




Cornwall-Lebanon School District Curriculum Overview

Health – 8th Grade

 length of time in weeks	Concepts & Competencies	Common Assessments	Academic Standards (PA Core if applicable)
5 Mental/Emotional Health	<u>Decision Making, Conflict Resolution, Communication, Risk, Values</u> Students will be able to practice responsible decision making skills and develop skills needed for healthful and responsible relationships.	<ul style="list-style-type: none"> ➤ Decision Making Quiz I ➤ Decision Making Test 	10.3.6C 10.2.9D 10.3.9C
5 Fitness	<u>Heart Rate, Components of Fitness, FITT Principle, Goal Setting, Benefits of Exercise, Principles of Training</u> Students will be able to identify benefits of fitness, calculate target heart rate and identify and apply the five components of fitness.	<ul style="list-style-type: none"> ➤ Workout Card ➤ Fitness Quiz ➤ Principles of Training Quiz 	10.4.6C 10.4.9B 10.4.6B 10.4.9C 10.5.9D
4 Nutrition	<u>Nutrients, Eating Disorder, Food Groups, Fast Foods, and Healthy Choices</u> Students will be able to identify the six essential nutrients of the body, determine healthy eating choices, and identify and apply skills necessary to read food labels.	<ul style="list-style-type: none"> ➤ Nutrition Exam ➤ Nutrients Quiz 	10.1.6C 10.1.9C 10.1.6E
6 Drug Education	<u>Drug Terminology, Drug Attitudes, Decision Making, Drug Use/Abuse</u> Students will practice resistance skills and be able to analyze the input of media sources on the use of drugs.	<ul style="list-style-type: none"> ➤ Power Point Assessment ➤ Terminology Quiz ➤ Drug Quiz 	10.1.9D 10.1.6D 10.1.9A
7 Human Sexuality	<u>Male Anatomy, Female Anatomy, Reproduction, Puberty, Sexually Transmitted Diseases, Contraception,</u> Students will be able to identify physical, social and emotional characteristics of growth and development. Students will discuss the decision to practice abstinence	<ul style="list-style-type: none"> ➤ Anatomy Quiz ➤ Reproduction Quiz ➤ Human Sexuality Quiz 	10.1.9A 10.1.6B 10.1.6E

	and disease prevention as it results to sexual health. Students will identify anatomy and physiology of the male and female reproductive system.		
Stress Management	 <p><u>Stressors, Signs and Symptoms, Body's Response to Stress and Stress Management Techniques</u></p> <p>Students will recognize the physical symptoms of stress, identify ways to deal with stressful situations and develop plans to cope with stress in our lives.</p>	➤ Stress Quiz	10.1.6D 10.1.12E
Unit 7	 <p>XXXXXXXXXXXX</p> <p>xxxxxx</p>	➤ xxxxxxxx	xxxxxxxx