# Semester Curriculum Calendar Grade Level / Course Title: 8th Grade Health

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| **1st Week** | **2nd Week** | **3rd Week** | **4th Week** | **5th Week** |
| **Choosing the Best** * Lesson 1
	+ Emotional Consequences
* Lesson 2
	+ Alcohol
	+ Rape
* Lesson 3
	+ STD’s
	+ HIV/AIDS
 | **Choosing the Best*** Lesson 4
	+ Contraception
* Lesson 5
 | **Nutrition*** Lesson 1
	+ Making Healthy Food Choices
	+ Vitamins and Minerals
* Lesson 2
	+ Planning Meals with Balance
	+ Evaluate a Diet Plan
* Lesson 3
	+ BMI
	+ Unhealthy weight control/loss
 | **Nutrition*** Lesson 4
	+ Eating Disorders
* Lesson 5
	+ Assessment
	+ Create an exercise and nutrition program
 | **Personal and Consumer Health*** Lesson 1
	+ Child and Adolescent Risk Behaviors
	+ Health Appraisal and Preventing Disease
* Lesson 2
	+ Effects of fads on health (tattoo, piercing)
* Lesson 3
	+ Global Environmental Problems
	+ Behaviors
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| **6th Week** | **7th Week** | **8th Week** | **Independent Project** | **Independent Project** |
| **Personal and Consumer Health*** Lesson 4
	+ Reducing Chronic conditions
* Lesson 5
	+ Critiquing Medical Information
 | **Alcohol, Tobacco and Drugs*** Lesson 1
	+ Laws and Policies to Selling Tobacco
	+ Effects of Anti-Tobacco Messages
* Lesson 2
* Lesson 3
	+ Addiction and goals
 | **Alcohol, Tobacco and Drugs*** Lesson 4
	+ Communicating to say no
	+ Avoiding tobacco and quitting
* Lesson 5
	+ Overflow for lessons
	+ Assessment
 | **Mental and Emotional Stress Objectives*** Plans to Minimize Stress
* Choosing good stress relieving tools
* Matching scenarios to defense mechanisms
* Structural Thinking
* Suicidal Signs
* Preventing Suicide
 | **Mental and Emotional Stress*** Students will create a newspaper article with resources for the objectives listed.
* Project will be due 2 weeks before the end of the semester
* Teacher will do check-ins on student progress
* This will be assigned during second rotation of health.
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