

8th Grade Health Education

Essential Questions:

1. What can you do to improve your overall health?
2. What do I need to be healthy for a lifetime to come?
3. How do personal health decisions affect subsequent decisions?
4. How do you assume responsibility for personal health decisions?
5. How can I reduce my health and safety risks?

Content	Focus Questions
A. Health & Wellness <ul style="list-style-type: none"> • Health triangle • Skills for building health • Affects on health • Health risks & behavior 	A1. What are the 3 components of the health triangle? A2. Explain the difference between health & wellness. A3. How are the mind and body connected?
B. Responsible Health <ul style="list-style-type: none"> • Decision Making <ul style="list-style-type: none"> ◦ First Aid & Safety • Setting & reaching goals • Character building 	B1. Explain the importance of decision-making. B2. Why are values important in decision-making and goal setting?
C. Mental & Emotional Health <ul style="list-style-type: none"> • Compare & contrast mental/emotional health • Self-Concept • Self-esteem • Emotions • Managing Stress 	C.1. Describe the characteristics of mental/emotional health. C2. Why is it important to manage stress?
D. Physical Activity & Fitness <ul style="list-style-type: none"> • Becoming physically fit • Skeletal system • Muscular system • Circulatory system • Elements of fitness <ul style="list-style-type: none"> ◦ Fitness plan 	D1. What are the benefits of physical activity? D2. How can you increase your strength, endurance, & flexibility? D3. Differentiate between the various components of the skeletal, muscular, & circulatory system.
E. Nutrition <ul style="list-style-type: none"> • Six essential nutrients • Digestive system • Excretory system • Managing your weight • Eating disorders & body image 	E1. Describe the six essential nutrients. E2. List the functions of the digestive and excretory system. E3. What is the importance of eating a well-balanced diet?
F. Substance Abuse <ul style="list-style-type: none"> • Tobacco <ul style="list-style-type: none"> ◦ Effects of tobacco on the body ◦ Respiratory system ◦ Refusal skills & being tobacco free • Alcohol <ul style="list-style-type: none"> ◦ Effects of alcohol on the body ◦ Nervous system ◦ Refusal skills & being alcohol free • Gateway Drugs <ul style="list-style-type: none"> ◦ Inhalants, marijuana & other drugs 	F1. What are the short-term & long-term effects of tobacco, alcohol, and other drugs? F2. Compare & contrast the effects of substance abuse on the brain? F3. Demonstrate assertive & effective refusal skills to their peer population.

Vocabulary

Communication, body language, family, friendship, compromise, peers, peer pressure, assertive response, risk behavior, abstinence, refusal skills, conflict, prejudice, negotiations, compromise, collaboration, mediation, neutrality, assault, rape, homicide, gang, bullying, dating violence, abuse, battery, neglect, sexual abuse, disease, communicable disease, germs, pathogen, infection, virus, bacteria, fungi, protozoa, immune system, inflammation, lymphatic system, immunity, vaccine, contagious period, hygiene, non-communicable disease, chronic, allergy, asthma, heart disease, cancer, malignant, benign, diabetes, arthritis, drug, OTC, drug misuse, drug abuse, tolerance, stimulant, amphetamines, depressant, club drugs, narcotics, hallucinogens, inhalants, alternative, assertive, consumer, advertisement, fraud, endorsement, infomercials, comparison shopping, generic, warranty, medicine, prescription drugs.

Skills and Resources

1. Read and analyze sources to label diagrams.
2. Use of graphic organizers.
3. Active InterWrite board participation.
4. Utilize primary sources through guided reading & writing.
5. Create visual representations.
6. Participate in vocabulary review projects, games.
7. Disseminate knowledge through Powerpoint presentations.
8. Collaborative research based project & presentation.
9. Creative expression through written documents.
10. Integration of cross-curricular activities.
11. Use online resources.
12. Complete activities to review or enforce content.

Assessments

1. Demonstrate refusal skills through dramatic role play.
2. Vocabulary quizzes.
3. Multiple choice/matching unit test.
4. Authentic assessment through presentations, narrative writing & projects.
5. Informal peer & teacher assessment.

New York State Standards

- NYSHE- Standard 1. Personal Health & Fitness
- NYSHE- Standard 2. A Safe Healthy Environment
- NYSHE- Standard 3. Resource Management