Lehighton Area School District
Curriculum Framework

Course Title:	Healthy Living 8
Content Area:	Physical Education
Grade Level(s):	8th Grade
Course Overview:	We will examine and explore topics pertaining to adolescence growth and development; social and emotional topics such as, building character, peer relationships, practicing communication/social skills, peer pressure, and giving an assertive response. In addition, we will be discussing and identifying topics on drug abuse causes and effects. Life Skills Training level 3 will be taught to students..The main purpose of the level 3 Life Skills Training curriculum is to reinforce the material covered in the first 2 levels. Emphasis is placed on reviewing important concepts and skills, and to provide students with the opportunity to practice specific skills. In the final week, we will identify and discuss the use of an AED and practicing hands-only-CPR.
PA Core Standards:	PA Academic Standards for Health, Safety, and Physical Education
Key Course Text and Materials:	Dr. Gilbert J. Botvin, *Botvin LifeSkills Training,* Middle School, Level 3 McGraw Hill Publishing, *Teen Health* LifeSkills Training Student Guide/Workbook
Key Assessments/Projects:	Unit Canvas Quizzes Public Service Announcment Project

Big Idea/Unit:	Your Total Health: Understanding Your Health			
Pacing:	3 classes			
Standards:	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.1.6 ABCD	Define Health Identify what goes into physical, mental/emotional, and social health. Discuss unhealthy behaviors and habits. Explain how the three sides of the health triangle are related. Evaluate and identify positive ways to improve/maintain one's personal physical, mental, and social health. Define continuum and self-image Compare and contrast health and wellness. Define and explain the mind-body connection. Discuss how the way you express emotions affects all areas of your health triangle Explore how to deal with emotions in a healthy way Describe how internal factors influence whether a person uses tobacco, alcohol, or other drugs? Apply healthful behaviors through practice scenarios.	health physical health mental/emotional health social health behavior wellness habits continuum emotions mind-body connection self-image	Powerpoint (Understanding Your Health) Handout: Student Summary Sheet	Daily Bell Ringers Reteaching Worksheet 15 multiple choice/ True & False questions quiz CANVAS

Big Idea/Unit:	Building Character			
Pacing:	2 classes			
Standards:	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.1.9 A, D 10.3 C	What is character? Identify the six traits of good character What influences character? Explain the role of tolerance in social health Describe qualities found in a good citizen Explain how good character contributes to physical, mental/emotional, and social health.	character character trait citizenship integrity tolerance prejudice hate crime accountability empathy role model constructive criticism clique	Powerpoint (Building Character) Glencoe Teen Health textbook	Daily Bell Ringers Reteaching Activity Worksheet 10 multiple choice/ True & False questions quiz CANVAS

Big Idea/Unit:	Peer Relationships			
Pacing:	2 classes			
Standards:	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.1.9 A, C 10.1.6 D	Explain changes that occur in friendships during adolescence? Identify the qualities of a good friend Compare and Contrast sympathy vs. empathy Develop communication skills to make new friends Explain the differences between positive and negative peer pressure Identify risks of negative peer pressure Develop refusal skills to resist negative peer pressures such as assertiveness.	peers acquaintance friendships loyal sympathetic empathy cooperation peer pressure negative peer pressure assertive response	Powerpoint (Peer Relationships) Glencoe Teen Health textbook	Daily Bell Ringers 5 multiple choice/ True & False questions quiz CANVAS

Big Idea/Unit:	LifeSkills Training: Resisting Peer Pressure			
Pacing:	2 classes			
Standards:	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.1.9 A,D 10.2.9 D 10.3.9 C	Demonstrate how peer pressure is used both positively and negatively. Identify situations involving peer pressure Apply pressure in real life situations. Identify refusal skills.	persuade tactics direct indirect persistence	LST Workbook PowerPoint (Resisting Peer Pressure) Glencoe Teen Health textbook	Daily Bell Ringers Worksheet What to Say More Ways to Say "No" 10 multiple choice/ True & False questions quiz CANVAS

	Develop an Action Plan for peer pressure: H.E.L.P Criteria	persistence resistance		

Big Idea/Unit:	**LifeSkills Training: Social and Communication Skills**			
Pacing:	3 classes			
Standards:	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.1.9 A,C,D, E 10.2.9 D 10.3.9 A,C,D	Understand what the causes are for being shy. Discuss ways to greet someone Practice greetings and brief exchanges Tips for Starting a conversation Be able to give and receive a compliment. Tips for Keeping a conversation going Tips for Ending a conversation Discuss superficial versus deep conversation Tips for deep conversation Demonstrate how to begin, sustain, and end a conversation.	verbal nonverbal body language mixed messages misunderstanding paraphrase interpersonal communication superficial deep active listening	LST Workbook PowerPoint (Resisting Peer Pressure) Glencoe Teen Health textbook	Daily Bell Ringers LST Worksheet Rating My Social Skills 10 multiple choice/ True & False questions quiz CANVAS

Big Idea/Unit:	**LifeSkills Training: Assertiveness**			
Pacing:	2 classes			
Standards:	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.1.9 A,D 10.2.9 D 10.3.9 C	Define assertiveness, aggressive, and passive communication Describe situations that assertive response was called for Discuss refusal skills Develop tips for non-verbal assertive skills Develop tips for verbal assertive skills Demonstrate how to be assertive in real life situations. Develop an action plan for being assertive.	assertive aggressive passive “I” statements	LST Workbook PowerPoint (Assertiveness) Glencoe Teen Health textbook	Daily Bell Ringers LST Worksheet Procedures for saying “No" LST Worksheet Procedure for Making Requests and Asserting Rights LST Worksheet Expressing Feelings Assertiveness: Practice Exercises 7 multiple choice/ True & False questions quiz CANVAS

Big Idea/Unit:	**LifeSkills Training: Resolving Conflict**			
Pacing:	1 classes			
Standards:	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.1.9 A,D,E 10.2.9 D 10.3.9 C	Define conflict resolution and negotiation Identify conflict styles Define and develop skills for compromise Develop basic steps of conflict resolution Demonstrate techniques to resolve a conflict situation.	conflict resolution confrontation negotiation avoidance problem- solving compromise	LST Workbook PowerPoint (Resolving Conflicts)	Daily Bell Ringers LST Worksheet Conflict Styles LST Worksheet Let's Compromise LST Worksheet What "Would You Do?

Big Idea/Unit:	**LifeSkills Training: Drug Abuse Causes and Effects**			
Pacing:	2 classes			
Standards:	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.1.9 A,C,D, E 10.2.9 B, C,D, 10.3.9 C 10.4.9 C	Define compulsive and psychoactive Demonstrate the difference with drug use and drug abuse. Identify the major social factors promoting drug use Identify why people abuse drugs. Identify risk factors for drug abuse Identify how drug abuse starts Steps leading to drug abuse Examine how to reduce one’s risk for drug abuse.	compulsive psychoactive risk factor	LST Workbook PowerPoint (Drug Abuse: Causes/Effects) Summary Video What Happens When You Mix Drugs Summary Video The Science of Addiction	Daily Bell Ringers LST Worksheet Understanding Drug Abuse LST Worksheet What's My Risk? LST Worksheet Lowering My Risk 10 multiple choice/ True & False questions quiz CANVAS

Big Idea/Unit:	**Types of Drugs and Their Effects**
Pacing:	5 classes

Standards:	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.9 A, B, D, E 10.2.9 B, C, D 10.4.9 C	Understand how and why drugs are categorized Identify the most commonly used/abused stimulants and depressants. Identify the health risks linked to stimulant and depressant abuse. Define side-effects, addictive, and tolerance Understand prescription drug abuse Name the most commonly abused narcotics. Describe the effects that narcotics can have on a user's health. Define opium and explain the "opioid epidemic" historically. Examine the health effects of narcotic/opioid drug abuse. Define inhalants. Explain negative health risk factors of inhalants use. Identify warning signs of inhalant abuse. Define anabolic steroids. Identify and examine why some people use and abuse anabolic steroids. Identify how using performance enhancing drugs affects your health. Define marijuana and THC. Identify the long and short term effects. Define the laws and regulations history of marijuana in the United States.	stimulant depressants side-effects addictive tolerance prescription medication over-the-counter medication narcotics opiates inhalants anabolic steroids marijuana THC	PowerPoint (Drug Abuse: Causes/Effects) LST prescription drug abuse chart. Glencoe Teen Health textbook Summary Video Opioid Epidemic Summary Video How Do Steriods Affect Your Body Summary Video Maijuana Risks	Daily Bell Ringers 10 multiple choice/ True & False questions quiz CANVAS

Big Idea/Unit: **Alcohol**
Pacing: 2 classes

Standards:	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.9 A, D, E 10.2.6 D	Define alcohol and inhabitions Identify the laws and regulations for alcohol Explore and discuss some typical reasons that a teen may try alcohol. Examine how using alcohol affects a teen's development Identify reasons not to drink and state alternatives to drinking alcohol Define intoxicated and blood alcohol concentrations (BAC) Identify and discuss the the short and long term effects of alcohol on the body Identify what parts of the body are affected by alcohol Define reaction time Compare and contrast alcohol equivalence Identify factors that account for different reactions to alcohol among different people Describe the long-term effects of alcohol use	alcohol intoxicated inhibitions reaction time blood alcohol concentration driving while intoxicated (DWI)	PowerPoint (Drug Abuse: Causes/Effects) Glencoe Teen Health textbook Summary Video Alcohol Equivalents Summary Video How Alcohol Impacts Your Body	Daily Bell Ringers 5 multiple choice/ True & False questions quiz CANVAS

Big Idea/Unit: **Facts About Tobacco**
Pacing: 3 classes

Standards:	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.9 A, D, E 10.2.9 B, C, D 10.4. 9 C	Define and identify tobacco Identify the many forms of tobacco-delivery methods, e.g., cigarettes, cigars/pipes, vaping or e-cigarettes, and smokeless tobacco. Define and identify nicotine, the addictive drug found in all tobacco products. Describe the chemicals found in tobacco products such as tar and Carbon Monoxide. Explain and examine the harmful effects tobacco has on the body's many systems, e.g., respiratory digestive, nervous, excretory, and circulatory systems. Define alveoli, emphysema, and chronic obstructive pulmonary (COPD). Describe the effects that tobacco can have on a user's dimensions of health both long and short term.	tobacco nicotine smokeless tobacco tar carbon monoxide alveoli emphysema chronic obstructive pulmonary disease	PowerPoint (Drug Abuse: Causes/ Effects) Glencoe Teen Health textbook PowerPoint (Dangers of Smoking) PowerPoint: History on Big Time Tobacco Summary Video How Do Cigarettes Affect The Body	Daily Bell Ringers 5 multiple choice/ True & False questions quiz CANVAS

Big Idea/Unit: **Electronic Cigarettes / Vaping Among Adolescents**
Pacing: 4 classes

Standards:	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project

10.1.9 A, D, E 10.2.9 B, C, D 10.4. 9 C	Define chemical, substance, and e-cigarettes/vape pens. Understand the difference between tobacco and nicotine. Examine the theory that smoking “calms people down”. Identify that nicotine is a stimulant and activates the body’s adrenal glands. Define smoke and vapor. Examine the theory that vaping is “water vapor”. Define aerosol. Examine how aerosol takes place rather than “vapor”. Identify the chemicals found in e-cigarettes/vape products. Examine and analyze the popularity among teens. Identify and understand influences (peer, social, and smoking campaigns) Explore and identify labeling laws and advertising limits (historic market examines big tobacco companies history, JUUL). Identify potential health risks associated with vaping. Identify nicotine replacement products. Identify public health resources Examine the establishment by the Food and Drug Administration and the laws/regulations regarding e-cigarettes/vape products.	chemical substance E-Cigarettes/vape pens smoke vapor aerosol Advertising Council Center for Disease Control Surgeon General	PowerPoint (E-Cigarettes/ Vaping) Glencoe Teen Health textbook Group PSA Project on “Vaping Among Teens” Rubric. Web health resources Summary Video Teen Vaping Epidemic JUUL Video: Deceptive Ad Campaign	Daily Bell Ringers Critical Thinking Questions Public Service Announcement Project 5 multiple choice/ True & False questions quiz CANVAS

Big Idea/Unit:	**Cardiopulmonary Resuscitation (CPR)**			
Pacing:	1 class			
Standards:	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.2 D 10.3 A, B	Define cardio, pulmonary, and resuscitation. Explain Cardiac Arrest. Identify causes of cardiac arrest. Identify and discuss the differences between performing adult CPR and infant CPR. Define Automated External Defibrillator (AED) Review cardiac arrest. Explain defibrillation Discuss and practice how an AED works. Identify AED locations. Identify and discuss the AED units contents. Discuss safety considerations when using an AED. Practice performing Hands-Only CPR. Practice delivering an AED shock.	cardio pulmonary resuscitation cardiac arrest Cardiopulmonary Resuscitation (CPR) Automated External Defibrillator (AED)	PowerPoint outline of notes (Intro. to CPR) AED rescue kit (razor, scissors, and towel). American Heart Association Demonstration Video Mini-Annes manikins Trainer AEDs	Mini-Anne manikin compressions/ AED skill practice.