

Grade 8 Health Enhancement Curriculum

<u>Enduring Understanding</u>	<u>Standard</u>	<u>Benchmarks:</u> Students will be able to...
1. Students will understand that substance use and abuse permanently alters physical, mental, and emotional well-being.	1. Students will be able to identify the consequences of their choices.	1a. Recognize the pattern of addiction and the steps to recovery.
2. Students will understand that every threat to personal safety requires each individual to recognize, decide, and then live with the consequences of his/her actions.	2. Students will be able to predict positive and negative outcomes from personal choices.	2a. Understand the stages of HIV/AIDS. 2b. Explain symptoms of and prevention of STIs.
3. Students will understand that growth and development is a lifelong personal process.	3. Students will be able to understand responsibilities that come with the stages of puberty.	3a. Summarize the steps of the menstrual cycle. 3b. Understand the role of the male and female reproductive system in fertilization and reproduction.
4. Students will understand that nutritional responsibility is a key component of lifetime wellness.	4. Students will be able to identify the main nutrients and foods in which to find them.	4a. Identify the 6 main nutrients and their benefits. 4b. Recognize the foods that best contribute to each of the 6 main nutrients.
5. Students will understand that developing a comprehensive set of motor skills will increase & enhance lifetime wellness.	5. Students will be able to practice skills for activity enhancement and enjoyment.	5a. Understand the different forms of exercise and the benefits of each. 5b. Identify the components of a balanced fitness program.