

Middle School
Health & Physical Education

8th Grade Health

Overview

The Middle School Health and Physical Education department continues to use the Pennsylvania State Standards to create meaningful lessons based on the individual benchmarks outlined in the standards. These standards can be found here.

The Pennsylvania Department of Education has outlined 5 categories for their standards in health and physical education. Students, at all grade levels, work on standards for concepts of health, healthful living, safety and injury prevention, physical activity, and concepts, principles and strategies of movement. Each of the standards has prescribed benchmarks that students work to achieve. The benchmarks for each standard describe what students should know and be able to do by the end of third, sixth, ninth, and twelfth grades.

In 8th Grade Health the units we go over are:

- Male & Female Reproduction, Disease Prevention, and Stages of Pregnancy
    - *Based on Concepts of Health 10.1.9 A, B, & E*
- Drugs, Alcohol, Tobacco/Vaping, Prevention & Intervention, Advertising
    - *Based on Concepts of Health 10.1.9 D & E*
    - *Based on Healthful Living 10.2.9 A, B, C, & D*
    - *Mandated by Act 211*
- Mental Health: Mindfulness, Stress, Anxiety, Depression, Signs of Suicide, Resources for Intervention
    - *Based on Concepts of Health 10.1.9 E*
    - *Mandated by Act 71*