

# Health – Grade 8

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<b>Month</b>	<b>Content</b>	<b>Skills</b>	<b>Assessment</b>	<b>Essential Questions</b>
September	<ul style="list-style-type: none"><li>• Wellness</li></ul>	<ul style="list-style-type: none"><li>• Identify the risks people take.</li><li>• Identify the control &amp; non-control over their health.</li><li>• Identify their own positive things they do for each aspect of health.</li></ul>	<ul style="list-style-type: none"><li>• Answer questions about articles</li><li>• Wellness Inventory</li><li>• Create their own Health Triangle</li></ul>	<ul style="list-style-type: none"><li>• What is wellness?</li></ul>

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	<ul style="list-style-type: none"> <li>• Family relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Identify family terms (cousin, uncle, aunt).</li> <li>• Identify different types of families – Ex.: blended, foster, adoptive.</li> <li>• Identify common family values.</li> <li>• Analyze their own family from grandparents to their own generation.</li> <li>• Identify diseases that are hereditary, eye color, hair color.</li> <li>• Analyze movie <i>Mom’s on Strike</i></li> <li>• Identify ways to help out around the house.</li> <li>• Identify characteristics of an ideal parent.</li> <li>• Compare their parents &amp; “the ideal” parent.</li> <li>• Identify the dynamics of a step-family.</li> </ul>	<ul style="list-style-type: none"> <li>• Properly label terms with people.</li> <li>• Mind map terms</li> <li>• Quiz on definitions</li> <li>• Compare to their families (hand-in)</li> <li>• Family tree project</li> <li>• Complete weeks: implied or assigned roles in a family.</li> <li>• Grid activity</li> <li>• Read play and discuss</li> </ul>	<ul style="list-style-type: none"> <li>• What is family?</li> </ul>

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October	<ul style="list-style-type: none"> <li>• General Drug Education</li> </ul>	<ul style="list-style-type: none"> <li>• Analyze the 3 categories of drugs.</li> <li>• Identify the dangers of steroid use.</li> <li>• Identify the benefits and dangers of all drugs.</li> </ul>	<ul style="list-style-type: none"> <li>• Student will be able to place each drug in the appropriate category.</li> <li>• Create an Inhalant Pamphlet for elementary students.</li> <li>• Discuss after the movie.</li> <li>• Activity “What Would Happen If?”</li> </ul>	<ul style="list-style-type: none"> <li>• How can drugs be dangerous and beneficial?</li> </ul>
	<ul style="list-style-type: none"> <li>• Tobacco (mastered)</li> </ul>	<ul style="list-style-type: none"> <li>• Identify basic facts.</li> <li>• Analyze the cost of tobacco.</li> <li>• Analyze warning labels.</li> <li>• Analyze advertising &amp; the aim towards teens.</li> <li>• Label respiratory system.</li> <li>• Identify short/long term effects.</li> <li>• Analyze movies on tobacco.</li> <li>• Analyze the story of “Sean Marsee”.</li> </ul>	<ul style="list-style-type: none"> <li>• Pre-test                             <ul style="list-style-type: none"> <li>- They may test out @ 95%.</li> <li>- Students who test out go on to library and work on cost of tobacco assignment.</li> </ul> </li> <li>• Create an advertisement describing what tobacco really does to a user.</li> <li>• Answer questions about Sean Marsee.</li> <li>• Write down short &amp; long term effects of smoking/chewing tobacco.</li> <li>• Tobacco exam</li> </ul>	<ul style="list-style-type: none"> <li>• How is tobacco dangerous?</li> </ul>

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Month	Content	Skills	Assessment	Essential Questions
	<ul style="list-style-type: none"> <li>• Alcohol (mastered)</li> </ul>	<ul style="list-style-type: none"> <li>• Analyze the risk of using alcohol on the different areas of their life.</li> <li>• Identify how alcohol affects the body.</li> <li>• Analyze the Zero Tolerance Law.</li> <li>• Analyze how alcohol affects driving.</li> <li>• Identify the term BAL.</li> <li>• Identify the risks of Binge Drinking.</li> <li>• Identify the word addiction and alcoholism.</li> <li>• Analyze how an alcoholic in the family can harm family members.</li> </ul>	<ul style="list-style-type: none"> <li>• Create squares activity</li> <li>• Mind map</li> <li>• Questions about alcoholism</li> <li>• Bingo Game</li> <li>• Color Card Review Game</li> <li>• Alcohol test</li> </ul>	<ul style="list-style-type: none"> <li>• How does alcohol affect us?</li> </ul>

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Month	Content	Skills	Assessment	Essential Questions
	<ul style="list-style-type: none"> <li>• Goal setting               <ul style="list-style-type: none"> <li>- drug</li> <li>- alcohol</li> <li>- tobacco</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Identify what a goal is.</li> <li>• Analyze areas &amp; the different hats each student wears. Set a goal for each role.</li> <li>• Identify obstacles drugs become.</li> <li>• Analyze movie: “Steps for Goal Setting”.</li> <li>• Identify what success is.</li> <li>• Identify ways to overcome obstacles in life.</li> </ul>	<ul style="list-style-type: none"> <li>• Create a goal &amp; describe how drugs become an obstacle.</li> <li>• Write down steps to goal setting.</li> <li>• Board discussion</li> <li>• Write down goals and obstacles while watching the movie, “Rudy”.</li> </ul>	<ul style="list-style-type: none"> <li>• What is a goal?</li> <li>• What is success?</li> </ul>
November	<ul style="list-style-type: none"> <li>• Stress</li> </ul>	<ul style="list-style-type: none"> <li>• Identify their stressors.</li> <li>• Identify that stress is a part of life &amp; that you must learn to manage it.</li> <li>• Identify how negative thinking can cause stress.</li> <li>• Identify the two types of stress; eustress/distress.</li> </ul>	<ul style="list-style-type: none"> <li>• Draw their stressors.</li> <li>• Activity: age/stress</li> <li>• Notes</li> <li>• Movie on stress, discussion</li> <li>• Quiz</li> </ul>	<ul style="list-style-type: none"> <li>• How do we deal with stress?</li> </ul>

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December	<ul style="list-style-type: none"> <li>• Dating</li> </ul>	<ul style="list-style-type: none"> <li>• Identify how to get along with others.</li> <li>• Identify reasons to date.</li> <li>• Identify reasons to be abstinent or sexually active.</li> <li>• Identify how having a child at a young age can be an obstacle for future goals.</li> <li>• Identify sexual harassment.</li> <li>• Analyze movie, “Teen Dads”.</li> <li>• Analyze different types of sexually transmitted diseases.</li> </ul>	<ul style="list-style-type: none"> <li>• The “Nibble Theory”</li> <li>• Write out an example of an ideal date.</li> <li>• Create list &amp; write on board (students).</li> <li>• Worksheet – “Crystal Ball”</li> <li>• Guidance Counselor presentation &amp; discussion (sexual harassment)</li> <li>• Movie – “Teen Dads” (discussion)</li> </ul>	<ul style="list-style-type: none"> <li>• What are the responsibilities of a teen parent?</li> </ul>
	<ul style="list-style-type: none"> <li>• Family Life Planning</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the benefits of being abstinent.</li> <li>• Interact with presenters from “Worth Waiting For”.</li> <li>• Anatomy of male/female reproductive system</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion with presenters</li> <li>• Complete worksheets.</li> </ul>	<ul style="list-style-type: none"> <li>• Abstinence?</li> </ul>

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Month	Content	Skills	Assessment	Essential Questions
January	<ul style="list-style-type: none"> <li>• Disease</li> </ul>	<ul style="list-style-type: none"> <li>• Identify basic information about cancer.</li> <li>• Identify basic information on HIV.</li> <li>• Identify basic information on diabetes.</li> <li>• Identify ways to protect yourself against bacteria &amp; virus.</li> </ul>	<ul style="list-style-type: none"> <li>• Cancer worksheet</li> <li>• Activity “Find Someone Who”</li> <li>• Diabetes worksheet</li> <li>• Notes &amp; discussion</li> <li>• Unit Test</li> </ul>	<ul style="list-style-type: none"> <li>• What is a disease?</li> </ul>
	<ul style="list-style-type: none"> <li>• Life After High School</li> <li>- Careers</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the skills used to work &amp; get along with another person.</li> <li>• Analyze the expenses of renting an apt., buying groceries, &amp; paying bills.</li> <li>• Analyze the different types of jobs &amp; pay (salary).</li> <li>• Identify the result of having children &amp; how it impacts their budget.</li> <li>• Review for test.</li> <li>• Identify job careers in the health field.</li> </ul>	<ul style="list-style-type: none"> <li>• Life puzzle</li> <li>• Fill in budget sheet</li> <li>• Marriage folder</li> <li>• Redo budget sheet</li> <li>• Final exam or project</li> <li>• Fill out a chart of their likes/hobbies.</li> <li>• Look over job descriptions, education needed, and salaries.</li> </ul>	<ul style="list-style-type: none"> <li>• What are the responsibilities after High School?</li> <li>• What are health careers?</li> </ul>

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