

East Penn School District
Curriculum and Instruction

Curriculum for:
Grade 8 Health

Course(s): Grade 8 Health

Grades: 8th

Department: Wellness/Fitness

Length of Period (average minutes): 43 minutes

Periods per cycle: 6

Length of Course (yrs): 0.333

Type of offering: required elective

Credit(s) awarded: N/A

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Enduring Understanding	Essential Questions	Content	Standard	Skills
<p>Health Concepts are essential for wellness and health-enhancing lifestyle.</p>	<ul style="list-style-type: none"> ● How do relationships change as you mature? ● What factors influence your relationships on a day to day basis? ● How do the choices you make affect your growth and development? 	<ul style="list-style-type: none"> ● Friendships ● dating ● family dynamics ● Peer pressure ● media ● technology, ● family ● community ● communication ● Abstinence ● contraception/birth control ● pregnancy ● STI's ● technology safety ● reputation ● drug use ● cliques ● relationships ● sexuality 	<p>10.1.9.A Analyze factors that impact growth and development between adolescence and adulthood.</p> <ul style="list-style-type: none"> ● relationships (e.g. dating, friendships, peer pressure) ● interpersonal communication ● risk factors ● abstinence ● STD and HIV prevention ● community 	<ul style="list-style-type: none"> ● Explain how relationships change as people mature and grow. ● Evaluate factors that influence relationships. ● Understand and evaluate the consequences of our choices. (ex. online relationships – consequences: safety concerns, inappropriate sharing of personal information, social ramifications, engaging in high risk behaviors)
<p>Health Concepts are essential for wellness and health-enhancing lifestyle.</p>	<p>COVERED in 7th Health</p>		<p>10.1.9. B Covered in 7th Grade Health</p>	
<p>Health Concepts are essential for wellness and health-enhancing lifestyle.</p>	<p>COVERED in 7th Health</p>		<p>10.1.9.C Covered in 7th Grade Health</p>	
<p>Health Concepts are essential for wellness and health-enhancing lifestyle.</p>	<ul style="list-style-type: none"> ● What factors influence your health regarding legal/illegal substances during late adolescence and early adulthood? 	<ul style="list-style-type: none"> ● Peer pressure ● availability ● education ● decision making and 	<p>10.1.9.D Analyze prevention and intervention strategies in relation to adolescent and adult drug use.</p>	<ul style="list-style-type: none"> ● Evaluate legal/illegal substances and the impact they have on overall health. ● Explain different strategies and

Health Big Idea Template

		<ul style="list-style-type: none"> refusal skills situation avoidance goal setting professional assistance parent involvement involvement in extracurricular activities 	<ul style="list-style-type: none"> decision-making/refusal skills situation avoidance goal setting situation avoidance goal setting professional assistance (e.g. medical, counseling, support groups) parent involvement 	professionals that help individuals avoid/overcome substance abuse.
Health Concepts are essential for wellness and health-enhancing lifestyle.	<ul style="list-style-type: none"> What contributes to mental health disorders? What factors help in the prevention of mental health disorders? 	<ul style="list-style-type: none"> self-esteem relationships genetics drug use, catastrophes victim of crime, abuse, stress self-esteem peers family, activities goals 	<p>10.1.9.E Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p>	<ul style="list-style-type: none"> Explain how a person's emotional well-being is affected by their genetics, personal choices and environment. Consider what factors impact the prevention of mental disorders?
Big Idea 10.2 Health Healthful Living				
Community well-being is dependent upon a balance of personal and social responsibility.	<ul style="list-style-type: none"> What are health care services that could impact your well-being: What are health care products that could impact your well-being: 	<ul style="list-style-type: none"> Physicals performed by a physician, Immunizations mental health services religious entities vision and dental nutritional supplements hygiene items first aid supplies skin care medications 	<p>10.2.9.A Identify and describe health care products and services that impact adolescent health practices.</p>	<ul style="list-style-type: none"> Recognize health care services that can impact one's overall wellness. List different health care products and describe how they could impact your wellness.
Community well-being is dependent upon a balance of personal and social responsibility.	<ul style="list-style-type: none"> What influence do others have on adolescent consumer choices? 	<ul style="list-style-type: none"> Peers family role models coaches youth groups corporations, retailers 	<p>10.2.9.B Analyze the relationship between health-related information and adolescent consumer choices.</p>	<ul style="list-style-type: none"> Distinguish how family/peers/health professionals affect an adolescent's consumer choices. Compare and contrast health related information as it applies to adolescent consumer choices.

Health Big Idea Template

	<ul style="list-style-type: none"> • What is the correlation between health information and consumer choices? 	<ul style="list-style-type: none"> • Peers • current trends • media • technology, • cost 		
<p>Community well-being is dependent upon a balance of personal and social responsibility.</p>	<ul style="list-style-type: none"> • How does media impact personal health throughout adulthood? • How do you determine the credibility of media messages? 	<ul style="list-style-type: none"> • Health apps • advertising • cost • elective surgical procedures • current trends • funding/sponsoring of advertisements • message • Knowledge of reputable sources • quackery 	<p>10.2.9.C Analyze media health and safety messages and describe their impact on personal health and safety.</p>	<ul style="list-style-type: none"> • Evaluate the impact of health/safety messages as it influences personal health. • Evaluate media messages and their credibility.
<p>Community well-being is dependent upon a balance of personal and social responsibility.</p>	<ul style="list-style-type: none"> • How can the choices you make today, influence your future health. 	<ul style="list-style-type: none"> • Physical and social environment • culture • media • heredity, • behavioral choices 	<p>10.2.9.D Analyze and apply a decision-making process to adolescent health and safety issues.</p>	<ul style="list-style-type: none"> • Establish a decision making model/process that can guide your health choices. • Evaluate the decision making model/process and its results.
<p>Community well-being is dependent upon a balance of personal and social responsibility.</p>			<p>10.2.9.E Covered in 7th Grade Health</p>	
<p>Big Idea 10.3 Health Healthful Living</p>				

Health Big Idea Template

<p>Safety impacts individual and community well-being</p>			<p>10.3.9.A Covered in 7th Grade Health</p>	
<p>Safety impacts individual and community well-being</p>	<ul style="list-style-type: none"> ● In what situations is it appropriate to use emergency care techniques? ● How do these life-saving techniques aid in responding to emergency situations? ● What are some ways that long-term injuries are treated and future injuries prevented? 	<ul style="list-style-type: none"> ● Accidents ● choking ● sports/wilderness injuries ● sudden cardiac arrest ● First aid, ● CPR/AED, Abdominal thrusts, 911 ● Diet and exercise ● safety equipment ● weather considerations ● proper treatment of injuries ● warming up/stretching/cooling down 	<p>10.3.9.B Describe and apply strategies for emergency and long-term management of injuries.</p> <ul style="list-style-type: none"> ● rescue breathing ● self-care ● sport injuries 	<ul style="list-style-type: none"> ● Identify situations that require the use of emergency care techniques. ● Choose appropriate care that corresponds with the emergency situation. ● Recognize treatment and prevention techniques for long-term injuries.
<p>Safety impacts individual and community well-being</p>			<p>10.3.9.C Covered in 7th Grade Health</p>	
<p>Safety impacts individual and community well-being</p>			<p>10.3.9.D Covered in 7th Grade Health</p>	

Materials and Resources:

Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, Jan. 2015. Web.

Meeks, Linda Brower., and Philip Heit. Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health. Blacklick, OH: MeeksHeit Pub., 2010. Print.

Teacher Designated Supplemental Materials