Eighth Grade Health June 2020

Course Description:

This course is a comprehensive overview of physical, social, and mental aspects of health. Content focuses on fundamental issues related to making healthy choices on a day to day basis. Topics include body systems, tobacco, alcohol and drug abuse, nutrition, personal hygiene, goal setting, decision-making, and consumer health.

Big Ideas:

I will understand the importance of nutritional foods and influence they have on the body.

I will understand the positive effects of that health skills and fitness related components can have on my lifestyle.

Eighth Grade Health					
ELO#	Essential Learner Outcome Description	Outcome Description Standards			
1	The student will understand and apply the F.I.T.T (Frequency, Intensity, Time & Type) principle.	ME1A8, ME1B8, ME3A8, ME4A8			
2	The student will analyze how social, emotional, physical and mental health effect wellness.	FS2C8, ME1A8, ME1B8			
3	The student will evaluate the short and long term effects of legal and illegal substances on the human body.	ME3A8, ME4A8, RA3C8			
4	The student will learn how to assess how key nutrients influence the body functions.	ME1A8, ME2A8, ME2B8, ME3B8, ME4A8			
5	The student will analyze how marketing and advertising influence consumer decisions.	ME1A8, ME2A8, ME2B8, ME3B8, ME4A8			
6	The student will distinguish between problems that can be solved independently or with help.	ME3A8, ME4A8, RA3C8, ME1A8, ME1B8			
7	The student will analyze and compare health skills and fitness derived from physical activity.	ME1A8, ME1B8, ME3A8, ME4A8			
8	The student will recognize problems in daily living that may contribute to self-destructive behaviors.	ME3A8, ME4A8, RA3C8			