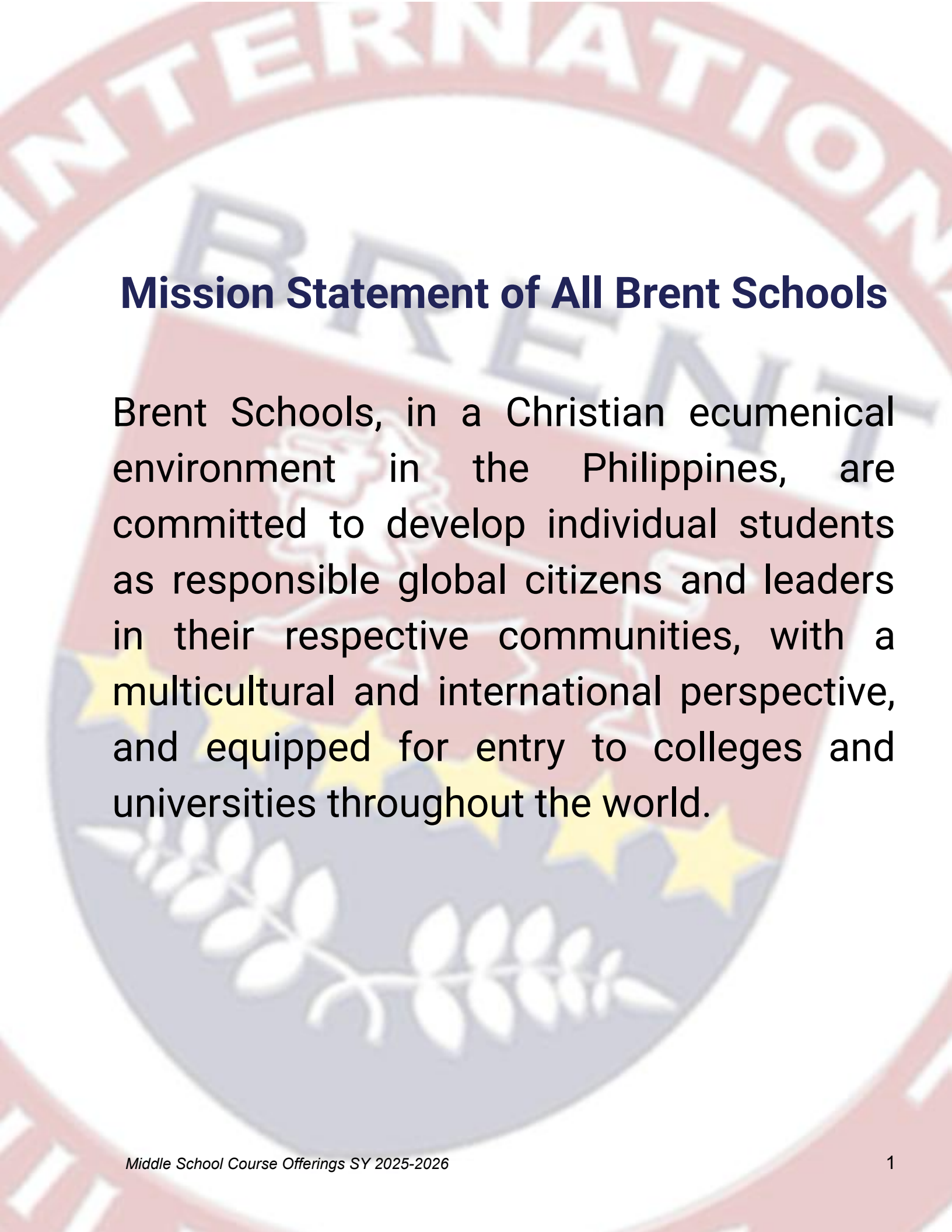




Middle School **COURSE OFFERINGS**

SY 2025-2026

The background of the page features a large, faint watermark of the Brent International Schools logo. The logo is circular with a red border. Inside the border, the words "BRENT INTERNATIONAL" are written in a large, serif font. Below the text, there is a shield-shaped emblem containing a white cross, a white dove, and a white olive branch. The shield is set against a background of yellow stars and a blue field.

Mission Statement of All Brent Schools

Brent Schools, in a Christian ecumenical environment in the Philippines, are committed to develop individual students as responsible global citizens and leaders in their respective communities, with a multicultural and international perspective, and equipped for entry to colleges and universities throughout the world.

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Expected School-wide Learning Results

Brent School's philosophy is summarized in the Expected School-wide Learning Results, which state that the school, in a Christian environment, prepares its students to be:

Responsible citizens who:

- Exercise leadership;
- Work effectively with others in diverse settings;
- Resolve conflicts productively and peacefully;
- Demonstrate a sense of civic awareness;
- Contribute responsibly to the community.

Critical thinkers who:

- Distinguish between facts and opinions, judgments and inferences;
- Construct and recognize the structure of arguments, and adequately support arguments;
- Define, analyze, and devise solutions for problems and issues;
- Sort, organize, classify, correlate, and analyze materials and data;
- Integrate information and see relationships;
- Evaluate information, materials and data by drawing inferences, and arriving at reasonable and informed conclusions;
- Apply understanding and knowledge to new and different problems;
- Suspend beliefs and remain open to new information, methods, values and beliefs.

Technologically literate individuals who:

- Demonstrate basic technology skills;
- Apply technology ethically and productively;
- Communicate using technology;
- Conduct research using technology;
- Use technology to enhance critical thinking.

Healthy individuals who:

- Understand and demonstrate physical, mental, and spiritual health;
- Develop life-long health and fitness goals;
- Understand substance abuse, its effects and consequences.

Tolerant individuals who:

- Respect themselves and others;
- Understand and appreciate the diversity and interdependence of all people;
- Deal effectively with conflict caused by diversity of opinions and beliefs;
- Respect the role of gender, religion, culture and ethnicity in the world.

Effective communicators who:

- Articulate thoughts clearly;
- Demonstrate an understanding of their audience;
- Take responsibility for their message;
- Demonstrate the ability to listen actively;
- Use a variety of communication skills.

Life-long learners who:

- Demonstrate intellectual curiosity;
- Are self-directed;
- Integrate and apply what they learn to improve their own lives;
- Recognize that continual learning is vital to making informed choices;
- Reflect on and evaluate their learning for the purpose of self improvement;
- Use a range of learning strategies and time management skills to enhance learning.

English

English 6

Full Year Course

A general overview of the Grade Six English course is outlined below. Within each unit a variety of skills will be introduced, practiced and reviewed. Students will do daily reading and writing exercises while expanding their literary horizons. This outline is subject to change due to scheduling, pacing or student needs and interests. Units may overlap.

READING	WRITING
Identifying & Understanding Character Traits Looking for Central Ideas in Non-Fiction Book Clubs—Character Relationships	Personal Narrative Essays The Literary Essay Research Based Informational Essay

English 7

Full Year Course

The emphasis of English 7 is to enhance and develop language and literacy skills needed by students both in English and across other curriculum areas in the Middle School. Within each unit a variety of skills will be introduced, practiced and reviewed. Students will participate in daily reading and writing exercises, while expanding their literary horizons.

READING	WRITING
A Study of Setting Essential Text Set Curation Book Clubs - Power, Justice & Tone	Realistic Fiction Informational Essays The Art of Argument: Research Based Essay

English 8

Full Year Course

English 8 is a course that provides students with opportunities to strengthen their skills in reading, writing, and critical analysis. Daily lessons will be delivered using Reading and Writing Workshop, allowing students to spend the majority of their class time practicing targeted skills. In addition to whole-group instruction, students will also receive regular 1:1 and small-group instruction, focusing on their unique needs and abilities.

READING	WRITING
A Study of Theme Independent Research Skills Book Clubs - Making Connections	Fantasy Fiction Story Literary Essays Position Papers TED Talk speech

Modern Languages

These language courses are intended for students who are acquiring a new language - meaning they do not need to have any past experience in the language. This is true for all levels of these classes, meaning a student joining in grade 6, 7 or 8 will still be able to join classmates at their grade level and learn alongside them even if they have no or limited experience with the language. The four important components of language learning (listening, writing, speaking, and reading) are introduced at this level in a thematic, communicative, and interactive manner.

Modern Languages 6 (Chinese, Spanish)

One Semester of Each

In order to provide our students with a well-rounded and culturally diverse education, the grade 6 program entails offering one semester of Chinese and one semester of Spanish as survey classes. This approach not only promotes linguistic versatility but also fosters an appreciation for different cultures and communication styles, empowering our students with valuable skills for an increasingly interconnected world. By exposing students to these two prominent languages, we aim to help them make informed decisions about which language they would like to pursue for further study in grade 7 onwards. Students may choose Chinese or Spanish in grade 7. It is highly encouraged that students remain in the same language course through grades 7 & 8.

Modern Languages 7 (Chinese, Spanish)

Full Year Course

While still using the communicative, thematic and interactive approach, this course introduces more complex grammatical structures and texts to expand the students' communication skills. This course also aims to provide students with a deeper familiarity with the culture of the target language.

At the end of this course, students are expected to be able to express themselves in the target language using simple but grammatically correct structures both in written and oral form. They are also expected to read and understand short written passages. The students are also expected to show an awareness of the culture of the target language.

Modern Languages 8 (Chinese, Spanish)

Full Year Course

While still using the communicative, thematic and interactive approach, this course introduces more complex grammatical structures and texts to expand the students' communication skills. This course also aims to provide students with a deeper familiarity with the culture of the target language.

At the end of this course, students will be expected to orally express their ideas with more fluency and ease using complex structures and vocabulary. They will also be expected to

write longer and more detailed paragraphs using a variety of sentence structures and vocabulary. The students will also be trained to write more formally in the narrative and descriptive styles.

COURSE TOPICS
Topics in all grade levels remain the same, but are adjusted in complexity depending on the language level of the student. The Individual, Health and Emergencies, Education and Work, Town and Services, Food and Drinks, Environment, Leisure and Travel.
ASSESSMENTS
Oral Performance Listening Comprehension Writing Skills Reading Comprehension Skills

English as a Second Language (ESL) Courses

On occasion, a special ESL class may be offered for selected students in Middle School and in grades 9 and 10. Such a course is designed to enhance students' proficiency in the English language by focusing on speaking, listening, reading and writing. The class is normally taken in place of a Modern Language class. This course is not offered in grades 11 and 12.

ESL classes aim to improve each student's English proficiency and develop the confidence that will enable them to be successful in their other classes, as well as participate fully in the life of the school. ESL classes offer intensive instruction in English language development. Students attending this program are placed in the following levels based on their language proficiency skills.

ESL 1 Low-Intermediate Level

ESL 2 Intermediate Level

ESL 3 High-intermediate Level

ESL 4 Advance Level

The language proficiency skills of the students are evaluated at the end of every semester for promotion or retention. This program takes a progressive mainstream approach; hence, the ESL department equips every ESL student with the language and academic skills they need in mainstream classes.

After appropriate level placement, ESL students are expected to study in a given level for only one (1) semester before moving on to the higher level. Student performance, achievement, and grades are closely monitored while students are in the ESL program. In cases when ESL students fail to meet criteria for promotion, students are subject to academic discipline (academic warning and probation).

Social Studies

Social Studies 6

Full Year Course

The Geography section of this course focuses on the physical features of the earth. Emphasis is placed on the interrelationship between humans and the environment. The core concepts studied enable students to determine how human actions are influenced by the physical environment and how human activity affects this environment.

The aim of the course is to not only develop geographic skills but also to introduce the students to the impact the earth's environment has on human migration and humans impact on the environment.

The Africa and the Americas section will be a journey through the Americas and Africa. Students will be exposed to different cultures, dynasties, religions, influential people and events and correlate these regions' past with their present.

COURSE TOPICS	
Intro to Geography Archeology Egypt-Mesopotamia Regional Studies of Latin America	Ancient History of Africa Regional Studies of Africa Modern Africa
ASSESSMENTS	
End of topic summative quizzes End of unit summative tests Projects and presentations	

Social Studies 7

Full Year Course

This course will cover the ancient cultures and geography of China, India, Greece and Rome. By approaching this course thematically, connections can be made from past civilizations to our current period in time. There are six themes that will be used in this course; Human-environment interaction, Rise of Civilizations, Growth and Changes in Societies, Development of Political Institutions and Ideas, Belief systems, and Interconnectedness of Societies.

The aim of this course is to develop skills in areas of research, critical thinking, and communication. Throughout the course assignments are designed for the students to

engage in historical investigations that will develop their research skills that can be applied in other classes and facets of life. During the end of unit summative assessments, students will be expected to not only recall their knowledge gained but to also critically analyze and interpret the cause and effect of historical events. Communication skills will also be a strong component of this course, asking students to display their knowledge through tasks that support the development of writing and public speaking skills.

COURSE TOPICS
Ancient India: Religions and the Gupta Empire Ancient China: Dynasties, and Philosophies Ancient Greece: Democracy, Athens & Sparta, Legacy of Ancient Greece Ancient Rome: Roman Republic and Empire, Origins & Spread of Christianity, Legacy of Rome
ASSESSMENTS
End of topic summative quizzes End of unit summative tests Projects and presentations

Full Year Course

Social Studies 8

Students will be introduced to the key events, people, and societal changes during the Middle Ages and the Modern Age in Europe and Asia. This course is taught thematically, so that topics are linked to give students a sense of continuity and development in historical trends. Students will analyze by comparing and contrasting events that happened around the world at different times. This is a skill-based subject, which begins to develop the students' experience with primary and secondary sources, document analysis, and formulation of arguments.

COURSE TOPICS
Medieval Europe Imperial China and Feudal Japan Europe's Renaissance and Reformation Europe's Transition to the Modern World
ASSESSMENTS
End of topic summative quizzes End of unit summative tests Projects, presentations, and extended essays

Science

Science 6

Full Year Course

In Grade 6, students will develop their understanding of the physical and life sciences through investigative learning. This is a year-long course and a great venue for exploration and acquiring a better understanding of what is happening around us in the context of a science laboratory, with instruction and guidance from a science teacher.

COURSE TOPICS	
Methods of Science States of Matter Classification, Plants, Animals	Populations & Communities Waves, Sounds, and Light Electricity
ASSESSMENTS	
Graded Assessments will take a variety of forms that may include written projects, manual projects, technology tasks, lab reports, oral presentation, quizzes and tests.	

Science 7

Full Year Course

In grade 7 science, students will continue to study a variety of topics from the physical and life sciences. The topics studied include

- Cells (Biology)
- Human body (Biology)
- Elements and compounds (Chemistry)
- Astronomy (Space Science)
- Heat energy (Physics)

During these topics, students are provided with a variety of learning experiences designed to;

- Broaden their scientific vocabulary, and knowledge of scientific theories and laws
- Apply literacy and numeracy skills in scientific contexts
- Apply inquiry skills to answer research questions and solve scientific problems
- Increase their awareness of the personal and societal relevance of science

COURSE TOPICS	
Cells The Human Body Elements and Compounds	Astronomy Heat Energy Meteorology
ASSESSMENTS	
Graded assessments will take a variety of forms that may include written lab reports,	

presentation projects, technology tasks, demonstration of science laboratory skills, quizzes and tests.

Full Year Course

Science 8

In grade 8 science, students will continue to study a variety of topics from the physical and life sciences. During the study of these topics, students are provided with a variety of learning experiences designed to: enhance their scientific vocabulary and broaden their scientific knowledge of science topics; advance their literacy and numeracy skills in the context of scientific understandings; apply their scientific inquiry skills to enhance their appreciation of the nature of science; increase their awareness of the relevance of science in their own lives, and the importance of science for society in general.

The course provides students with the opportunity to apply their developing mathematical skills. In addition to basic mathematical operations, there is an increasing emphasis on the use of scientific formula and algebraic-style calculations. Examples of students applying their numeracy skills include the counting of atoms to balance equations, the calculation of atomic mass, and the calculation of speeds and accelerations. The development of writing skills continues to be encouraged, with the completion of several lab reports,

Of particular interest in grade 8 science is the science fair. Students have the opportunity to follow their own line of inquiry into a topic related to science, conduct research, and report their findings.

COURSE TOPICS	
Chemical Reactions and Equations Genetics Plate Tectonics	The Physics of Motion The Impact of Human Ecosystems Science Fair
ASSESSMENTS	
A variety of formative assessments and feedback for writing tasks is provided prior to grading. Summative assessments include written lab reports, presentation projects, technology tasks, demonstration of laboratory skills, quizzes and unit tests.	

Mathematics

The Brent Middle School mathematics curriculum has been developed using AERO standards (American Education Reaches Out), a set of learning expectations in mathematics designed to prepare students for upper school, college and career success.

Full Year Course

Math 6

Sixth grade math is a year-long course focusing on the 7th Grade AERO standards for mathematics. The grade 6 curriculum is demanding, and **assumes that students have a solid understanding of basic operations with fractions and decimals**. Major concepts that will be presented include:

COURSE TOPICS
• Proportional Relationship • Rational Numbers • Expressions and Equations • Geometry • Statistics • Probability
ASSESSMENTS
Mid chapter formative assessments Mid unit summative assessments End of unit projects - strong focus on AERO standards

Math 7

Full Year Course

Seventh grade math is a yearlong course that follows the AERO standards for mathematics. The grade 7 curriculum places high expectations on students. **A solid understanding of basic operations, algebraic relationships and geometric shapes is a prerequisite for success in Math 7.** We will use the *Glencoe Math 2016 Course 2* edition.

COURSE TOPICS
• Proportional Relationship • Rational Numbers • Expressions and Equations

• Statistics and Probability • Geometry
ASSESSMENTS
Formative and Summative Assessments - focus on AERO standards Concept-related projects

Math 8

Full Year Course

Eighth grade math is a yearlong course that follows the AERO (2015) standards for mathematics. Students extend their ability to generalize using mathematics. Students learn to formulate, represent and solve mathematical problems. Conceptual understanding is developed as the foundation for strong procedural fluency.

COURSE TOPICS
• Expressions and Equations • Functions and Linear Equations • Geometry/Volume • Statistics and Probability • Transformations • Polynomials and Quadratics
ASSESSMENTS
Formative and Summative Assessments - focus on AERO standards Concept-related projects

Visual and Performing Arts

Visual Arts

Art 6

1 Semester Course

Art in the Middle School is about honing the skills and developing it even further. Coloring, for example, is done with better control of motor skills. The capabilities of the child are further enhanced with more practice and exposure to techniques. In this Visual Arts subject, they will be able to apply their imagination and they will be guided how a better way of applying media affects a better presentation of ideas. Elements like Line, Shape, and Texture are reintroduced to the students, which includes shading and blending. Techniques in sketching and shading are also reinforced. The focus is still on two-dimensional illustrations but is led to form and eventually three-dimensional art. Painting on canvas is given as an experience to how brushes are applied properly. Abstract art like cubism is applied and experienced and 3d making is explained and introduced. The use of air-dried clay, terracotta and polymer clay is also covered by sculpture or depending on which is available.

Art 7

1 Semester Course

Grade Seven Art is a developed program from their previous art class. Students are now trained and taught how proper composition enhances their artworks. Four levels of Tones are now introduced and the students will learn how to draw Still life of real fruits using a variety of media. They are also taught human form and line of action and the use of colored pencils for blending. They also design their own posters based on the school theme using colored pencils. Watercolor and brush techniques including making fine lines are given to train every student how to effectively paint with the brush. Canvas paintings with more challenging subjects are done depending on the exhibit theme. Sculpture and Assemblage is part of the experience in art that they will encounter and collage making with the use of found objects. Printmaking is also done with foam that they design. They also design their own toys using polymer clay.

Art 8

1 Semester Course

Grade 8 Art is the advanced program for Middle School. Students are taught to apply more than five levels of tones on realistic drawings of hands and objects. The use of different Layout techniques for drawing and painting is taught and applied to their art. The Rule of Thirds and Proportion is also taught. Strong poses and the silhouettes are also done as painting on canvas. Gradient using paint and proper blending is applied based on the Prang Color Wheel. Watercolor painting is already applied to semi-realistic painting and Acrylic painting is done on canvas with semi-realistic themes. Surrealism and Realism are art movements that are covered. Art History is introduced and art movements are applied to their artworks as a source of idea and inspiration. The concept of Perspective is also covered and how to create three-dimensional art. Functional or decorative sculptures are also part of the activities. Stencil printing and monogram designing are also covered in their conceptual art. Finding new ways of expressing ourselves and exploring how art is created.

ASSESSMENTS
Studio/Projects Skill-based (covers Drawing, Painting, Printmaking, and Sculpture) Formative Assessment Practice/ Skill development before doing the project Classwork/ Seatwork are art activities that require a shorter period of time to accomplish

Band

Middle School Band is a performance based Fine Arts program concentrating on all types of standard band literature with the goal of introducing, developing and refining performance skills. The majority of class time is spent in a rehearsal format in which ensemble skills and instrumental techniques are introduced and reinforced. Toward the end of each semester, students will perform together as part of the Middle School Band. Students will also learn music theory, composition, and develop their listening skills.

Band 6

Full Year Course (Half Block)

In Grade 6 Band, students will review and develop their knowledge of Instrument Care and Maintenance, Music Theory, Ear Training, The Elements of Music, and Rhythmic Composition. They will also develop their Sight Reading ability and learn new Instrumental and Ensemble Techniques using the Standard of Excellence Book 1. At the end of the semester, students will demonstrate their Performance Skills by rehearsing and performing with other Middle School students in our Christmas and End of Year Concerts.

Band 7

Full Year Course (Half Block)

In Grade 7 Band, students will review and develop their knowledge of Instrument Care and Maintenance, Music Theory, Ear Training, The Elements of Music, and Rhythmic Composition. They will also develop their Sight Reading ability and learn new Instrumental and Ensemble Techniques using the Standard of Excellence Books 1 and 2. At the end of the semester, students will demonstrate their Performance Skills by rehearsing and performing with other Middle School students in our Christmas and End of Year Concerts.

Band 8

Full Year Course

In Grade 8 Band, students will review and develop their knowledge of Instrument Care and Maintenance, Music Theory, Ear Training, The Elements of Music, and Melodic Composition. They will also develop their Sight Reading ability and learn new Instrumental and Ensemble Techniques using the Standard of Excellence Book 2. At the end of the semester, students will demonstrate their Performance Skills by rehearsing and performing with other Middle School students in our Christmas and End of Year Concerts. At the end of the year, Grade 8 Band students will also get the opportunity to perform with the Grade 9 - 11 Band students in the Baccalaureate Eucharist.

ASSESSMENTS
Practice Logs, Playing Tests (video), Theory Tests (written), Listening Tests (written), Composition Assignments (using the program Musescore), Public performances (Christmas Concert, End of Year Concert.)

Religious Studies

Religious Studies 6

2 Semester Course

Religious Studies 6 covers subjects and issues relevant to early adolescents are addressed by examining Biblical characters from the Old Testament. From the examples of such characters as Abraham, Moses, Joseph, Daniel, and Elijah, the students learn valuable lessons in standing up for their beliefs, refusing harmful things, making responsible choices and overcoming troubles and obstacles in their lives. They learn more about God's nature and what He expects from humankind.

COURSE TOPICS	
The Bible God Makes a Covenant with His People God Calls His People (Abraham and the Patriarchs)	God Cares for His People (Joseph and Moses) God Speaks to His People (The Divided Kingdom) God Sanctifies His People (Elijah and Daniel)
ASSESSMENTS	
Formative and Summative Assessments - focus on AERO standards Concept-related projects	

Religious Studies 7

2 Semester Course

Religious Studies 7 examines the life of Jesus as a historical and biblical figure. The lessons focus on the most important events in the life of Jesus from his birth, ministry and resurrection. Students will explore values, attitudes and behavior that lead to happiness, specifically those contained in the Sermon on the Mount. We will discuss the important teachings of Jesus that are contained in His parables - loving your neighbor, compassion, forgiveness and service. As a Christian International School, we highlight the teachings of the Bible and appreciate the uniqueness of each individual. Mutual respect is taught and encouraged in class as we recognize that there are other faiths represented in the community. It is our aim to promote an open, loving and friendly school environment.

COURSE TOPICS	
The Bible The Life, Ministry, Death and Resurrection of Jesus	The Beatitudes Parables of Jesus
ASSESSMENTS	
Unit tests, Quizzes, Worksheets, Role Playing Activities, Essays, Projects	

Religious Studies 8

1 Semester Course

Religious Studies 8 focuses on the different aspects of religion and traces how beliefs are formed. Students will compare the different beliefs and practices of the 5 major world religions - Hinduism, Buddhism, Judaism, Islam, and Christianity. There will be readings, discussions, videos, and research activities to help students understand the similarities and differences in faith and practices of these religions. Students are encouraged to be introspective about their personal beliefs and made aware of the importance of developing the spiritual aspects of their lives. This subject will introduce different worldviews on the existence and nature of God through history. The main goal of this course is for students to cultivate religious tolerance through collaboration and respectful discussions.

COURSE TOPICS	
What is Religion? Who is God? Symbols What is Hinduism?	What is Judaism? What is Buddhism? What is Christianity? What is Islam?
ASSESSMENTS	
Unit Tests, Quizzes, Research, Essays, Group Presentations, Mini Debates, Writing Similes and Reflections, Semestral Exam	

Computer

Computer 6

1 Semester Course

In this computer class, students acquire foundational skills and exposure to ideas and tools to enhance production and efficiency in other classes. They will be introduced to the basic operations and concepts of technology. They will understand the use of the computer as a tool for productivity, communication, and research. They will also demonstrate that they understand key ethical concepts related to technology.

COURSE TOPICS	
Technology Ethics and Internet Safety Multimedia Presentations Digital Graphics Desktop Publishing Stick Animation	Basic Coding Spreadsheets Web Page Creation Keyboarding
ASSESSMENTS	
Unit tests (practical and written), worksheets, skill-based activities, projects	

Computer 7

1 Semester Course

In this computer class, students will review and be introduced to the basic operations and concepts of technology. They will demonstrate proficiency in the use of the computer as a tool for productivity, communication, and research. Through projects and simulations, students will apply the computer-based skills that they have acquired to other subject areas and demonstrate that they understand key ethical concepts related to technology.

COURSE TOPICS	
Technology Ethics and Internet Safety Multimedia Presentations Digital Graphics Desktop Publishing Basic Coding	Networks Spreadsheets Web Page Creation Keyboarding
ASSESSMENTS	
Unit tests (practical and written), worksheets, skill-based activities, projects	

In this computer class, students will increase their understanding of the operations and concepts of technology. They will demonstrate proficiency in the use of the computer as a tool for productivity, creativity, communication, and research. There will be growth beyond basic literacy and incorporation of technology as a tool in academic pursuits. The curriculum continually evolves reflecting the changes in the 'real world' of technology and continues to be modified throughout the Middle School years.

COURSE TOPICS	
Technology Ethics and Internet Safety Multimedia Presentations Image Creation and Design Video Creation	Stickman Animation Basic Coding Web Page Creation Keyboarding
ASSESSMENTS	
Unit tests (practical and written), worksheets, skill-based activities, projects	

Physical Education

Physical Education 6**Full Year Course**

Physical Education 6 is an introductory course, focusing on the early development of physical fitness and movement skills. Students will be given the opportunity to participate in a wide range of activities, while learning to collaborate with one another in both individual and team settings. A major emphasis is developing a love of sport with fun and active game play. Students will begin to form their foundation for healthy lifestyle choices.

Physical Education 7**Full Year Course**

Physical Education 7 aims to build on previous skills and knowledge covered in PE 6. This course focuses on maintaining a level of physical fitness for health and performance while continuing to develop knowledge of fitness concepts, movement skills, and strategies. Students will continue to participate in a wide range of games, individual activities, team sports, and health-related components. The course allows students to develop social skills through an interactive atmosphere with their peers. PE 7 is centered around students' developing a life-long love for physical activity, health, and fitness.

Physical Education 8**Full Year Course**

Physical Education 8 looks to prepare the students for the transition to upper school PE and athletics. While still continuing with games that develop a love for sport, a greater emphasis is put towards the development of physical fitness and understanding of rules and team play. Organized team/position play is also a point of emphasis and developing an ability to adapt

to most recreational sporting events.

COURSE TOPICS	
Swimming	Soccer
Floor Hockey	Croquet
Handball	Basketball
Pickleball	Ultimate Frisbee
Badminton	Volleyball
Softball / Kickball	Indoor Games
ASSESSMENTS	
Knowledge of rules and movement	
Basic skills assessments for the various sporting events	

**During one unit each semester, students will attend Health class during their Physical Education block.*

Health

Health 6

2 Units, 1 per Semester

Health Education 6 introduces the Health Education program. Being an introductory course, Health 6 helps students understand 'who they are' by starting with self-awareness and changes students will be experiencing in their life. Discussions will focus on self esteem, body image, and friendships. Goal setting and making good decisions will also be discussed which is the core idea of the whole Health Subject. Second semester is an introduction to drug education; how to distinguish medicines from other drugs.

Health 7 and 8

2 Units, 1 per Semester

In the first semester of Health Education 7 the immediate focus is on relationships with other people (the Social Self). Discussions will focus on finding and maintaining good relationships and properly resolving conflicts. There will be a bullying focus in this unit (including online bullying). The second semester will focus on the different classifications of drugs and addiction. There will be a focus on refusal skills and seeking help.

ASSESSMENTS
Unit quiz
Short quizzes
Activities and worksheets (individual and group)
Role-play and sharing
Projects

** Health class is taught one unit per semester during the Physical Education block.*

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