



LINCOLN-WOODSTOCK COOPERATIVE SCHOOL DISTRICT COURSE SYLLABUS

Course Name: 8th Grade Health

Length: Semester

Teacher: Courtney Peabody

Course Description:

In this course, students will explore health concepts and practice health skills as they apply in their lives. Throughout the course, students will have multiple opportunities to demonstrate their acquired understanding of how to assess and care for their health. Through their work, students will discover how they can apply these understandings, both knowledge and skills, in multiple situations and at different times in their lives to make responsible, healthy choices. Americans are battling many health issues, including obesity and heart disease, as well as addiction and mental illness. Students will become health literate, enabling them to make choices that promote health and prevent disease.

Competencies or Standards Assessed:

NHES: National Health Education Standards

1. Students will analyze valid health information and the influence of personal behaviors and external factors to establish and practice health-enhancing goals for disease prevention and safety. NHES: 1,2,7
2. Students will demonstrate effective interpersonal communication skills to access credible health resources, manage conflict, and advocate for the health needs of themselves and their community. NHES: 3,4
3. Students will use decision-making and goal-setting skills to choose healthy behaviors, predict outcomes, and advocate for the health of themselves and their community. NHES: 5,6,8

Anchor Texts or Major Curriculum:

Shape America

Course Outline (major units of study):

Unit Title	Essential Question or Overarching Understanding
Goal Setting & Interpersonal Communication	<ul style="list-style-type: none">• What communication techniques are

	<p>most effective for setting firm personal boundaries and ensuring mutual respect in all types of relationships?</p> <ul style="list-style-type: none"> • How can I create and maintain a clear, measurable plan that helps me resist pressure and stay safe from high-risk situations? • In what ways can strong communication skills and well-defined goals empower me to support the health and safety of my friends and family?
Self Management, Analyzing Influences	<ul style="list-style-type: none"> • How do the messages and images we encounter daily shape our identity and emotional health? • What practical steps can I take to effectively manage my stress and build resilience when faced with mental or emotional challenges? • In what ways does engaging in physical activity serve as a self-management strategy for my mental and emotional state?
Decision Making & Assessing Information	<ul style="list-style-type: none"> • When confronted with conflicting health claims about nutrition or fitness, how can I determine if the source is reliable and trustworthy? • How do I apply a systematic decision-making process to choose behaviors that maximize long-term health and minimize risk? • What makes one health product or service a better, safer choice than another, and how do I evaluate the true cost of each option?

Portrait of a Learner

Independent Learner

I make thoughtful plans and do my best to reach personal goals using feedback to work through challenges.

Responsible Collaborator

I work with others to achieve shared goals by listening actively, contributing ideas, and managing conflict.



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Critical Thinker

I analyze information, ask thoughtful questions, and apply reasoning skills to solve problems and make decisions.

Effective Communicator

I express ideas clearly, adapting strategies based on the audience, setting, and/or purpose.

Global Citizen

I show that I care and take responsibility by helping in my community and the world around me.

Additional Classroom Expectations:

- Students come to class prepared with the essentials that they might need which includes laptop, pencil, any assigned homework.
- Students are respectful and kind which creates a welcoming classroom environment.