


# Cornwall-Lebanon School District Curriculum Overview

## Health Grade 8

|  length of time in weeks | Concepts & Competencies   | Common Assessments  | Academic Standards (PA Core if applicable)          |
|--|---|---|---|
| 5<br><b>Mental/Emotional Health</b>  | <u>Decision Making, Conflict Resolution, Communication, Risk, Values</u><br>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"> <li>➤ Decision Making Quiz I</li> <li>➤ Decision Making Test</li> </ul>                      | 10.3.6C<br>10.2.9D<br>10.3.9C                       |
| 5<br><b>Fitness</b>  | <u>Heart Rate, Components of Fitness, FITT Principle, Goal Setting, Benefits of Exercise, Principles of Training</u><br>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"> <li>➤ Workout Card</li> <li>➤ Fitness Quiz</li> <li>➤ Principles of Training Quiz</li> </ul> | 10.4.6C<br>10.4.9B<br>10.4.6B<br>10.4.9C<br>10.5.9D |
| 4<br><b>Nutrition</b>  | <u>Nutrients, Eating Disorder, Food Groups, Fast Foods, and Healthy Choices</u><br>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"> <li>➤ Nutrition Exam</li> <li>➤ Nutrients Quiz</li> </ul>                                    | 10.1.6C<br>10.1.9C<br>10.1.6E                       |
| 6<br><b>Drug Education</b>   | <u>Drug Terminology, Drug Attitudes, Decision Making, Drug Use/Abuse</u><br>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"> <li>➤ Power Point Assessment</li> <li>➤ Terminology Quiz</li> <li>➤ Drug Quiz</li> </ul>     | 10.1.9D<br>10.1.6D<br>10.1.9A                       |
| 7<br><b>Human Sexuality</b>  | <u>Male Anatomy, Female Anatomy, Reproduction, Puberty, Sexually Transmitted Diseases, Contraception,</u><br>Students will be able to identify physical, social and emotional characteristics of growth and development.<br>Students will discuss the decision to practice abstinence | <ul style="list-style-type: none"> <li>➤ Anatomy Quiz</li> <li>➤ Reproduction Quiz</li> <li>➤ Human Sexuality Quiz</li> </ul>   | 10.1.9A<br>10.1.6B<br>10.1.6E                       |

|  |  |                      |                             |
|--|--|----------------------|-----------------------------|
|  | <p>and disease prevention as it results to sexual health.<br/>Students will identify anatomy and physiology of the male and female reproductive system.</p>  |                      |                             |
| <p>Stress Management</p> <div data-bbox="306 220 373 285" style="border: 1px solid red; border-radius: 50%; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center; margin: 5px auto;">2</div> | <p><b><u>Stressors, Signs and Symptoms, Body's Response to Stress and Stress Management Techniques</u></b></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> | <p>➤ Stress Quiz</p> | <p>10.1.6D<br/>10.1.12E</p> |