

NORTHERN BURLINGTON COUNTY REGIONAL SCHOOL DISTRICT
2020 Course Map/Pacing Guide

Department	Health/PE	Course	8th Grade Health
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Source of Standards (Hyperlink source Titles **NOT**-number and full description)

- [New Jersey Student Learning Standards 2020](#)
 - Standard 2.1: Mental Health: Social and Emotional Wellness
 - Standard 2.2: Physical Wellness
 - Standard 2.3: Safety
- [Career Readiness, Life Literacies, and Key Skills](#);
 - All courses Focus on - 9.4 Life Literacies and Key Skills (p. 49)

Sequence- Unit Titles and Number of weeks per unit (total = 18 semester/ 36 year)

Unit 1: Building Healthy Relationships- 2.5 weeks
 Unit 2: Mental and Emotional Health- 2 weeks
 Unit 3: Alcohol, Tobacco, and other Drugs- 2.5 weeks
 Unit 4: Growing and Changing- 2 weeks

[Enduring Understanding](#) (link to guide)

- Relationships are influenced by a wide variety of factors, individuals, and behaviors.
- Responsible actions regarding behavior can impact the development and health of oneself and others.
- Individual actions, genetics, and family history can play a role in an individual's personal health.
- Technology can impact the capacity of individuals to develop and maintain healthy behaviors and interpersonal relationships.
- Advocacy for personal, family, community, and global health can influence and change the interaction of people and their health.
- Self-management skills impact an individual's ability to cope with different types of mental, psychological, and emotional situations.
- Different people have different capacities to deal with different situations and being aware of a wide variety of tools and resources is beneficial.
- Awareness of potential risks factors and knowledge of strategies to evaluate choices and potential consequences can help to reduce negative impacts when confronted with difficult or unsafe situations.
- The use of alcohol, tobacco (including e-cigarettes, vaping), and other drugs (including cannabis products) can result in social, emotional, and physical harm to oneself and others.
- A variety of factors can contribute to alcohol, tobacco, and drug disorders (e.g., mental health, genetics, environment) and a wide variety of treatment options are available depending on the needs of the individual.
- The use of alcohol and drugs can affect the social, emotional, and physical behaviors of individuals and their families.

- There are a variety of factors that affect the social, emotional, and financial challenges that are associated with parenthood.
- An awareness of the stages of pregnancy and prenatal care can contribute to a healthy pregnancy and the birth of a healthy child.
- Diseases can be contracted from a variety of sources and choices individuals make may contribute to or prevent a person from being susceptible to a disease or health condition.
- Individuals may experience interpersonal and/or sexual violence for a variety of reasons, but the victim is never to blame.
- There are factors that contribute to making healthy decisions about sex.
- Potential solutions to health issues are dependent on health literacy and locating resources accessible in a community.

Essential Questions (link to guide)

- What defines a healthy relationship?
- How do you build a healthy relationship?
- How can I become a good communicator?
- How do I overcome negative influences when making decisions about my personal health?
- How can I use anger-management skills to express my anger in a healthy way?
- How can I recognize my emotions and deal with them in healthy ways?
- How can I recognize an unhealthy dating relationship?
- What are some strategies for avoiding and eliminating stress?
- How do you recognize mental and emotional disorders?
- What are the warning signs of suicide?
- How do you develop skills to build your self-esteem and feel good about yourself?
- How do I stay safe using social media and communicating with my personal device?
- What is the difference between misuse and abuse of drugs and alcohol?
- What are the effects of drugs on the body?
- What is the effect of alcohol on the body?
- What is the effect of nicotine on the body?
- What strategies can you use to be drug free?
- What are the parts of the male and female reproductive systems and how do you keep them healthy?
- What is the process of human development?
- What defines consent?
- What are the signs of domestic violence?
- How do I take care of my body (physically/mentally) during hormonal changes?
- What are the risks of being sexually active?

Reporting Student Progress (link to pyramid)

All courses follow a balanced assessment system with Practice, Assessments, Evaluations. Each category includes formative, summative and alternative assessments.

Accommodations and Modifications (link to menu)

Integrated accommodations and modifications for special education students, English language learners, students at risk of school failure, gifted and talented students, I&RS students, and students with 504 plans

Resources (Text and Technology)
<ul style="list-style-type: none">● Glencoe's Teen Health Textbook● Smart board - To present information and review for all units● iPad - Teacher iPad used to project content related Apps● Google Classroom- Student-teacher connection (i.e. review sheets, test dates, videos, open line of communication to teacher)● Discovery Education - Health related videos● Netflix - Health related videos● Ms. Newman's Library Website