

Curriculum – Grade 8 Health and Physical Education

Grade 8 Health/ Physical Education		
	Health	Physical Education
What your child will learn	<ul style="list-style-type: none"> • Various aspects of mental, physical and social health and how they are related • The structure and function of the digestive, endocrine and reproductive systems • The effects of drug, alcohol and tobacco use as well as techniques for their avoidance 	<ul style="list-style-type: none"> • How moderate to vigorous physical activity affects heart rate • Social skills that enable success in competitive and cooperative activities • Key elements of movement in exercise and sport • How to incorporate physical activity into a daily routine
What your child will do	<ul style="list-style-type: none"> • Develop skills to make healthy lifestyle decisions • Explain the structure and function of the body systems • Identify components of health as they relate to the well-being of individuals/families • Research current information about drug use relevant to their age • Identify aspects of the digestive, endocrine and reproductive systems and examine their relationship to the overall human body 	<ul style="list-style-type: none"> • Participate in moderate to vigorous physical activities in individual and team sports • Participate in exercises to develop physical fitness • Participate in fitness testing • Discover life-long physical activities

<p>What you'll see (products)</p>	<ul style="list-style-type: none"> • An understanding of the importance of making healthy choices • Increased understanding of the various body systems and their functions • Increased awareness of peer pressure and societal trends regarding drug use/abuse 	<ul style="list-style-type: none"> • Plans for life-long fitness and goals for improvement • Measurements of the student's own physical performance in certain activities/skills
<p>How you can help</p>	<ul style="list-style-type: none"> • Communicate with your child about good personal hygiene and making healthy decisions • Support your child as they use the information they learn to make good health decisions • Communicate with the health education instructor at your school regarding questions or problems involving adolescent health • Monitor homework and your child's grades online 	<ul style="list-style-type: none"> • Visit your local community centers to become involved in physical activities • Encourage your child to participate and support his/her involvement in activity-based programs • Communicate with the physical education instructor at your school