



Course Title: Eighth Grade Health		
Description: In 8th grade Health, students will learn about health and wellness related concepts including: <ul style="list-style-type: none"> • Health Triangle • Conception • Pregnancy • Childbirth • Community Health Resources • Signs of Suicide (SOS) 		
<u>Reporting Topic</u>	<u>Grade Level Standards</u>	<u>Competency Statement</u>
<u>Overall Wellness</u>	<ul style="list-style-type: none"> • Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family and community health. (21.6-8.HL.1) <ul style="list-style-type: none"> ◦ Describe the interrelationships of the wellness dimensions: physical, emotional, intellectual, environmental, social, sexual and spiritual wellness during adolescence. ◦ Develop preventive physical and mental health measures, including proper diet, nutrition, exercise, risk avoidance and stress reduction. • Apply critical literacy/thinking skills related to personal, family and community wellness. (21.6-8.HL.3) <ul style="list-style-type: none"> ◦ Implement goals to enhance personal health and track its achievement • Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society. (21.6-8.HL.5) <ul style="list-style-type: none"> ◦ Implement behaviors that contribute to holistic wellness for individuals, families and communities. 	Students will describe the interrelationship of the wellness dimensions.
<u>Body</u>	<ul style="list-style-type: none"> • Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family and community health. (21.6-8.HL.1) <ul style="list-style-type: none"> ◦ Anticipate the influence of risk and protective factors. 	Students will evaluate the impact of personal health behaviors on the functioning of body systems.



<p><u>Awareness</u></p>	<ul style="list-style-type: none"> ○ Evaluate the impact of personal health behaviors on the functioning of body systems. ● Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society. (21.6-8.HL.5) <ul style="list-style-type: none"> ○ Practice appropriate and effective stress management. 	
<p><u>Family and Community Health</u></p>	<ul style="list-style-type: none"> ● Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family and community health. (21.6-8.HL.1) <ul style="list-style-type: none"> ○ Evaluate the impact of genetics/family history with personal health decisions. ○ Explain how appropriate health care can promote personal health. ○ Describe how diverse families, peers, cultural practices and attitudes influence health. ○ Articulate how media, technology, research and medical advances impact health. ● Utilize interactive literacy and social skills to establish personal, family, and community health goals. (21.6-8.HL.2) <ul style="list-style-type: none"> ○ <i>Articulate effective communication methods to accurately express health information and ideas.</i> ● Apply critical literacy/thinking skills related to personal, family and community wellness. (21.6-8.HL.3) <ul style="list-style-type: none"> ○ Integrate the roles of individual, family, community and cultures when making health related decisions. 	<p>Students will evaluate the impact of genetics/family history with personal health decisions.</p>
<p><u>Healthy Decision Making</u></p>	<ul style="list-style-type: none"> ● Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family and community health. (21.6-8.HL.1) <ul style="list-style-type: none"> ○ <i>Develop healthy personal choices to promote health maintenance and disease prevention.</i> ● Utilize interactive literacy and social skills to establish personal, family, and community health goals. (21.6-8.HL.2) <ul style="list-style-type: none"> ○ <i>Model how to influence and support others to make positive health choices.</i> ● Apply critical literacy/thinking skills related to personal, family and community wellness. (21.6-8.HL.3) <ul style="list-style-type: none"> ○ Apply skills needed to make healthy decisions. 	<p>Students will develop healthy personal choices to promote health maintenance and disease prevention.</p>



	<ul style="list-style-type: none">○ Analyze the effectiveness of health-related decisions.● Standard 4<ul style="list-style-type: none">○ Determine how cultural diversity enriches and challenges health behaviors.○ Analyze how information influences health.● Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society. (21.6-8.HL.5)<ul style="list-style-type: none">○ Analyze risk factors and make healthy choices.	
<u>Emotional/Mental Health</u>	<ul style="list-style-type: none">● Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family and community health. (21.6-8.HL.1)<ul style="list-style-type: none">○ Demonstrate skills necessary for proper prevention/management of health crises. ie. injury, depression, chronic illness.● Utilize interactive literacy and social skills to establish personal, family, and community health goals. (21.6-8.HL.2)<ul style="list-style-type: none">○ Demonstrate proper methods of obtaining help for self and others○ Generate ways to communicate care, consideration, empathy and respect for self and others.	Students will demonstrate the skills necessary for proper prevention/management of health crises.