

Pine Hill Public Schools Curriculum

Content Area:		Health	
Course Title/ Grade Level:		Health Grade 8	
Unit 1:	Personal Growth and Development	Month:	1.5 weeks
Unit 2:	Nutrition	Month:	1.5 weeks
Unit 3:	Disease an Health conditions	Month:	1.5 weeks
Unit 4:	Safety	Month:	1.5 weeks
Unit 5:	Alcohol, Tobacco and other Drugs	Month:	1.5 weeks
Unit 6:	Human Relationship and Sexuality	Month:	1.5 weeks
BOE Approval Date:		August 28, 2012	

**Pine Hill Public Schools
Curriculum**

Unit Title: Personal Growth and Development		Unit #: 1
Course or Grade Level: 8 th grade health		Length of Time: M.P.1
Date Created: 2012		BOE Approval Date:
Pacing 1.5 weeks	Weeks 1.5	
Essential Questions	<ul style="list-style-type: none"> • What are your body organs used for? • Explain how a single cell develops • Describe the stages of birth 	
Content	Concepts of fertilization How do cells work together Growth during pregnancy Heredity and growth	
Skills	<ul style="list-style-type: none"> • Evaluate the impact of health behaviors and choices on personnel and family wellness. 	
	Discuss how body systems are interdependent and interrelated. Discuss how heredity, physical, social, environmental influences, and varying social experiences contribute to an individuals uniqueness.	
Assessments	<ul style="list-style-type: none"> • Teacher observation • Performance assessments • Benchmark testing • Teacher made test 	
Interventions / differentiated instruction	<ul style="list-style-type: none"> • Students will be allotted additional time to complete work based on skill level. • Meeting requirements of IEP,s. 	
Inter-disciplinary Connections	<ul style="list-style-type: none"> • 	
Lesson resources / Activities	<ul style="list-style-type: none"> • Textbook • Brain Pop • Smart Board • Handouts 	
2009 NJCCCS		
Standard: 2.1.8.A.1 (2) (3) (4) Wellness: All students will acquire health promotion concepts and skills to support a healthy active lifestyle.		
Strand(s): Personal Growth and Development		
Content Statement(s):		CPI # / CPI(s): 2.1.8.A.1

21st Century Themes

	Global Awareness		Financial, Economic, Business, and Entrepreneurial Literacy		Civic Literacy		Health Literacy
<u>21st Century Skills</u>							
	Creativity and Innovation		Critical Thinking and Problem Solving		Communication and Collaboration		Information Literacy
	Media Literacy		ICT Literacy		Life and Career Skills		

**Pine Hill Public Schools
Curriculum**

Unit Title: Nutrition		Unit #: 2
Course or Grade Level: 8 th GRADE HEALTH		Length of Time: M.P.
Date Created: September 2012		BOE Approval Date:
Pacing	1.5 weeks	
Essential Questions	<ul style="list-style-type: none"> • How are eating patterns influenced? • Identify factors that influence which foods you choose. • Explain specific ways your body uses nutrients. • Describe recommendations from the dietary guidelines for Americans. 	
Content	The importance of nutrition. Appetite and hunger. Nutrients for wellness. Vitamins and minerals. My pyramid food guidance system Planning meals and snacks Eating for your health Healthy ways to lose, gain or maintain	
Skills	<ul style="list-style-type: none"> • Analyze how culture, health status, age, and eating environment influence personal eating patterns and recommend ways to provide nutritional balance. • Identify and defend healthy ways for adolescents to lose, gain, or maintain weight. • Design a weekly nutritional plan. • Analyze the nutritional values of new products. 	
Assessments	<ul style="list-style-type: none"> • Teacher observation • Performance assessments • Benchmark testing • Teacher made test 	
Interventions / differentiated instruction	<ul style="list-style-type: none"> • Students will be allotted additional time to complete work based on skill level. • Meeting requirements of IEP,s. 	
Inter-disciplinary Connections		
Lesson resources / Activities	<ul style="list-style-type: none"> • Textbook • Brain Pop • Smart Board • Handouts 	
2009 NJCCCS		
Standard: 2.1.8.B.1 (2)(3)(4) all students will acquire health promotion concepts and skills to support a healthy, active lifestyle.		
Strand(s): nutrition		
Content Statement(s):		CPI # / CPI(s):

<u>21st Century Themes</u>							
	Global Awareness		Financial, Economic, Business, and Entrepreneurial Literacy		Civic Literacy		Health Literacy
<u>21st Century Skills</u>							
	Creativity and Innovation		Critical Thinking and Problem Solving		Communication and Collaboration		Information Literacy
	Media Literacy		ICT Literacy		Life and Career Skills		

**Pine Hill Public Schools
Curriculum**

Unit Title: Disease and Health Conditions		Unit #: 3
Course or Grade Level: 8 th GRADE HEALTH		Length of Time: M.P.
Date Created: September 2012		BOE Approval Date:
Pacing	1.5 weeks	
Essential Questions	What are communicable diseases and noncommunicable diseases? How are germs spread? How do you protect yourself against pathogens? What practice behaviors keep your immune system healthy?	
Content	Preventing the spread of disease. The body's defense against disease and infection. Common communicable disease Sexually Transmitted Diseases (STDs). Practicing healthful behaviors	
Skills	<ul style="list-style-type: none"> • Evaluate emerging methods to diagnose and treat diseases and health conditions that are common in young adults in the United States and other countries, including hepatitis, sexually transmitted infections, HIV/AIDS, breast cancer, HPV, and testicular cancer. • Analyze local, state, national, and international public health efforts to prevent and control diseases and health conditions. • Analyze the impact of mental illness on physical, social, and emotional well-being. 	
Assessments	<ul style="list-style-type: none"> • Teacher observation • Performance assessments • Benchmark testing • Teacher made test 	
Interventions / differentiated instruction	<ul style="list-style-type: none"> • Students will be allotted additional time to complete work based on skill level. • Meeting requirements of IEP,s 	
Inter-disciplinary Connections	<ul style="list-style-type: none"> • 	
Lesson resources / Activities	<ul style="list-style-type: none"> • Textbook • Brain Pop • Smart Board • Handouts 	

2009 NJCCCS

Standard: 2.1.8.C1 (2) (3): Wellness: all students will acquire healthy promotion concepts and skills to support a healthy, active lifestyle.

Strand(s): Disease and Health Conditions

Content Statement(s):

CPI # / CPI(s):

	Global Awareness		Financial, Economic, Business, and Entrepreneurial Literacy		Civic Literacy		Health Literacy
<u>21st Century Skills</u>							
	Creativity and Innovation		Critical Thinking and Problem Solving		Communication and Collaboration		Information Literacy
	Media Literacy		ICT Literacy		Life and Career Skills		

**Pine Hill Public Schools
Curriculum**

Unit Title: Safety		Unit #: 4	
Course or Grade Level: 8 th GRADE HEALTH		Length of Time: M.P.	
Date Created: September 2012		BOE Approval Date:	
Pacing	1.5 weeks		
Essential Questions	Why is it important to identify unsafe situations? What steps need to be taken in a emergency?		
Content	Explain ways to protect against abuse and all forms of assault Develop safe habits Preventing gun accidents Preventing poisoning Traffic safety Recreational safety Basic first aid		
Skills	<ul style="list-style-type: none"> • Discuss effective personal strategies used in public places and what to do when ones safety is compromised. 		
Assessments	<ul style="list-style-type: none"> • Teacher observation • Performance assessments • Benchmark testing • Teacher made test 		
Interventions / differentiated instruction	<ul style="list-style-type: none"> • Students will be allotted additional time to complete work based on skill level. • Meeting requirements based on skill level. 		
Inter-disciplinary Connections	<ul style="list-style-type: none"> • 		
Lesson resources / Activities	<ul style="list-style-type: none"> • Textbook • Brain Pop • Smart Board • Handouts 		

2009 NJCCCS

Standard: 2.1.8.D.1 (2)(3)(4) Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

Strand(s): Safety

Content Statement(s):

CPI # / CPI(s):

21st Century Themes

	Global Awareness		Financial, Economic, Business, and Entrepreneurial Literacy		Civic Literacy		Health Literacy
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21st Century Skills

	Creativity and Innovation		Critical Thinking and Problem Solving		Communication and Collaboration		Information Literacy
	Media Literacy		ICT Literacy		Life and Career Skills		

**Pine Hill Public Schools
Curriculum**

Unit Title: Alcohol, tobacco and other drugs		Unit #: 5
Course or Grade Level: 8 th grade health		Length of Time: M.P.
Date Created: September 2012		BOE Approval Date:
Pacing	1.5 weeks	
Essential Questions	<ul style="list-style-type: none"> • How does alcohol affect the person and the family? • How does drug use increase intentional and unintentional health risk behaviors? • How does tobacco age people? 	
Content	Why some teens drink alcohol Alternatives to drinking Alcohol and the body Drug misuse Drug abuse Marijuana overview Club drugs Anabolic Steroids Narcotics, stimulants, and depressants Hallucinogens and inhalants Staying drug free Facts about tobacco	
Skills	<ul style="list-style-type: none"> • Compare and contrast the physical and behavioral effects of commonly abused substances by adolescents • Predict the legal and financial consequences of use, sale, and possession of illegal substances. • Relate the use of alcohol and other drugs to decision making. • Substance abuse is caused by a variety of factors. 	
Assessments	<ul style="list-style-type: none"> • Teacher observation • Performance assessments • Benchmark testing • Teacher made test 	
Interventions / differentiated instruction	<ul style="list-style-type: none"> • Students will be allotted additional time to complete work based on skill level. • Meeting requirements of IEP,s 	
Inter-disciplinary Connections	<ul style="list-style-type: none"> • 	
Lesson resources / Activities	<ul style="list-style-type: none"> • Textbook • Brain Pop • Smart Board • Handouts 	
2009 NJCCCS		
Standard: 2.3.8.B.1(2)(3)(4)(5)(6) Drugs and Medicines:		
Strand(s):Alcohol ,Tobacco and other drugs		
Content Statement(s):		CPI # / CPI(s):

<u>21st Century Themes</u>							
	Global Awareness		Financial, Economic, Business, and Entrepreneurial Literacy		Civic Literacy		Health Literacy
<u>21st Century Skills</u>							
	Creativity and Innovation		Critical Thinking and Problem Solving		Communication and Collaboration		Information Literacy
	Media Literacy		ICT Literacy		Life and Career Skills		

**Pine Hill Public Schools
Curriculum**

Unit Title: Human relationship and sexuality		Unit #: 6
Course or Grade Level: 8 th GRADE HEALTH		Length of Time: M.P.
Date Created: September 2012		BOE Approval Date:
Pacing	1.5 weeks	
Essential Questions	<ul style="list-style-type: none"> • How will human relationships impact me going into the future? • How does being sexually active increase the risks of sexually transmitted diseases? 	
Content	Discussions of topics regarding sexuality. Peer pressure Dating Communication Refusal skills Abstinence	
Skills	<ul style="list-style-type: none"> • Analyze how certain behaviors place one at greater risks for HIV/Aids, STDS, and unit 	
	<ul style="list-style-type: none"> • Describe the physical emotional and social benefits of sexual abstinence and develop strategies to resist pressures to become sexually active. • Summarize the signs and symptoms of pregnancy and the methods available to confirm pregnancy. • Distinguish physical, social, and emotional changes that occur during each stage of labor and childbirth and the adjustment period following birth. • Predict short-and long-term impacts of teen pregnancy. 	
Assessments	<ul style="list-style-type: none"> • Teacher observation • Performance assessments • Benchmark testing • Teacher made test 	
Interventions / differentiated instruction	<ul style="list-style-type: none"> • Students will be allotted additional time to complete work based on skill level. • Students will be assigned preferential seating per skill level. 	
Inter-disciplinary Connections	<ul style="list-style-type: none"> • TBD 	
Lesson resources / Activities	<ul style="list-style-type: none"> • Textbook • Brain Pop • Smart Board • Handouts 	
2009 NJCCCS		
Standard: 2.4.8.C.1 (2)(3)(4)(5) Human Relationships and sexuality: all students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.		
Strand(s): Relationships.		
Content Statement(s):		CPI # / CPI(s):

<u>21st Century Themes</u>							
	Global Awareness		Financial, Economic, Business, and Entrepreneurial Literacy		Civic Literacy		Health Literacy
<u>21st Century Skills</u>							
	Creativity and Innovation		Critical Thinking and Problem Solving		Communication and Collaboration		Information Literacy
	Media Literacy		ICT Literacy		Life and Career Skills		

Revised: December 18, 2012