

Moon Area School District Curriculum Map

Course: Health

Grade Level: 8

Content Area: Health

Frequency: Semester Course

Big Ideas

1. **The purpose of health education class is to provide students with the knowledge and resources they need to make responsible and well-informed decisions about their health. The 8th grade health curriculum will focus some of these issues as well as other health related topics. Eighth grade students will be engaged in the following topics for the upcoming year...**

1. Parts of Health and Overall Wellness
2. Goal Setting
3. Fitness Components, Skill Related Fitness Components, and Sports Injuries
4. Body Image & Eating Disorders
5. Alcohol and the Effects
6. Body Systems and How They Function
7. Fetal Development and Stages of Life
8. Environmental Health Concerns, Skin Cancer, & Prevention Methods
9. Leadership Skills and Qualities

Essential Questions

1. How do the four parts of health effect each other and overall wellness?
2. What are the short and long term goals needed to achieve and overall realistic outcome?
3. How can fitness and skill related fitness components effect life and prevent injuries?
4. What are key factors that can lead to body image and/or eating disorders?
5. What are the short and long term consequences of alcohol use as a teenager?
6. What are the main components and functions of each body system and how they work together?
7. How does human life begin and what is the process until death?
8. What are environmental health concerns that lead to short and long term health diseases?
9. What traits and characteristics define a leader?

Primary Resource(s) & Technology:

Glencoe “Teen Health” McGraw Hill. 2021, www.mheducation.com/prek-12 , Online materials, Microsoft Teams, Promethean Boards, Student Laptops/iPads.

Pennsylvania and/or focus standards referenced at:

[PA Health and Safety Standards](#)

Parts of Health and Overall Wellness

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
BI – 1 EQ – 1	Eligible Content: 10.1 10.2	<ul style="list-style-type: none"> • Four Parts of Health and Overall Wellness • Understanding each part of health individually • Balancing the four parts of health • Understanding how to improve each part of health 	3-4 Days

Goal Setting

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
BI – 2 EQ – 2	Eligible Content: 10.1 10.2	<ul style="list-style-type: none"> • Students will focus on short and long term goals • Analyze factors that will set them back • Focus on things that will set them apart from other students • Discuss skills needed to accomplish their goals • Discuss realistic and unrealistic goals to be achieved 	4-5 Days

Fitness Components, Skill Related Fitness Components, and Sports Injuries

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
BI – 3 EQ – 3	Eligible Content: 10.3 10.4 10.5	<ul style="list-style-type: none"> • Health related fitness components • Skill related fitness components • Sports injuries (acute and chronic) • Treatment and rehabilitation for sports injuries • Target heart rate and BMI Lab 	7-8 Days

Body Image & Eating Disorders

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
BI – 4 EQ – 4	Eligible Content: 10.1 10.2 10.3	<ul style="list-style-type: none"> • Define and discuss body image • Identify the three major eating disorders • Discuss the media effects on eating disorders and diet (Fad Diets) • Discuss nutritional and dietary supplements 	4-5 Days

Alcohol and the Effects

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
BI – 5 EQ – 5	Eligible Content: 10.1 10.2 10.3	<ul style="list-style-type: none"> • Alcohol’s effects on the body • Dangers of teenage drinking • Short and long term consequences of alcohol use • Understanding blood alcohol content and its effects on the body • Use of vision goggles 	5-6 Days

Body Systems and How They Function

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
BI – 6 EQ – 6	Eligible Content: 10.1 10.2	<ul style="list-style-type: none"> • Components and function of the nervous system • Problems with the nervous system • Components and function of the endocrine system • Problems with the nervous system • Components and function of the integumentary system • Problems with the integumentary system 	7-8 Days

Fetal Development and Stages of Life

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
BI – 7 EQ – 7	Eligible Content: 10.1 10.2	<ul style="list-style-type: none"> • Review and discuss the components of the reproductive system • Discuss the stages of life from conception-birth-death • Identify the differences between identical and fraternal twins as well as conjoined twins 	7-8 Days

Environmental Health Concerns and Skin Cancer & Prevention Methods

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
BI – 8 EQ – 8	Eligible Content: 10.2 10.3	<ul style="list-style-type: none"> • Present and discuss a variety of environmental health concerns • Environmental issues that relate to health problems and diseases • Define and discuss skin cancer and prevention 	4-5 Days

Leadership Skills and Qualities

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
BI – 9 EQ – 9	Eligible Content: 10.2 10.3	<ul style="list-style-type: none"> • Present leadership traits and characteristics • Discuss decision making and identify the difference between a boss and a leader • Identify and discuss a key trait that a leader must have. 	5-6 Days