# 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 |
| **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. |