

MASCOUTAH COMMUNITY SCHOOL DISTRICT #19

Grade: 8th

Subject: Health

Month	Content	Skills	Assessments	Standards
1 st quarter 8 th Grade	Decision making and setting goals.	<p>Describe how decisions affect your Health and the Health of others</p> <p>Develop decision-making skills to make healthful choices</p> <p>Identify the benefits of setting goals</p> <p>Practice the goal-setting process to work toward an accomplishment</p>	Participation Observation Discussion Comparing and contrasting Work Sheet Test	22.A.3a 22.B.3 24.A.4a 24.A.3b 24.A.3c 24.B.3 24.C.3
	Building Character	<p>Identify the traits of good character</p> <p>Explain what the role of tolerance in your every day lives.</p> <p>Describe and give examples of good citizenship</p>	Participation Observation Discussion Comparing and contrasting Work Sheet Test	22.A.3a 22.B.3 24.A.4a 24.A.3b 24.A.3c 24.B.3 24.C.3
	Health skills	<p>Describe what health skills are and how are and how they will help you develop positive health behaviors to prevent injury, illness, disease, and other health problems</p> <p>Distinguish between reliable sources of information and unreliable sources for accurate information</p> <p>Identify influences on your health</p> <p>Develop refusal skills to avoid certain situations</p>	Participation Observation Discussion Comparing and contrasting Work Sheet Test	22.A.3a 22.B.3 24.A.4a 24.A.3b 24.A.3c 24.B.3 24.C.3
2 nd quarter 8 th grade	The benefits of Physical Activity	<p>Identify the benefits of physical activity for you physically, mentally, and socially</p> <p>Develop habits to improve their physical health.</p>	Participation Observation Discussion Comparing and	20.A.3a 20.A.4b 22.A.3a

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		<p>Describe various types of physical activities that burn the most calories</p> <p>Explain the importance of exercise to overall fitness.</p>	<p>Contrasting</p> <p>Work Sheet</p> <p>Test</p>	
	Endurance, Strength, and Flexibility	<p>Identify the four measures of physical fitness</p> <p>Describe exercises that improve their endurance, strength, and flexibility</p> <p>Develop behaviors that will improve your % body fat(body composition)</p>	<p>Participation</p> <p>Observation</p> <p>Discussion</p> <p>Comparing and Contrasting</p> <p>Work Sheet</p> <p>Test</p>	<p>20.A.3a</p> <p>20.A.4b</p> <p>22.A.3a</p>
3rd quarter 8 ^h grade	Why Alcohol is Harmful	<p>Explain why some teens drink alcohol.</p> <p>State reasons not to drink alcohol.</p> <p>Identify alternatives to drinking alcohol.</p>	<p>Participation</p> <p>Observation</p> <p>Discussion</p> <p>Comparing and Contrasting</p> <p>Work sheet</p> <p>Test</p>	<p>22.A.3a</p> <p>23.B.2</p> <p>23.B.3</p> <p>24.C.3</p>
	Short-term Effects of Alcohol Use	<p>Describe how alcohol travels through the body.</p> <p>Explain the short-term effects alcohol has on a person.</p> <p>Identify factors that account for different reactions to alcohol among different people.</p>	<p>Participation</p> <p>Observation</p> <p>Discussion</p> <p>Comparing and Contrasting</p> <p>Work sheet</p> <p>Test</p>	<p>22.A.3a</p> <p>23.B.2</p> <p>23.B.3</p> <p>24.C.3</p>
	Long-term Effects of Alcohol Use	<p>Identify body organs and systems negatively affected by long-term alcohol</p>	<p>Participation</p>	<p>22.A.3a</p>

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		<p>use.</p> <p>Describe the long-term effects of alcohol use.</p> <p>Explain the risks to a fetus if its mother drinks alcohol.</p>	<p>Observation</p> <p>Discussion</p> <p>Comparing and Contrasting</p> <p>Work sheet</p> <p>Test</p>	<p>23.B.2</p> <p>23.B.3</p> <p>24.C.3</p>
	Alcoholism and Alcohol Abuse	<p>Identify symptoms of alcoholism and alcohol abuse.</p> <p>Describe the stages of alcoholism.</p> <p>Explain how alcoholism affects families and society.</p>	<p>Participation</p> <p>Observation</p> <p>Discussion</p> <p>Comparing and Contrasting</p> <p>Work sheet</p> <p>Test</p>	<p>22.A.3a</p> <p>23.B.2</p> <p>23.B.3</p> <p>24.C.3</p>
4th quarter 8 th grade	Responsible Relationships	<p>Describe problems that sexually active teens may face.</p> <p>Identify abstinence as the only 100% effective method of preventing pregnancy and STD's</p> <p>Explain ways of dealing with sexual harassment.</p>	<p>Participation</p> <p>Observation</p> <p>Discussion</p> <p>Comparing and Contrasting</p> <p>Work sheet</p> <p>Test</p>	<p>23.C.3</p> <p>23.C.4</p>
	Pregnancy and Childbirth	<p>Explain the changes that occur in a women's body when she becomes pregnant.</p> <p>Describe how an embryo develops into a baby.</p> <p>Discuss what happens during childbirth.</p>	<p>Participation</p> <p>Observation</p> <p>Discussion</p> <p>Comparing and Contrasting</p> <p>Work sheet</p> <p>Test</p>	
	STDs and HIV/AIDS	<p>Outline symptoms of various key sexually transmitted diseases.</p>	<p>Participation</p> <p>Observation</p>	

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		<p>Identify ways to avoid getting an STD.</p> <p>Describe the difference between HIV and AIDS.</p>	<p>Discussion</p> <p>Comparing and Contrasting</p> <p>Work sheet</p> <p>Test</p>	

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