

# BRIDGETON PUBLIC SCHOOLS

## 8<sup>th</sup> Grade Health

### UNIT/PACING CHART

#### Health Skills; The Foundation, Chapter 2

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES:	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1	2.2.B.8.1 2.2.C.8.1 2.2.E.8.3	Lesson 1: Making Decisions and Setting Goals  <b>Objective(s) Through class discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Identify how decisions affect your health</li> <li>• Identify how to make healthy responsible decisions</li> <li>• Discuss the benefits of setting health goals</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health , Course 3 pg. 28-33</li> <li>• Teen Health corresponding Worksheets</li> <li>• Relationships &amp; Communication Activities</li> <li>• Stress Management and Self Esteem Activities</li> <li>• Markers/Crayons</li> <li>• Butcher Paper</li> </ul>	<ul style="list-style-type: none"> <li>• Class Discussion</li> <li>• Do Write Journal</li> <li>• Activity Worksheet</li> <li>• Goal Project</li> </ul>
1	2.2.6.C.2 2.2.6.C.1	Lesson 2: Practicing Communication  <b>Objective(s) Through class discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Discuss short term vs long term goals.</li> <li>• Set a goal and go through the goal setting process.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, Course 3 page 34-38</li> <li>• Teen Health Corresponding Worksheets</li> <li>• Stress Management and Self-Esteem Activities</li> </ul>	<ul style="list-style-type: none"> <li>• Group Participation</li> <li>• Do Write Journal</li> <li>• Class Discussion</li> <li>• Activity Worksheet</li> </ul>

1	2.2.12.A.4	<p>Lesson 3: Managing Stress</p> <p><b>Objective(s) Through class discussion and activity the SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Discuss how body language can help you communicate.</li> <li>• Demonstrate why “I” messages can be more effective than “you” messages.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, Course 3 page 39-43</li> <li>• Teen Health Corresponding Worksheets</li> <li>• Stress Management and Self-Esteem Activities</li> </ul>	<ul style="list-style-type: none"> <li>• Do Write Journal</li> <li>• Class Discussion</li> <li>• Activity worksheet</li> </ul>
1	2.2.8.A.4 2.2.8.A.3	<p>Lesson 4: Developing Other Skills</p> <p><b>Objective(s) through class discussion and activity the SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Read about how to improve your listening and speaking skills.</li> <li>• Discuss how to use refusal skill.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, Course 3 page 44-49</li> <li>• Teen Health Corresponding Worksheets</li> <li>• Stress Management and Self-Esteem Activities</li> <li>• Teacher Generated Worksheets</li> </ul>	<ul style="list-style-type: none"> <li>• Do Write Journal</li> <li>• Class Discussion</li> <li>• Activity Worksheet</li> </ul>
1	2.1.D.6.5 2.1.D.6.4	<p>Lesson 4: Getting Help</p> <p>Objective(s): SWBAT</p> <ul style="list-style-type: none"> <li>• Recognize whether they need professional help for a mental or emotional problem.</li> <li>• Identify the kinds of treatment that are available</li> <li>• List the kinds of people and professionals from whom a person can get help with mental health problems.</li> </ul>	<p>Teen Health, Course 3 page 101-105</p> <p>Teen Health Corresponding Worksheets</p> <p>Stress Management and Self-Esteem Activities</p> <p>Teacher Generated Worksheets</p>	<p>Group Participation Journal</p> <p>Cooperative Activity</p> <p>Oral Presentation</p>

2	2.1.F.6.5 2.1.F.8.7	Lesson 5: Coping With Loss  Objective(s): SWBAT <ul style="list-style-type: none"> <li>• Identify the five stages people go through when they are dying.</li> <li>• Identify the five stages of grieving.</li> <li>• List strategies for dealing with loss.</li> </ul>	Teen Health Course 3 page 106-109 Teen Health Corresponding Worksheets Stress Management and Self-Esteem Activities Teacher Generated Worksheets	Group Participation Journal Cooperative Activity Oral Presentation Sympathy Cards
1	2.1.A.8.2 2.1.F.8.1 2.1.F.6.1 2.1.D.6.5 2.1.D.6.4 2.1.F.6.5 2.1.F.8.7	Chapter 4 Assessment  Objective: SWBAT <ul style="list-style-type: none"> <li>• Determine the extent of their knowledge of mental and emotional health and corresponding words.</li> </ul>	Teen Health Course 3 Corresponding Test	Test Grade

## Promoting Social Health, Chapter 5

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES:	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
6 days	2.2.D.6.1 2.2.D.6.2 2.2.D.8.1 2.2.D.8.3	Lesson 1: Your Character and Your Relationships Objective(s): SWBAT <ul style="list-style-type: none"> <li>• identify different types of relationships</li> <li>• describe the traits of good character and explain why good character is important to relationships               <ul style="list-style-type: none"> <li>• Identify ways to demonstrate good character</li> <li>• Name ways to strengthen relationships</li> </ul> </li> </ul>	Teen Health Course 3 page 118-123 Teen Health Corresponding Worksheets Relationships and Communication Activities Teacher Generated Worksheets Movie- <u>Remember the Titans</u>	Group Participation Journal Cooperative Activity Oral Presentation
1 day	2.1.A.6.2 2.4.A.6.1 2.4.A.8.4 2.4.C.6.4 2.4.A.8.2	Lesson 2: Getting Along with Your Family Objective(s): SWBAT <ul style="list-style-type: none"> <li>• Describe way that family members meet one another needs</li> <li>• Identify changes that affect families</li> <li>• Discuss ways to strengthen family bonds</li> </ul>	Teen Health Course 3 page 124-128 Teen Health Corresponding Worksheets Relationships and Communication Activities Teacher Generated Worksheets	Group Participation Journal Cooperative Activity Oral Presentation

1 day	2.4.A.8.1 2.4.A.8.3 2.4.A.8.4 2.4.A.8.5 2.4.A.8.6 2.4.A.8.7	Lesson 3: Marriage and Parenthood  Objectives: SWBAT <ul style="list-style-type: none"> <li>• Identify why people marry and the factors that affect marriage</li> <li>• Describe the responsibilities involved in being a parent</li> <li>• Discuss the consequences of being a teen parent</li> </ul>	Teen Health Course 3 page 129-133 Teen Health Corresponding Worksheets Relationships and Communication Activities Teacher Generated Worksheets	Group Participation Journal Cooperative Activity Oral Presentation
1 day	2.4.A.8.1 2.4.A.8.3 2.4.A.8.4 2.4.A.8.5 2.4.A.8.6 2.4.A.8.7 2.1.A.6.2 2.4.A.6.1 2.4.C.6.4 2.4.A.8.2 2.2.D.6.1 2.2.D.6.2	Chapter 5 Assessment  Objective: SWBAT <ul style="list-style-type: none"> <li>• The students will determine the extent of their knowledge of relationships with family and others including marriage and parenthood, as well as how their character affects their relationships with others.</li> </ul>	Teen Health Course 3 Corresponding Test	Test Grade

## Relationships: The Teen Years, Chapter 6

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES:	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1 day	2.4.A.6.3 2.4.A.8.3 2.4.A.8.7 2.2.B.8.3	Lesson 1: Friendships: Growing and Changing Objectives: SWBAT <ul style="list-style-type: none"> <li>• Discuss the qualities of a good friend</li> <li>• Describe ways to meet new friends</li> <li>• Define clique</li> <li>• Discuss dating and advantages of group dating</li> </ul>	Teen Health Course 3 page 142-146 Teen Health Corresponding Worksheets Relationships and Communication Activities Teacher Generated Worksheets	Group Participation Journal Cooperative Activity Oral Presentation
1 day	2.4.A.6.4 2.4.B.6.6	Lesson 2: Peer Pressure and Refusal Skills Objectives: SWBAT <ul style="list-style-type: none"> <li>• Explain the difference between positive and negative peer pressure</li> <li>• Describe the risks of negative peer pressure</li> <li>• Describe strategies for using refusal skills</li> </ul>	Teen Health Course 3 page 147-150 Teen Health Corresponding Worksheets Relationships and Communication Activities Teacher Generated Worksheets	Group Participation Journal Cooperative Activity Oral Presentation

<p>1 day</p>	<p>2.4.B.6.6 2.4.A.6.4 2.4.B.6.6 2.4.B.8.3 2.4.B.8.4 2.4.B.8.6 2.4.B.8.2</p>	<p>Lesson 3: Practicing Abstinence</p> <p>Objectives: SWBAT</p> <ul style="list-style-type: none"> <li>• Describe the importance of setting limits in dating situations</li> <li>• Explain ways to practice abstinence</li> <li>• Discuss the benefits and rewards of abstinence</li> </ul>	<p>Teen Health Course 3 page 151-155 Teen Health Corresponding Worksheets Relationships and Communication Activities Teacher Generated Worksheets</p>	<p>Group Participation Journal Cooperative Activity Oral Presentation</p>
<p>2 days</p>	<p>2.4.A.6.3 2.4.A.8.3 2.4.A.8.7 2.4.A.8.8 2.4.A.6.4 2.4.B.6.6 2.4.A.6.4 2.4.B.6.6 2.4.B.8.3 2.4.B.8.4</p>	<p>Chapter 6 Assessment</p> <p>Objectives: SWBAT</p> <ul style="list-style-type: none"> <li>• The students will be able to demonstrate their knowledge of friendships dating, peer pressure and how to use refusal skills.</li> </ul>	<p>Teen Health Corresponding Test</p>	<p>Test Grade</p>

## Your Body Image, Chapter 10

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES:	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1 day	2.1.C.8.4 2.1.C.8.2 2.1.C.8.3 2.6.A.8.1 2.6.A.8.6	Lesson 1- Maintaining a Healthy Body  Objectives: SWBAT <ul style="list-style-type: none"> <li>• Explain the relationship among weight, growth and health.</li> <li>• Explain how eating and physical activity habits affect health</li> <li>• Describe ways to maintain a healthy weight</li> </ul>	Teen Health Course 3 page 250-255 Teen Health Corresponding Worksheets Teacher Generated Worksheets	Group Participation Journal Cooperative Activity Oral Presentation
2 days	2.1.C.8.3  2.1.C.8.1 2.1.C.8.2	Lesson 2- Eating Disorders  Objectives: SWBAT <ul style="list-style-type: none"> <li>• Discuss why some people develop eating disorders</li> <li>• Describe the health risks associated with anorexia nervosa, bulimia, and binge eating disorder</li> <li>• Identify where a teen with an eating disorder can get help</li> </ul>	Teen Health Course 3 page 256-259 Teen Health Corresponding Worksheets Teacher Generated Worksheets Eating Disorder Movie	Group Participation Journal Cooperative Activity Oral Presentation Movie Facts
2 days	2.6.A.8.1 2.6.A.8.6 2.5.A.6.6 2.6.A.8.5	Chapter 10 Assessment  Objectives: SWBAT <ul style="list-style-type: none"> <li>• The students will be able to demonstrate their knowledge of how to keep a healthy body and eating disorders.</li> </ul>	Teen Health Corresponding Test	Test Grade



## Baby Think It Over – Real Care Plus II

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES:	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
10 day	2.4.C.6.4 2.4.C.8.5 2.4.C.8.6 2.4.C.8.7 2.4.C.8.8	Baby Think It Over Simulators  Objectives: SWBAT <ul style="list-style-type: none"> <li>• Identify procedures and review guidelines on successfully managing infant simulators.</li> <li>• Identify student readiness for parenting simulators.</li> <li>• Apply and discuss parenting skills to infant simulators.</li> <li>• Identify financial cost of raising a child.</li> <li>• Develop an itemized budget of a baby's first year.</li> <li>• Recognize parental responsibilities and discuss attributes of positive parenting.</li> <li>• Identify safety concerns when raising a child.</li> <li>• Reflect on experiences with infant simulators.</li> </ul>	<ul style="list-style-type: none"> <li>• Real Care Parenting Program Manual               <ul style="list-style-type: none"> <li>Pages 33 (English/Spanish)</li> <li>35 (English/Spanish)</li> <li>39 (English/Spanish)</li> <li>45</li> <li>49</li> <li>51</li> <li>53</li> <li>55</li> <li>57</li> <li>163</li> <li>181</li> <li>189-225</li> <li>Teacher Information</li> <li>Page 29</li> <li>31</li> <li>Alternative Activities</li> <li>Page 85-89</li> </ul> </li> </ul>	Group Participation Journal Cooperative Activity Oral Presentation




















