

Grade 8 Health Curriculum Map

Standards	Content	Skills/Practices	Materials/ Resources	Assessments (All) Daily/Weekly/ Benchmarks	Timeline (Months/Weeks/Da ys)
NYHES: <u>Intermediate</u> 1, 2, 3 NHES: 1.8.5 2.8.4 3.8.2 5.8.1 7.8.2 8.8.3	<ul style="list-style-type: none"> •Basic first Aid and CPR •Role of the first responder •Care for a conscious choking victim 	<ul style="list-style-type: none"> •Advocacy •Decision Making •Self-Management 	<ul style="list-style-type: none"> • American Red Cross • Mr. Charlie Frayer •Video clips from Red Cross 	<ul style="list-style-type: none"> •Q/A Verbal/discussion •Role of the first responder • Video clips from Red Cross • Demonstration of skill in small group setting with the aid of mannequins • Group scenarios CPR for Adult and Rescue Breathing • Demonstration of skills in small groups • Video clips from Red Cross 	1st Week of September (1-2 Classes)
NYHES: <u>Intermediate</u> 1, 2, 3 NHES: 1.8.2 1.8.8 1.8.9 2.8.1 2.8.3 2.8.9 3.8.2 4.8.3 5.8.2 7.8.1 7.8.2 8.8.2	<ul style="list-style-type: none"> •Mental & Emotional Health •Stress & Stress Management •History of the human stress response •Distress vs. Eustress •Stressors & Different Ages Groups •The General Adaptation Syndrome •Ways to Manage 	<ul style="list-style-type: none"> •Advocacy •Decision Making •Self-Management •Accessing Information •Interpersonal Communication (Conflict Resolution) 	<ul style="list-style-type: none"> •Prentice Hall Health Textbook •Stress & Stress Management Workbook •Stress & Stress Management Powerpoint •Kevin Hines Video 	<ul style="list-style-type: none"> •Group work and discussion •Homework •Small group activities •Self-Assessments •Quizzes •Unit Test 	2 Weeks

	<p>Stress (Positive vs. Negative)</p> <ul style="list-style-type: none"> •Personality Types (A, B, C, Hardy) •Stress Related Illness •Stress Effects on the Body •Depression •Suicide & Suicide Prevention 				
<p><u>NYHES:</u> <u>Intermediate</u> 1, 2, 3 <u>NHES:</u> 1.8.1 1.8.8 1.8.9 2.8.3 2.8.5 3.8.1 3.8.2 4.8.2 5.8.1 7.8.2 7.8.3 8.8.2</p>	<ul style="list-style-type: none"> •Tobacco Education & Awareness •Vaping Effects •Vaping Products •Vaping Among Teens •Tobacco Advertisements •Short & Long Term Effects of Tobacco Use •Environmental Tobacco Smoke (Mainstream, Secondhand smoke, thirdhand smoke) •Tips & Methods for quitting smoking 	<ul style="list-style-type: none"> •Advocacy •Decision Making •Self-Management •Accessing Information 	<ul style="list-style-type: none"> •Prentice Hall Health Textbook •Tobacco Education Workbook •Tobacco Education Powerpoint •Smoking Truth or Dare •Catch My Breath Initiative 	<ul style="list-style-type: none"> •Anti-Vaping/Smoking Poster •Group work & discussion •Homework •Small group activities •Self-Assessments •Quizzes •Unit Test •Activity-based instruction & discussion •Vaping vs. Smoking Debate •Analyzing smoking advertisements 	1.5 Weeks

	(gum, patch, cessation programs)				
<u>NYHES:</u> <u>Intermediate</u> 1, 2, 3 <u>NHES</u> 1.8.1 1.8.8 1.8.9 2.8.3 2.8.5 3.8.1 3.8.2 4.8.2 5.8.1 7.8.2 7.8.3 8.8.2	<ul style="list-style-type: none"> •Alcohol Education & Awareness •Other Drug Education & Awareness •Short & Long Term Effects of Alcohol Use •Short & Long Term Effects of Other Drug Use •Alcohol Advertisements (impact on society) •Alcohol connections to violence, unintentional injury, & accidents •Drug misuse & abuse •OTC & prescription drugs •Drug Classifications •Tolerance & Withdrawal •Methods through 	<ul style="list-style-type: none"> •Advocacy •Decision Making •Self-Management •Accessing Information 	<ul style="list-style-type: none"> •Prentice Hall Health Textbook •Alcohol Education Workbook •Alcohol Education Powerpoint •National Geographic Video Clips/Documentary •Commercials/Advertisements in media 	<ul style="list-style-type: none"> •Group work & discussion •Homework •Small group activities •Quizzes •Unit Test •Activity-based instruction & discussion •Alcohol advertisement Analysis •Kahoot 	1.5 Weeks

	which drugs are taken				
<p><u>NYHES:</u> <u>Intermediate</u> 1, 2, 3 <u>NHES:</u> 1.8.1 1.8.8 1.8.9 2.8.3 2.8.5 3.8.1 3.8.2 4.8.2 5.8.1 6.8.1 7.8.2 7.8.3 8.8.2</p>	<ul style="list-style-type: none"> •Nutrition & Physical Activity •Body Image •Eating Disorders •Healthy and Unhealthy Food Choices •Saturated, Unsaturated, Trans, and Omega Fats •Energy Drinks and Soda •6 main classes of nutrients •Why people eat what they do •Obesity and obesity trends, BMI, ideal body weight •Body image/eating disorders 	<ul style="list-style-type: none"> •Advocacy •Decision Making •Self-Management •Accessing Information •Goal Setting 	<ul style="list-style-type: none"> •Prentice Hall Health Textbook •Nutrition & Body Image Workbook •Nutrition & Body Image Powerpoint •SNAP-Ed Connection Website & Videos 	<ul style="list-style-type: none"> •Group work & discussion •Homework •Small group activities •Quizzes •Unit Test •Activity-based instruction & discussion •Self-Assessment on Nutrition & Body Image •One Week Food Log •Food Label Analysis 	2 Weeks
<p><u>NYHES:</u> <u>Intermediate</u> 1, 2, 3 <u>NHES:</u> 1.8.2 1.8.6 1.8.9 2.8.3</p>	<ul style="list-style-type: none"> •Human Sexuality •Family Planning of South Central New York •Anatomy & 	<ul style="list-style-type: none"> •Advocacy •Self-Management •Decision Making •Interpersonal Communication (Refusal 	<ul style="list-style-type: none"> •Guest Speaker: Avivia Friedman from Family Planning of South Central New York •Jeopardy Activity (STI & 	<ul style="list-style-type: none"> •Activity/Discussion Based •Small Group Activities •Class discussions •Use of Anonymous Question Box 	1 Week

3.8.2 3.8.5 4.8.2 5.8.1 7.8.3 8.12.1	Reproduction •Sexually Transmitted Infections •HIV/AIDS Transmission & Overview •Treatment •Healthy Relationships	Skills)	Anatomy & Reproduction)	•Nearpod	
<u>NYHES:</u> <u>Commencement</u> 1, 2, 3 <u>NHES:</u> 1.8.4 1.8.5 1.8.7 1.8.8 3.8.2 3.8.5 7.8.2 7.8.3	Cancer • Types of cancer • Medical diagnosis • Treatments including chemotherapy • Sun-Screen and skin cancer prevention • Organizations & Treatment References	•Advocacy •Self-Management •Accessing Information	• SCI: Skin Cancer SmartBoard Interactive Activity • Cancer Information Presentation • Web-based Cancer Research Activity	•Group & Partner Research Activities •Class Discussions •SmartBoard Interactive Activities • Read, react, and examine • Identification Activities	2 Classes

<p><u>NYHES:</u> <u>Intermediate</u> 1, 2, 3 <u>NHES:</u> 1.8.1 1.8.8 1.8.9 2.8.3 2.8.5 3.8.1 3.8.2 4.8.2 5.8.1 7.8.2 7.8.3 8.8.2</p>	<ul style="list-style-type: none"> •Infectious vs. Non-infectious diseases •Lyme Disease: On the Rise in NYS •Cancer including skin cancer awareness •General awareness of cancer, warning signs, impact of genetics, lifestyles, and environment •Asthma, respiratory system review, asthma triggers •High Blood Pressure and Heart Disease •Diabetes Type I and Type II •Sepsis and how it can affect the body. 	<ul style="list-style-type: none"> •Advocacy •Self-Management •Decision Making •Accessing Information 	<ul style="list-style-type: none"> •Prentice Hall Health Textbook •CDC Website •NIH Website •CDC Video Clips •NIH Video Clips 	<ul style="list-style-type: none"> •Group work & discussion •Homework •Small group activities •Quizzes •Unit Test •Activity-based instruction & discussion •SmartBoard Skin Cancer Interactive Activity 	<p>2-3 Classes</p>
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<p><u>NYHES:</u> <u>Intermediate</u> 1, 2, 3 <u>NHES:</u> 1.12.8 1.12.9 2.12.9 3.12.2 7.12.1 7.12.2 7.12.3 8.12.2</p>	<p>HIV/AIDS</p> <ul style="list-style-type: none"> • What is HIV? • Symptoms and Stages • Effects on the Immune System • Communication with Parents & Caregivers • Testing & Treatment • Progression of HIV into AIDS • Opportunistic infections • Interactions with Drugs/Alcohol • Global and U.S. Statistics 	<ul style="list-style-type: none"> •Advocacy •Self-Management •Accessing Information 	<ul style="list-style-type: none"> •NYS HIV/AIDS Guidance Document (Middle School Level) •HIV.gov •CDC.gov 	<ul style="list-style-type: none"> •Individual Class Activities •Class Discussions •Article & Research Based Activities 	<p>2-3 Classes</p>
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<p><u>NYHES:</u> <u>Intermediate</u> 1, 2, 3 <u>NHES:</u> 1.8.5 1.8.7 2.8.3 2.8.6 2.8.8 3.8.2 4.8.1 4.8.2 4.8.3 4.8.4 5.8.4 7.8.2 7.8.3</p>	<p>Technology/Internet Safety</p> <ul style="list-style-type: none"> • Importance • Avoiding Risks & Inappropriate Content • What to Do? • Inappropriate Online Behavior • Once posted, you can't get it back • Avoid posting personal information • Privacy Rules • Right to say "No" • Reporting • Cyberbullying • What to do? • Tips to Remember • Show Responsibility 	<ul style="list-style-type: none"> • Advocacy • Accessing Information • Self-Management • Interpersonal Communication 	<ul style="list-style-type: none"> • NYS Health Education Website • NetSmartz • National Center for Missing & Exploited Children 	<ul style="list-style-type: none"> • Individual Class Activities • Class Discussions • Activity-based instruction & discussion • NetSmartz Scenario Videos • Self-Assessments 	<p>2 Classes</p>
<p><u>NYHES:</u> <u>Intermediate</u> 1, 2, 3 <u>NHES:</u> 1.8.3 1.8.5 2.8.8 2.8.9 3.8.1 3.8.4 4.8.1 4.8.2 4.8.3 4.8.4 7.8.2 7.8.3 8.8.2 8.8.3</p>	<p>Child Abuse Prevention</p> <ul style="list-style-type: none"> • Teenagers and Sexual Abuse • Online Sexual Abuse • Friends Helping to Stop Sexual Abuse • Grooming and Sexual Abuse • Saying "No" to Prevent Sexual Abuse • Family Sexual Abuse • Not Letting Pressure End Up as Sexual Abuse • Protect Yourself Rules 	<ul style="list-style-type: none"> • Advocacy • Accessing Information • Self-Management • Interpersonal Communication 	<ul style="list-style-type: none"> • https://fightchildabuse.org • NYS Health Education Website 	<ul style="list-style-type: none"> • Individual Class Activities • Class Discussions • Video Discussions 	<p>2-3 Classes</p>

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New York Health Education Standards (NYHES):

Standard 1: Students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.

Standard 2: Students will demonstrate personally and socially responsible behaviors. They will care for and respect themselves and others. They will recognize threats to the environment and offer appropriate strategies to minimize them.

Standard 3: Students will understand the influence of culture, media, and technology in making decisions about personal and community health issues. They will know about and use valid health information, products, and services. Students will advocate for healthy families and communities.

National Health Education Standards (NHES):

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.