

Curriculum Map: Health 8 2020-21

Course: HEALTH 8 Sub-topic: General

Grade(s): 8

Course Description: This course focuses on conflict resolutions, bullying and empathy for others and values. The course also includes with an overview of body systems (respiratory,circulatory, nervous etc.). A self care unit is also provided where students learn different mindfulness strategies as well as examine the validity of health information.

Unit: Wellness

Timeline: Week 1 to 2

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.6.A \(Advanced\)](#) Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

- education • socioeconomic

(* standards consolidated from Topic level)

Topic: What effects health?

Minutes for Topic: 88

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.6.A \(Advanced\)](#) Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

- education • socioeconomic

Unit: Human Body

Timeline: Week 3 to 25

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.6.B \(Advanced\)](#) Identify and describe the structure and function of the major body systems.

- nervous • muscular • integumentary • urinary • endocrine
- reproductive • immune

(* standards consolidated from Topic level)

Topic: Body organization

Minutes for Topic: 44

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.6.B \(Advanced\)](#) Identify and describe the structure and function of the major body systems.

- nervous • muscular • integumentary • urinary • endocrine • reproductive • immune

Topic: Integumentary System

Minutes for Topic: 88

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.6.B \(Advanced\)](#) Identify and describe the structure and function of the major body systems.

- nervous • muscular • integumentary • urinary • endocrine • reproductive • immune

Topic: Muscular System

Minutes for Topic: 88

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.6.B \(Advanced\)](#)

Identify and describe the structure and function of the major body systems.

- nervous • muscular • integumentary • urinary • endocrine • reproductive • immune

Topic: Skeletal System

Minutes for Topic: 176

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.6.B \(Advanced\)](#)

Identify and describe the structure and function of the major body systems.

- nervous • muscular • integumentary • urinary • endocrine • reproductive • immune

Topic: Digestive System

Minutes for Topic: 132

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.6.B \(Advanced\)](#)

Identify and describe the structure and function of the major body systems.

- nervous • muscular • integumentary • urinary • endocrine • reproductive • immune

Topic: Cardiovascular System/Lymphatic

Minutes for Topic: 88

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.6.B \(Advanced\)](#)

Identify and describe the structure and function of the major body systems.

- nervous • muscular • integumentary • urinary • endocrine • reproductive • immune

Topic: Respiratory System

Minutes for Topic: 88

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.6.B \(Advanced\)](#)

Identify and describe the structure and function of the major body systems.

- nervous • muscular • integumentary • urinary • endocrine • reproductive • immune

Topic: Urinary System

Minutes for Topic: 44

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.6.B \(Advanced\)](#)

Identify and describe the structure and function of the major body systems.

- nervous • muscular • integumentary • urinary • endocrine • reproductive • immune

Topic: Reproductive System

Minutes for Topic: 44

STANDARDSSTATE: Pennsylvania SAS Academic Standards (2009-2013)[10.1.6.B \(Advanced\)](#)

Identify and describe the structure and function of the major body systems.

- nervous • muscular • integumentary • urinary • endocrine • reproductive • immune

Topic: Nervous System

Minutes for Topic: 220

STANDARDSSTATE: Pennsylvania SAS Academic Standards (2009-2013)[10.1.6.B \(Advanced\)](#)

Identify and describe the structure and function of the major body systems.

- nervous • muscular • integumentary • urinary • endocrine • reproductive • immune

Unit: Conflict Resolution

Timeline: Week 26 to 34

STANDARDS: STANDARDSSTATE: Pennsylvania SAS Academic Standards (2009-2013)[10.3.3.C \(Advanced\)](#)

Recognize conflict situations and identify strategies to avoid or resolve.

- walk away • I-statements • refusal skills • adult intervention

[10.3.6.C \(Advanced\)](#)

Describe strategies to avoid or manage conflict and violence.

- anger management • peer mediation • reflective listening • negotiation

(* standards consolidated from Topic level)

Topic: Empathy

Minutes for Topic: 220

STANDARDSSTATE: Pennsylvania SAS Academic Standards (2009-2013)[10.3.6.C \(Advanced\)](#)

Describe strategies to avoid or manage conflict and violence.

- anger management • peer mediation • reflective listening • negotiation

Topic: Communication

Minutes for Topic: 176

STANDARDSSTATE: Pennsylvania SAS Academic Standards (2009-2013)[10.3.3.C \(Advanced\)](#)

Recognize conflict situations and identify strategies to avoid or resolve.

- walk away • I-statements • refusal skills • adult intervention

[10.3.6.C \(Advanced\)](#)

Describe strategies to avoid or manage conflict and violence.

- anger management • peer mediation • reflective listening • negotiation

Unit: Self-Care

Timeline: Week 34 to 44

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.9.D \(Advanced\)](#) Analyze prevention and intervention strategies in relation to adolescent and adult drug use.

- decision-making/refusal skills • situation avoidance • goal setting • professional assistance (e.g., medical, counseling. Support groups) • parent involvement

[10.2.9.C \(Advanced\)](#) Analyze media health and safety messages and describe their impact on personal health and safety.

[10.4.9.B \(Advanced\)](#) Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.

- stress management • disease prevention • weight management

(* standards consolidated from Topic level)

Topic: Stress

Minutes for Topic: 132

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.9.B \(Advanced\)](#) Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.

- stress management • disease prevention • weight management

Topic: Mindfulness

Minutes for Topic: 44

Topic: Sleep

Minutes for Topic: 44

Topic: Resilience

Minutes for Topic: 44

Topic: Goal Setting

Minutes for Topic: 44

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.9.D \(Advanced\)](#) Analyze prevention and intervention strategies in relation to adolescent and adult drug use.

- decision-making/refusal skills • situation avoidance • goal setting • professional assistance (e.g., medical, counseling. Support groups) • parent involvement

Topic: Assessing accurate health information

Minutes for Topic: 88

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.2.9.C \(Advanced\)](#) Analyze media health and safety messages and describe their impact on personal health and safety.

Topic: Digital Responsibility

Minutes for Topic: 132