

DEPARTMENT NAME :
Health and Wellness
Health Education

GRADE LEVEL: 8

YEAR AT A GLANCE
Student Learning Outcomes by Marking Period
2017-2018

FIRST TERM		
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will.... (with eligible content references):
Marking Period Starts: 9/7/17 Suggested Completion Date: 10/27/17	Unit: Healthy Balance Unit Title: Nutrition Education and Physical Activity Unit Skills: Goal Setting	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> • Explain the importance of being physically active throughout your life (NHES 7.8.1) <i>MM A Winning Team Lesson 1 or Planet Health Lesson 9, or PE Microunit 1</i> • Reflect on and assess your eating habits and level of daily physical activity (NHES 6.8.1) <i>MM A Winning Team Lesson 3,4 or Planet Health Lesson 1</i> • Identify food requirements for activities requiring moderate to vigorous physical activity and determine which foods would be the best choices (8.GM.K4, NHES 6.8.3) <i>MM A Winning Team Lesson 4, or Planet Health Lesson 3,4,10,24, or PE Microunit 8</i> • Develop clear and realistic physical activity goals (8.GM.S3, NHES 6.8.2) <i>MM A Winning Team Lesson 4,11, or Planet Health Lesson 8, or PE Microunit 4-7</i>
Suggested Completion Date: 11/9/17	Unit: Healthy Body/Safe Body Unit Title: Stay Safe in the Sun Unit Skills: Decision Making	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> • Describe ways to protect yourself from powerful UV rays (8.DM.S4, NHES 1.8.3)
First Marking Period Ends: 11/9/17 Assessments During This Period: Michigan Model for Health A Winning Team: Healthy Eating and Physical Activity Assessments; Planet Health - Do you Make Space for Fitness and Nutrition, A Student Self-Assessment		

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SECOND TERM		Overarching/general themes
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):
Marking Period Starts: 11/13/17 Second Marking Period Ends: 1/26/18	Unit: Healthy Body/Safe Body Unit Title: Sexual Health Education Unit Skills: Analyzing Influences, Accessing Resources, Interpersonal Communication, Decision Making, Goal Setting	<u>Use the <i>Making Proud Choices</i> curriculum, or the <i>Rights, Respect, Responsibility</i> curriculum for this unit.</u> Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> • Identify barriers to achieving personal goals and strategies for overcoming them (8.GM.S2, NSES SH.8.GS.1) <i>PREP Learning Area 1,12 or Making Proud Choices Lesson 1</i> • Identify accurate and credible sources of information about sexual health (8.AR.S1, NSES AP.8.AI.1) <i>PREP Learning Area 2,5,8 or Making Proud Choices Lessons 2,5</i> • Demonstrate communication skills that foster healthy relationships (8.IC.S1, NSES HR.8.IC.1) <i>PREP Learning Area 3,4,7 or Making Proud Choices Lessons 1,4</i> • Demonstrate the use of a decision-making model (8.DM.S1, NSES PD.8.DM.1) <i>PREP Learning Area 4,8 or Making Proud Choices Lessons 1,5</i> • Explain the health benefits, risks, and effectiveness rates of various methods of contraception including abstinence and condoms (8.AI.K4, NSES PR.8.CC.3) <i>PREP Learning Area 5 or Making Proud Choices Lesson 2</i> • Develop a plan to eliminate or reduce risk for STDs, including HIV (8.HA.S2, NSES SH.8.GS.1) <i>PREP Learning Area 6 or Making Proud Choices Lesson 3</i>
Second Marking Period Ends: 1/26/18 Assessments During This Period: Use PREP Curriculum; Making Proud Choices Curriculum Pre/Post Assessment, or Rights, Respect, Responsibility Curriculum Pre/Post Assessment		

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THIRD TERM		
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):
Marking Period Starts: 1/29/18 Third Marking Period Ends: 4/13/18	Unit: Healthy Body/Safe Body Unit Title: Sexual Health Education (continued) Unit Skills: Analyzing Influences, Accessing Resources, Interpersonal Communication, Decision Making, Goal Setting	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> Describe the steps to using a condom correctly (8.GM.K2c, NSES SH.8.SM.1) <i>PREP Learning Area 6,7 or Making Proud Choices Lessons 3,4</i> Demonstrate the use of effective communication skills to reduce or eliminate risk for STDs, including HIV (NSES SH.8.IC.1) <i>PREP Learning Area 8,10 or Making Proud Choices Lessons 5,7</i> Identify medically-accurate information about STDs, including HIV (8.HA.K2b, NSES SH.8.AI.1) <i>PREP Learning Area 8 or Making Proud Choices Lesson 5</i> Demonstrate skills to communicate with a partner about STD and HIV prevention and testing (8.IC.S1, NSES SH.12.DM.1) <i>PREP Learning Area 8,10,11 or Making Proud Choices Lessons 5,7,8</i> Describe how career goals can vary with changing circumstances, priorities, and responsibilities, e.g. like having a baby as a young person (8.GM.S2, NHES 6.8.2) <i>PREP Learning Area 1,12</i> Demonstrate ways to treat others with dignity and respect (8.IC.K1a, NSES PS.8.SM.1) <i>PREP or Making Proud Choices supplemental lesson with Boston GLASS</i>
Third Marking Period Ends: 4/13/18 Assessments During This Period: Use PREP Curriculum; Making Proud Choices Curriculum Pre/Post Assessment, or Rights, Respect, Responsibility Curriculum Pre/Post Assessment		

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FOURTH TERM		
Dates	Overarching/general themes	Textual References
To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):		
Marking Period Starts: 4/23/18 Fourth Marking Period Ends: 6/20/18	Unit: Healthy Lifestyle Unit Title: Alcohol, Tobacco, and Other Drug Prevention Unit Skills: Analyzing Influences, Decision Making, Health Advocacy	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> • Identify and locate reliable sources of information and assistance for drug-related issues (NHES 3.8.5) <i>MM ATOD Lesson 1,4</i> • Recognize and examine the influences that promote alcohol, tobacco, and other drug use in young people (8.AI.S3, NHES 2.8.3) <i>MM ATOD Lesson 2,3</i> • Demonstrate decision making skills to effectively refuse tobacco products (8.DM.S1, NHES 5.8.2) <i>MM TP Lesson 4</i> • Examine the potential health, social, and legal consequences of alcohol, tobacco, and other drug use, including drunk driving and gang pressure (8.AI.K3b, NHES 1.8.9) <i>MM ATOD Lesson 4,6</i> • Apply knowledge and skills in promoting drug-free messages to your peers (NHES 8.8.2) <i>MM ATOD Lesson 13</i>
Fourth Marking Period Ends: 6/20/18 Assessments During This Period: Teacher Assessment Checklists and Rubrics embedded throughout the Michigan Model for Health: The Power is Yours to be Tobacco Free and Stay Drug Free Today for a Successful Tomorrow		