

# *Wallenpaupack Area School District*

**Course:** Health

**GRADE LEVEL:** Grade 8

**LENGTH OF COURSE:**

**TEXT:** Teen Health Course 2

**PUBLISHER:** Glencoe/McGraw-Hill

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**COURSE DESCRIPTION:**

**AREAS OF STUDY:**

Personal Health  
Conflict Resolution and Violence Prevention  
Body Systems  
Communicable & Non-communicable Disease  
Drugs, Alcohol & Tobacco

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**DATE OF REVISION:**

2005

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 8th

**Unit:** Personal Health

**PA Standard:** 10.2.9.D

<b>Topics:</b> Understanding health and wellness Personal health status Health behavior and risks Decision making related to wellness	<b>Skills:</b> Have students define both health and wellness Discuss the influences of heredity, environment and other external factors on personal health Analyze a personal health assessment to determine health strengths and risks Explain the importance of assuming responsibility for personal health behaviors Distinguish between safe and risky/harmful health behavior
<b>Activities:</b> Worksheets Class discussion Textbook reading/questions Video	<b>Performance Assessment:</b> Homework Class participation Teacher observation Worksheets Quiz/text

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 8th

**Unit:** Conflict Resolution and  
Violence Prevention

**PA Standard:** 10.3.9.C

<b>Topics:</b> Violence in society Violence in school Link between alcohol, drugs, and violence Types and causes of abuse Signs of abuse Effective refusal skills Conflict resolution skills	<b>Skills:</b> Discuss the role of violence in our society Identify and discuss factors that contribute to violence Define abuse and identify the 4 major types of abuse Identify signs of each type of abuse Practice saying "no" Practice resolving conflicts
<b>Activities:</b> Group discussion Worksheets Group work Video Role play Textbook reading	<b>Performance Assessment:</b> Teacher observation Participation Homework/worksheets Texts/quizzes

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 8th

**Unit:** Body Systems

**PA Standard:** 10.1.9.B

<b>Topics:</b> Relationship between cells, tissues, organs and body systems Digestive/Excretory system Circulatory system Skeletal/Muscular system Endocrine system Reproductive system Respiratory system Nervous system Immune system	<b>Skills:</b> Discuss the anatomy and importance of cells Have students identify various body parts and explain their function Discuss how various body systems work Analyze the interrelationship between body systems Discuss various health practices to keep body systems healthy
<b>Activities:</b> Projects Group work Group presentations Worksheets Video Textbook reading/questions Class discussion	<b>Performance Assessment:</b> Class participation Teacher observation Worksheets Homework Text/quiz

# *Wallenpaupack Area School District*

**Course:** Health

**Grade Level:** Grade 8th

**Unit:** Communicable Disease

**PA Standard:** 10.1.9.A

<p><b>Topics:</b></p> <ul style="list-style-type: none"> <li>Various types of germs and how they are spread</li> <li>Personal hygiene and protection against the spread of common cold</li> <li>Protection against spread of disease</li> <li>Symptoms and treatments of certain diseases</li> <li>Understanding STDs</li> <li>Understanding HIV/AIDS</li> <li>Fact and fiction about how HIV is spread</li> <li>Abstinence from sexual activity to protect against STD, and HIV/Aids</li> </ul>	<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>Explain the difference between communicable and non-communicable diseases</li> <li>Identify different kinds of germs and diseases they cause</li> <li>Explain how germs are spread</li> <li>Identify the signs and symptoms of particular diseases</li> <li>Explain how hygiene can help prevent the spread of disease</li> <li>Name and discuss common STDs</li> <li>Identify and discuss misconceptions about STDs and HIV/AIDS</li> <li>Discuss the effects of HIV/AIDS</li> <li>Explain how HIV is and is not spread</li> </ul>
<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>Group discussion</li> <li>Worksheets</li> <li>Videos</li> <li>Role play</li> <li>Group work</li> <li>Textbook reading</li> <li>Projects</li> </ul>	<p><b>Performance Assessment:</b></p> <ul style="list-style-type: none"> <li>Teacher observation</li> <li>Class participation</li> <li>Homework/worksheets</li> <li>Texts/quizzes</li> <li>Project</li> </ul>

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 8th

**Unit:** Non-communicable Disease

**PA Standard:** 10.1.9.A

<b>Topics:</b> Regular physical checks ups and disease prevention Heart disease Medical treatments for heart disease Cancer and recognizing the warning signs Medical treatments for cancer Healthy lifestyle decisions	<b>Skills:</b> Define non-communicable disease Define chronic disease Discuss the dangers of heart disease and identify the 4 major problems of the cardiovascular system Explain methods of combating heart disease Explain what cancer is and identify common types of cancer Identify causes of heart disease and cancer Methods of combating cancer Practice making healthy lifestyle decisions and avoid unhealthy lifestyle behaviors
<b>Activities:</b> Group discussion Worksheets Textbook reading Group work	<b>Performance Assessment:</b> Teacher observation Class participation Homework/worksheets Texts/quizzes

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 8th

**Unit:** Tobacco

**PA Standard:** 10.2.9.B

<b>Topics:</b> What tobacco does to your body Tobacco addiction Choosing to be tobacco free	<b>Skills:</b> Students will identify the toxic substances in tobacco and tobacco smoke and explain how these substances harm the body Discuss and analyze the social pressures and advertising techniques that often lend teens into dependency and addiction Examine reasons teens try tobacco and offer them strategies for saying no when offered tobacco
<b>Activities:</b> Class discussion Video Worksheets Textbook reading/questions	<b>Performance Assessments:</b> Class participation Teacher observation Worksheets Homework Quiz/test

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 8

**Unit:** Alcohol and Drugs

**PA Standard:** 10.1.9.D

<b>Topics:</b>	<b>Skills:</b>
Use and abuse of alcohol Use and abuse of drugs Risks involved with alcohol and drugs Avoiding substance abuse Addiction and recovery	Define alcohol and discuss why some teens begin drinking Explain how alcohol affects the body Identify ways in which drugs are misused and abused Name common drugs and explain how they affect the body Explain why drinking alcohol and taking drugs are risk behaviors List reasons for avoiding substance abuse Identify ways to say "no" Define addiction and identify addictive drugs List the stages in addiction and recover
<b>Activities:</b>	<b>Performance Assessments:</b>
Group discussion Worksheets Role play Textbook reading Videos Group work Projects	Teacher observation Class participation Homework/worksheets Tests/quizzes Projects