Department: Health & PE
Course Title: 8th grade Health
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Unit Title	Unit Length (weeks)	Dates of Unit (Month - Month)	Essential Questions	Topics to be Covered Texts Used	Skills to be Assessed	Standard Alignment	Formative Assessments	Summative Assessments
Character Strengths	2	August - September	What are your personal strengths? Where do you see yourself in 5, 10, 15 years?	- Personality Traits -Goals	- Self-awareness -Goal setting	CT 6	-share out (personality quiz results/reflection)	-Character Strengths Slideshow
Self-Esteem	1	September	-What does self-esteem mean? -What are signs of low & high self-esteem? -What influences self-esteem? -How do our actions affect others' self-esteem?	-Self-esteem (definition, influencing factors)	-Identify ways to improve self-esteem	CT 2	-class discussions -self-esteem "highs & lows" -self-esteem assessment	-Self-esteem Wall
Anti-Bullying	1	September	-How is "bullying" defined? -What is the impact of bullying? -What does bullying look	-Definition of bullying -Types of bullying -Impact of bullying -Upstander (getting help)	-Ability to define bullying -Communicate effectively to promote anti-bullying strategies -Social Awareness	CT 1, 4	-class discussions (bullying scenarios - Is it Bullying?) -bullying - "cause & effect" -Should Bullies be Expelled	-Anti-bullying flyer, letter to a bully, or school climate plan
Online Safety	1	September	-Why do we need be safe/careful when online? -What information should and should not be shared online?	-Info that should not be shared online -Long term/future consequences of content posted -Impact on others	-Self-awareness -Social Awareness/influencing factors -Responsible decision making	CT 4	-"Think Along" - #Blessed - Is Everyone on Social Media Happier than You?"	-Social Media Test Drive
Hygiene	1	October	-Why is maintaining hygiene important? -How does one maintain appropriate hygiene?	-Personal hygiene (body, hair, dental care) -Perceptions of hygiene over time	-Explain the importance of personal hygiene	CT 1	-Kahoot -Skin care, immune system, dental care, hearing & vision review -Why the Pilgrims Resisted Bathing -Edpuzzle	-Hygiene Mythbuster, Personal Plan, or Hygiene Guide
Sleep	2-3	October	-Why do we sleep? -How can we improve our sleep? -How sleep affect our physical & mental/emotional health?	-Sleep and mood -Sleep and academics -Sleep and creativity -Tips for a good night sleep -School start times	-Evaluate the role of healthy sleep habits and the impact on overall health and wellbeing	CT 1	-School start time (ted-talk) reflection -Generaztion Zzz (scholastic packet)	-Sleep Newsletter
Stress	2-3	November	-What is stress? -Is all stress bad? -How do I deal with stress?	-Eustress vs distress -Stress management techniques -Identifying stress in our lives	-Identify various causes of stress -Summarize the effect of stress on overall health and wellbeing -Explain strategies to manage stress in a health way	CT 1, 7	-Stress in the Body -Stress Scenarios -Controlling Actions -Taming the Stress Monster (packet)	-My Stress Plan
Nicotine	3	December	-What is the difference between tobacco and nicotine? -Which products contain nicotine? -How does nicotine use lead to addiction?	-Nicotine products -Nicotine & the brain -Nicotine laws	-close reading/critical thinking -Identify nicotine producs and risks -Advocate for anti-vaping awareness	CT 1, 8	-class discussions -scholastic packet (Don't Be F'uuld) -nicotine & dopamine in the brain	-Anti-vaping advertisements
Alcohol	1-2	January	-What products contain alcohol? -How does alcohol affect a young brain/body?	-Alcohol products -Alcohol and the brain -Alcohol and the body	-Summarize alcohol's effects on the body -Evaluate portrayal of alcohol in the media -Advocate for alcohol awarness	CT 1, 8	-Class discussions -scholastic packet (One Deadly Night) -Alcohol & the brain/body	-Alcohol Acrostic Poem