

Eighth-Grade

Health Curriculum

Curriculum Guide, Instructional Map, Resources



Shelby County Schools

2015-2016



In 2014, the Shelby County Schools Board of Education adopted a set of ambitious, yet attainable goals for school and student performance. The District is committed to these goals, as further described in our strategic plan, Destination 2025.

By 2025,

- **80% of our students will graduate from high school college or career ready**
- **90% of students will graduate on time**
- **100% of our students who graduate college or career ready will enroll in a post-secondary opportunity.**

In order to achieve these ambitious goals, we must collectively work to provide our students with high-quality, College and Career Ready standards-aligned instruction. Acknowledging the need to develop competence in literacy and language as the foundations for all learning, Shelby County Schools developed the Comprehensive Literacy Improvement Plan (CLIP) and the SCS Curriculum Maps for Arts Education.

Designed with the teacher in mind, the Health, Physical Education and Lifetime Wellness (HPELW) curriculum maps focus on teaching and learning in the domains of Perform, Create, Respond, and Connect. This map presents a framework for organizing instruction around the TN State Standards so that every student meets or exceeds requirements for college and career readiness. The standards define what to teach at specific grade levels, and the SCS HPELW Education curriculum maps provide guidelines and research-based approaches for implementing instruction to ensure students achieve their highest potentials.

The SCS HPELW Education curriculum maps are designed to create physically literate students by engaging them both individually and collaboratively in creative practices of applying, creating, communicating, collaborating and reflecting. To achieve these goals the curriculum maps were developed by expert arts teachers to reflect the conceptual framework of the four artistic processes: present, create, respond, and connect.

How to Use the HPELW Education Curriculum Maps

The SCS HPELW Education curriculum maps are designed to help teachers make effective decisions about what content to teach and how to teach it so that, ultimately, our students can reach Destination 2025. Across all HPELW disciplines, this is generally reflected in the following quarterly framework:

Course description- This reflects the primary goals of the students to master basic skills and concepts that build upon previous knowledge which occurs as a result of physical activity.

State Standards: Students will be introduced to the following areas : movement, movement concepts, physical activity, fitness and personal/social responsibilities.

Essential Learnings: This section focuses on student outcomes and expectations

Effective Components of HPELW: This section provides State and Local laws,

Assessments: The educator will provide students with content, skill topics, SPIs and suggested timelines, with the appropriate assessment strategy; pre and post skill assessment, teacher observation, product and performance, self analysis, oral and or cognitive quizzes, fitness gram, pacer, student-lead peer modeling, peer observation and portfolio student growth measures.

Physical Education Vocabulary Terms: Educators are provided grade appropriate and content specific terminology used within a HPELW classroom

Essential Guiding Questions: Generally phrased similar to “I Can” statements, this portion identifies the specific performance indicators that are expected for students at a given time within the quarters/semester.

Tennessee-Shelby County Content Standards per grade band.

HPELW Quarterly Pacing Guides: SPIs, suggested timelines content skill, topic and task.

Sample Games and Activities with Literacy connections

Resources And Interdisciplinary Connections- In this column, teachers will find rich bodies of instructional resources/materials/links to help students efficiently and effectively learn the content. Additionally, there are significant resources to engage alignment with the Comprehensive Literacy Improvement Plan (CLIP) and HPELW activities are designed to strengthen authentic development of communication, listening, research, collaboration and content reading literacy in HPELW in supporting the District’ goals for improving student literacy.

Throughout this curriculum map, you will see high-quality activities, strategies and resources to support in ensure that students are able to reach the demands of the standards in the classroom. In addition to the resources embedded in the map, there are some high-leverage (technology, online)resources available for teacher use.

National Standards for K-12 Physical Education

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

To pursue a lifetime of healthful physical activity, a ***physically literate individual****:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Is physically fit.
- Values physical activity and its contributions to a healthful lifestyle.

Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

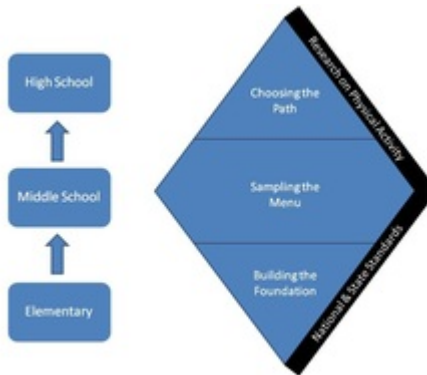
Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

* Adapted from NASPE. (2004). *Moving into the future: National standards for physical education* (2nd ed.). Reston, VA: Author, and Mandigo, J., Francis, N., Lodewyk, K., & Lopez, R. (2012). Physical literacy for physical educators. *Physical Education and Health Journal*, 75 (3), 27 - 30.

Diamond Conceptual Framework: A K-12 Road Map for Physical Education

The diamond shape helps illustrate the progression of skills and concepts taught in physical education, which are guided by national and state standards and research on physical activity and physical education.

Students should first learn the fundamental skills needed to be successful in physical activities, just as they would need to learn to read before tackling Mark Twain. Next they should experience a variety of activities with the goal of finding a few they enjoy. We wouldn't want them to go through life thinking the only way to stay healthy and fit is by running, playing basketball, and/or lifting weights. Lastly, we want them to become proficient in a few chosen activities with the hope that they will continue to participate in them throughout their lives.



- Choosing the Path**
 - Students focus on and become competent in a few activities that they enjoy and will continue to participate in their lives.
- Sampling the Menu**
 - Students learn specialized skills and concepts in a variety of activities.
- Building the Foundation**
 - Students begin learning the fundamental skills and concepts needed to be successful in a variety of activities.

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Eighth- -GRADE HEALTH EDUCATION OVERVIEW

Course Description

Health Education in sixth grade is based on developing skills in relation to age appropriate health topics. By developing skills related to effectively accessing health resources, communicating, analyzing peer and media influences, goal setting, decision making, Michigan Model family life and health advocacy, students in Shelby County Schools will be able to achieve and maintain optimal wellness.

TN State Standards

1. Movement
2. Movement Concepts and Principles
3. Physical Activity
4. Fitness
5. Personal and Social Responsibility

ESSENTIAL LEARNINGS

- Family Life-Growing Up
- Self-management for violence prevention
- Advocate for safety prevention
- Decision-making for resisting drug use
- Access information healthy eating
- Mental emotional health
- Benefits of healthy relationships
- Behavior impact health
- Communicate Feelings and actions
- Communication skills for resisting drug use

Effective Components of a Sixth- Grade Health Education Program

- All eighth graders will have physical education every day.
- All students attend physical education classes.
- Teachers offer students a minimum of two units from the following categories: individual, team, and lifetime; at least one of the individual category units must be Dance, Aerobics or Rhythms.
- Provides maximum participation for all students.
- Provides positive, specific feedback as well as corrective feedback.
- Physical activity is not used as a form of discipline.
- Facilitates children's physical, cognitive and social development through lessons designed to sequentially develop skills appropriate to their ability and confidence levels.
- Communicates through a humane, sensitive approach that every child, regardless of ability, can succeed and will benefit from a physically active, healthy lifestyle.
- Promotes purposeful activities for all students that will encourage them to become lifelong adherents of physical activity.

Assessments

- Participation
- Performance Tasks
- Rubrics
- Conferencing
- Portfolio
- Growth Over- Time
 - Observation

Integration & Information Literacy

- Shares knowledge and information

Overarching Enduring Understandings

- Physical activity involves using movement and motor skills throughout a lifetime.
- Efficient movement improves performance.
- Positive decision making about fitness and nutrition contributes to a healthy lifestyle.
- Rules etiquette in physical activity, sports, dance and/or rhythms can make the experience both enjoyable and successful.
- Physical activity, sports, dance and/or rhythms can provide opportunities for personal enjoyment, self-expression, challenge, and social interaction.
- Physical activity contributes to building and maintaining a fitness level to enable one to participate in activities of daily

Standard: 2. Physical and Personal Wellness in Health

Standard 2 – Student will apply knowledge and skills to engage in lifelong healthy eating

To meet this standard, a Sixth- Grade student:

Will be able to access valid and reliable information, products, and services to enhance healthy eating behaviors .

Essential Learnings:

Students can:

- a. Distinguish accurate nutrition information from inaccurate information
- b. Evaluate the nutrition information on food labels to compare products
- c. Demonstrate the ability to access people or sources of accurate information and reliable advice regarding healthy eating

Standard: 2. Physical and Personal Wellness in Health

Standard-2: Access valid and reliable information regarding qualities of healthy family and peer relationships

To meet this standard, a Sixth Grade student will:

Understand the various aspects of human relationships assists in making healthy choices

Essential Learnings:

Students can:

- a. Describe the benefits of healthy relationships
- b. Describe how peer relationships may change during adolescence

Standard: 3. Emotional and Social Wellness in Health

Standard 4 – Student will understand how to be mentally and emotionally healthy

To meet this standard, a Sixth Grade student:

Essential Learnings:

Includes mental, emotional, and social health skills to recognize and manage emotions, develop care and concern for others, establish positive relationships, make responsible decisions, handle challenging situations constructively, resolve conflicts respectfully, manage stress, and make ethical and safe choices; examines internal and external influences on mental and social health; and identifies common mental and emotional health problems and their effect on physical health.

Students can:

- Explain the interrelationship of physical, mental, emotional, social, and spiritual health
- Analyze the relationship between feelings and behavior
- Explain appropriate ways to express needs, wants, and feelings
- Explain the causes, symptoms, and effects of anxiety and depression
- Identify feelings of depression, sadness, and hopelessness for which someone should seek help
- Identify feelings and emotions associated with loss and grief

Standard 5.0 – Personal and Social Responsibility

Standard 5 – Student will recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

To meet this standard, a Eighth Grade student: A physically educated person exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Essential Learnings:

- 5.A - identify and appreciate the difference and similarities in physical choice of others
- 5.B -cooperate with others regardless of personal differences in skill, gender, disability, socioeconomic level and ethnicity
- 5.C -treat others with respect during physical activity
- 5.D -resolve conflicts in socially acceptable ways
- 5.E- work independently and on-task
- 5.F -demonstrate sportsmanship

Pacing Guide Timeline by Quarters

Topic	Suggested Timeframe
1st & 3rd Quarter	1st & 3rd Quarter
Rules/Procedures	1 week
Asthma	1 week
Fitness Test (Pre)	1 weeks
Individual Activity: Dance, Aerobics or Rhythms	2 weeks
Individual Activity 1 st Unit	5 weeks
Team Activity: 1 st Unit	5 weeks
2nd & 4th Quarter	2nd & 4th Quarter
Fitness Test (Post)	1 weeks
Individual Activity: Dance, Aerobics or Rhythms	2 weeks
Individual Activity 2 nd Unit	5 weeks
Team Activity: 2 nd Unit	5 weeks
Michigan Model Family Life Curriculum	3 weeks

Timeline by Year

Topic	Suggested Timeframe
Rules/Procedures	1 week
Asthma	1 week
Fitness Test (Pre/Post)	1 weeks
Individual Activity: Dance, Aerobics or Rhythms	5 weeks
Individual Activity 1 st Unit	5 weeks
Team Activity: 1 st Unit	5 weeks
Michigan Model	3 weeks
Individual Activity 2 nd Unit	5 weeks
Team Activity: 2 nd Unit	5 weeks
Teacher's choice of standards-based activities or extension of Individual, team or lifetime activity unit	5 weeks

Enduring Understandings

Quarters 1&3

- The ability to discriminate between false advertising and accurate information is key for lifelong healthy food choices
 - Access valid and reliable information, products, and services to enhance healthy eating behaviors
 - Access valid and reliable information regarding qualities of healthy family and peer relationships
 - Comprehend the relationship between feelings and actions
 - Analyze how positive health behaviors can benefit people throughout their life span
 - Emotional and Social Wellness
 - Understand how to be mentally and emotionally healthy
 - Prevention and Risk Management
-
- Demonstrate self-management skills to reduce violence and actively participate in violence prevention
 - Demonstrate ways to advocate for safety, and prevent unintentional injuries
 - Describe the benefits of healthy relationships
 - Describe how peer relationships may change during adolescence
-
- Enjoy achievement of health enhancing levels of fitness.

Enduring Understandings

Quarters 2&4

- Analyze the factors that influence a person's decision to use or not use alcohol and tobacco
- Demonstrate the ability to avoid alcohol, tobacco, and other drugs
- Persuasion skills for encouraging others to stay drug free
- Refusal skills
- Valid resources for drug problems
- Analysis of drug use data
- Possible reasons people use or don't use drugs
- Negative health effects of drug use
- Ways to avoid riding with a driver who has been drinking and what to do if it can't be avoided Benefits of remaining drug free and making a drug-free commitment
- The influence of family, society and peers on drug use
- The impact of drug use on goals
- School rules and laws related to tobacco use
- Skills for reducing the spread of germs
- The importance of and rationale for keeping the body clean
- Hygiene concerns and solutions

- Influence of media, including advertisements on products purchased and on body image
- Analyze advertisements for information
- Michigan Model Family Life Curriculum Puberty: Growing -Up/HIV
- Describe prenatal development from a single cell to a complex organism
- Review the anatomy of human body cells and roles of chromosomes, DNA and genes as the basic units of heredity
- Compare and contrast human body cells with reproductive cells
- Explain how gender is determined by the X and Y chromosomes received from the egg and sperm cells
- Explain that birth defects can be caused by heredity and environment
- Explain typical emotional changes that occur during puberty
- Recall prior knowledge about puberty

Participate in the following topics

- I wonder What Happens Next
- Growing Together
- Building Blocks of Life
- Fetal Development
- How My Body Works
- Emotions and Relationships
- Growing Strong Changes in the skin
- HIV or Aids Education
- Compose guidelines for discussion
- Develop a plan for improving communication with parents regarding growing up
- Describe the developmental milestones of a developing fetus
- Describe ways to show affection that demonstrate respect
- Practice peer refusal skills and how to avoid trouble in risk situations involving sexual health
- List factors that increase the likelihood of being able to bear healthy children in the future
- Practice communicating with parents and other caring adults about sexual behaviors and relationships
- Summarize peer refusal skills and how to avoid trouble

Essential Questions to Enduring Understandings

- Who has the final say on what is "healthy" food?
- If food is labeled with nutritional information all over the country, why do some states have higher rates of obesity?
- Does posting nutritional information on products and in restaurants change behavior?
- How does it feel when a friendship ends?
- How do I cope with conflict within my family or with my friends?
- How do healthy relationships contribute to overall wellness?
- Why do feelings affect behavior?
- How can a person control their feelings?
- How can the expression of feelings or emotions help or hurt you and others?
- Are mental health problems as real/valid as other health problems?
- When is it normal to experience anxiety? Depression?

Physical Education Eighth Grade Glossary of Terms

Aerobic	Energy producing system within the muscle that requires oxygen.
Agility	The ability to change direction with the least amount of effort and time.
Anaerobic	Energy producing system within the muscle that is without oxygen.
Cardiovascular Endurance	The heart, lungs, and blood vessels work together as a team to allow one to stay active and exercise for a long period of time.
Circuit Training	A series of exercises in which a person moves from one station to another.
Coordination	The ability to integrate separate motor systems within varying sensory modalities into efficient movement. Coordination is linked to the motor fitness components of balance, speed, and agility.
Dynamic stretching	Involves moving parts of the body continuously while gradually increasing reach, speed of movement or both gently through a full range of motion. Stretching performed while in motion.
Flexibility	The muscles' ability to move a joint through a full range of motion
Interval Training	A method of training that involves alternating high intensity exercises with recovery periods.
Muscular Endurance	The maximum <i>number</i> of repetitions one can push, pull, or carry.
Muscular Strength	The maximum amount of weight one can lift, push, pull, or carry at <i>one</i> time.
Plyometrics	Exercise involving moving one's body over distance. It involves rapidly repeating stretching and contracting of muscles (as by jumping and rebounding) to increase muscle power.
Resistance Training	An activity that places an additional force against the muscle or muscle group.
Static Stretching	Involves stretching a muscle to the point of mild discomfort by holding it in a maximal stretch for an extended period.
Target Heart Rate Zone	Exercising within a range of 50 to 85% of one's maximum heart rate.

