

UNIT MAP: HEALTH-GRADE 8

Year at a Glance Scope and Sequence for GRADE 8 HEALTH (Curricular Area)

Overarching Goal of the Curricular Area: To make lifelong positive decisions by giving students opportunities to develop physical, mental, and social skills

Grade Level: 8

Course: HEALTH

Unit Theme	Essential Questions for the Unit	Unit Materials, Resources, Technology	Unit Summative Assessments
<p>BODY SYSTEMS: NERVOUS SYSTEM</p>	<ul style="list-style-type: none"> ● How does your family medical history impact your health decisions? ● Why is a well maintained nervous system important to your health? ● Why are health skills and knowledge important to you? 	<ul style="list-style-type: none"> ● www.teenhealth.org ● worksheets ● Health on File ● Google Forms/Chromebook 	<p>Body Systems Quiz</p> <ul style="list-style-type: none"> ● True/false ● Multiple choice ● Completion ● Short answer/essay
<p>BODY SYSTEMS: SKELETAL SYSTEM</p>	<ul style="list-style-type: none"> ● How does your family medical history impact your health decisions? ● Why is a well maintained skeletal system important to your health? ● Why are health skills and knowledge important to you? 	<ul style="list-style-type: none"> ● www.teenhealth.org ● worksheets ● Health on File ● Google Forms/Chromebook 	<p>Body Systems Quiz</p> <ul style="list-style-type: none"> ● True/false ● Multiple choice ● Completion ● Short answer/essay
<p>BODY SYSTEMS: MUSCULAR SYSTEM</p>	<ul style="list-style-type: none"> ● How does your family medical history impact your health decisions? ● Why is a well maintained muscular system important to your health? ● Why are health skills and knowledge important to you? 	<ul style="list-style-type: none"> ● www.teenhealth.org ● worksheets ● Health on File ● Google Forms/Chromebook 	<p>Body Systems Quiz</p> <ul style="list-style-type: none"> ● True/false ● Multiple choice ● Completion ● Short answer/essay

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SAFETY	<ul style="list-style-type: none"> ● Why is it important to know how to use the internet safely? ● How do you stay safe at home and in the community? ● Why is it important to be safe in all aspects of your life? 	<ul style="list-style-type: none"> ● www.teenhealth.org ● worksheets ● Health on File ● Google Forms/Chromebook 	Safety Quiz <ul style="list-style-type: none"> ● True/false ● Multiple choice ● Completion ● Short answer/essay
SUBSTANCES	<ul style="list-style-type: none"> ● Why is it important to understand the effects of alcohol? ● How can I resist unhealthy pressures? ● How can unhealthy pressures be recognized? ● Why is it important to know the legal restrictions of alcohol? 	<ul style="list-style-type: none"> ● www.teenhealth.org ● worksheets ● Health on File ● Google Forms/Chromebook 	Substance Quiz <ul style="list-style-type: none"> ● True/false ● Multiple choice ● Completion ● Short answer/essay
NUTRITION	<ul style="list-style-type: none"> ● How does eating healthfully affect your future? ● Why is it important to know your family medical history? ● Why is it important to balance the food you eat? 	<ul style="list-style-type: none"> ● www.teenhealth.org ● www.mypyramid.gov ● worksheets ● Health on File ● Nutrition-Milliken Publish ● Google Forms/Chromebook 	Nutrition Quiz <ul style="list-style-type: none"> ● True/false ● Multiple choice ● Completion ● Short answer/essay
GROWTH & DEVELOPMENT	<ul style="list-style-type: none"> ● Why are communication skills important for leadership? ● How does choosing to use good communication skills help you form healthy relationships? 	<ul style="list-style-type: none"> ● www.teenhealth.org ● worksheets ● Health on File ● Google Forms/Chromebook 	Growth & Development Quiz <ul style="list-style-type: none"> ● True/false ● Multiple choice ● Completion ● Short answer/essay