

**Name of Course:**      **8<sup>th</sup> Grade Health**

**Course Length:** Nine Weeks

**Class Textbook/Materials:** Decisions for Health (Level Blue), Holt, Rinehart, and Winston, 2007. ISBN# 0-03-077972-3

**Description of the course:**

Eighth grade health class is intended for eighth grade students. The course will be a continuation of health related material from 7<sup>th</sup> grade health. The students will learn lifetime skills related to Health activities from the six components of Health (Physical, Emotional, Social, Mental, Spiritual, and Environmental). These activities will prepare the students for their journey through life and their high school health course.

**Course content and learning objectives:**

**Objectives:**

- Students will be able to demonstrate the social skills of problem solving, decision making, communicating, and dealing with depression.
- Students will be able to identify the functions of the reproductive systems.
- Students will participate in activities promoting positive relationships and dating practices.
- Students will identify the physical changes during puberty.
- Students will be able to identify the signs and symptoms of depression.
- Students will participate in activities identifying prevention and options of pregnancy.
- Students will be able to identify between positive peer pressure and negative peer pressure.
- Students will demonstrate how to prevent diseases.

**Units of instruction:**

**Social Skills:**

- Self esteem
- Peer pressure
- Self-confidence
- Problem solving
- Decision-making
- Communicating
- Dealing with depression

**Diseases (Communicable and Non-communicable)**

**Family Life Skills**

- Physical changes during puberty
- Functions of the reproductive system
- Relationships and dating
- Pregnancy (Options and prevention)

Teaching and learning styles will be a combination of lecture, video, small group work, bookwork, online research, and power point presentations. A variety of assessment styles will be used (worksheets, quizzes, written tests, group and individual projects, and class discussions). Worksheets and quizzes will be given weekly.

**Daily/weekly assignments, grading procedures, and special projects:**

Grades will be determined with overall points. The final grade will be determined using the school's grading scale.

*According to Geneseo CUSD #228 School Board Policy 6:60 and in compliance with Illinois School Code:*

- In kindergarten through grade 8, subjects include: (a) language arts, (b) reading, (c) other communication skills, (d) science, (e) mathematics, (f) social studies, (g) art, (h) music, and (i) drug and substance abuse prevention.
- In all grades, character education must be taught including respect, responsibility, fairness, caring, trustworthiness, and citizenship in order to raise students' honesty, kindness, justice, discipline, respect for others, and moral courage.
- In grades 7 through 12, as well as in interscholastic athletic programs, steroid abuse prevention must be taught.
- In grades 4 through 12, provided it can be funded by private grants or the federal government, violence prevention and conflict resolution must be stressed, including: (a) causes of conflict, (b) consequences of violent behavior, (c) non-violent resolution, and (d) relationships between drugs, alcohol, and violence.
- In all schools, health education must be stressed, including: (a) proper nutrition, (b) physical fitness, (c) components necessary to develop a sound mind in a healthy body, and (d) dangers and avoidance of abduction. The-Superintendent shall implement a comprehensive health education program in accordance with State law.