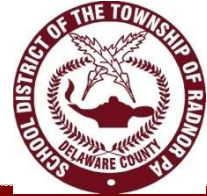




RADNOR TOWNSHIP SCHOOL DISTRICT
Course Overview



8th Grade Health

General Information

Credits: N/A
Weighted: N/A
Prerequisite: N/A

Length: Semester
Format: Every other day
Grade:

Course Description

The goal of this course is to provide the students with a strong foundation of health knowledge which is essential for healthy living and academic success. Topics include: the wellness scale, personality, decision-making steps, consequences, goal-setting, mental health, signs and symptoms of depression, coping with depression, stress and stressors, healthy coping mechanisms, alcohol, effects of alcohol use on a teen, family and society, and categories of illegal drugs and their effects. Additionally, students will be required to know the male and female anatomy, the stages of reproduction, sexually transmitted diseases and the development of healthy relationships in the teen years.

Enduring Understandings & Essential Questions.

1. The students will identify that all choices have consequences that will affect their health.
 2. Good decision-making is a process of specific steps.
 3. The wellness scale is a dynamic scale that needs to be understood for one's entire life.
 4. How does a healthy teenager look and behave?
-
1. What factors influence your health?
 2. What components make up the wellness scale?
 3. How does one assess wellness?
 4. Why are all behaviors either healthful or risk behaviors?
 5. What are the steps in goal setting?
 6. Why is behavior the most important trait in one's personality?

Common Assessments:

ACTIVITIES

Homework will be assigned on a regular basis as per the syllabus. Grades will be based on homework, quizzes, tests and projects. Grades can be weighted and the Radnor Middle School grading scale will be used to determine letter grades

Unit 1: Chapter 1

ASSIGNMENTS

- Chapter 1: Reviewing Terms & Facts
 - Pages: 9,15, 22, & 27
 - Unit Study Guide: Chapter 1 Student Activities workbook

ASSESSMENTS

- Chapter 1 Test:

Unit 2: Chapter 3

ASSIGNMENTS

- Answer: Reviewing Terms & Facts and Thinking Critically questions on pages: 67,72, 77,84, 89 & 93
- Set and write a health goal following set action plan.
- Personality (Identity Box) Follow set rubric
 - [http://radnortsd.schoolwires.com/cms/lib/PA01000218/Centricity/Domain/429/Identity Box Project.pdf](http://radnortsd.schoolwires.com/cms/lib/PA01000218/Centricity/Domain/429/Identity%20Box%20Project.pdf)
- Mental Disorders Project
 - <http://www.rtsd.org/cms/lib/PA01000218/Centricity/Domain/429/Mental%20Health%20Disorders%20PP.docx>
- Unit Study Guide: Chapter 3 Study Guide Student Activities Workbook

ASSESSMENTS

- Chapter 3 Quiz# 1
- Chapter 3 Quiz #2
- Unit Test on Chapter 3

Unit 3: Alcohol & Illegal Drugs

Objective: Students will identify the influence alcohol and drugs have on their physical, mental and social health.

Chapters 14 &15 Assignments & Assessments

- Chapter 14 Alcohol Review worksheet
- Chapter 15 Illegal Drug Review worksheet
- Drug Group Research Project
- http://www.rtsd.org/cms/lib/PA01000218/Centricity/Domain/429/Drug_Group_Project.ppt
- <http://www.rtsd.org/cms/lib/PA01000218/Centricity/Domain/429/Presentation.docx%20Drug%20Rubric.docx>
- Unit Quiz & Unit Final

Unit 4: Sexuality, STD's, HIV & AIDS

Objective:

- The students will identify what influences their relationships and what makes a healthy relationship.
- The students will identify consequences related to sexual activity.

Major Units of Study:

Unit 1: Making Responsible Decisions & Factors that Influence those Decisions

Unit 2: Mental Health

Self-Esteem, Stress Management, Mental Disorders, Self-Harm

Unit 3: Alcohol, Tobacco & Illegal Drugs

Influence on Physical, Mental & Social Health

Decisions related to Drug Use & Abuse

Unit 4: Sexuality

Male & Female Reproductive Systems

Reproduction

Healthy Relationships

STD's, HIV & AIDS

Materials & Texts

MATERIALS Current Health 2

TEXTS: *Teen Health*: Course 2, Glencoe, 1996
 Human Body Systems, Glencoe Mc-Graw Hill, 2002

Summer Assignment

N/A