

Argenta-Oreana Middle School
8th Health Rotation
9 Weeks

Date Semester	IL Learning Standards	Unit and/or Essential Question Content and/or Skills	Assessments and/or Products
Weeks 1 & 2	23.C.3 24.A.3e 24. B.3 24.C.3	Unit 1- Chapter 2- Skills for a Healthy Life <ul style="list-style-type: none"> • Describe important health skills and how decisions affect your health and the others • Develop decision making skills to make healthful choices and certain situations to avoid • Identify the benefits of setting goals by using the goal-setting process • Identify traits of good character Chapter 3- Mental and Emotional Health <ul style="list-style-type: none"> • Recognize traits of good mental and emotional health • Identify factors that influence your self concept and emotions • Develop skills that develop your self esteem • Demonstrate communication skills to improve your health Chapter 5 – Relationships: The Teen Years <ul style="list-style-type: none"> • Identify the qualities of a good friend • Ways to be a good listener • Identify the risks of positive and negative peer pressure and developing refusal skills of negative peer pressure • Describe changes that occur in friendships 	Teacher Observation Student Participation Individual Work Group Work Strategies Designing posters Creating puzzles Cross-curriculum writing Written test

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Weeks 3 – 5	23.A.3 23.B.3 23.C.3	UNIT 2 Chapter 15 – Personal Care & Consumer Choices <ul style="list-style-type: none"> • Identify and Describe how to take care of your body • Identify skills of the informed consumer Chapter 16 – Your Body Systems <ul style="list-style-type: none"> • Describes the structures, functions, and care of the skeletal system • Explain the function and structure of the muscular system • Describes circulation and discusses health of the circulatory system • Details how the body uses oxygen, the structures and functions of the respiratory system, and how to keep it healthy • Explains the structures and functions of the nervous system and how to protect it from injury • Describes the structures and functions of the digestive and excretory systems 	Teacher Observation Student Participation Individual Work Group Work Designing Posters Creating Puzzles Cross-curriculum writing Technology use Oral Presentations Written Test
Weeks 6 & 7	20.A.3a 20.A.3b 20..C.3c	UNIT 3 Chapter 9 – Physical Activity & Fitness <ul style="list-style-type: none"> • Describes benefits of physical activity and physical fitness and explains the importance of exercise an overall fitness plan • Explains how to choose activities to meet fitness goals, apply the FITT principle, and warm up and cool down 	Teacher Observation Student Participation Individual Work Group Work Nutrition-Fitness Project Designing Posters Cross-curriculum writing

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Weeks 8 & 9	22.A.3a	Chapter 10 – Nutrition for Health <ul style="list-style-type: none"> • Identifies the six major classes of nutrients and explains specific ways the body uses nutrients • Explains how to use the MyPyramid food guidance system, and how to plan meals 	Technology incorporation Teacher Observation Student Participation Individual Work Group Work Strategies Designing posters Creating puzzles Cross-curriculum writing Role-playing situations Written test
	23.B.3 24.A.3b 22.A.3a	UNIT 4 Chapter 12 – Alcohol <ul style="list-style-type: none"> • Explains how alcohol causes harm, reasons teens should not drink, and alternatives to drinking • States long term effects of alcohol use on the body and on the fetus of a mother who drinks, and describes effects of driving while intoxicated • Identify symptoms, stages, and effects of alcoholism on families and society 	
	23.B.3 22.A.3a	Chapter 13 – Tobacco <ul style="list-style-type: none"> • Identifies various forms of tobacco, and various substances in tobacco • Identifies short and long term effects of tobacco use Chapter 14 – Drugs <ul style="list-style-type: none"> • Explains the difference between drug misuse and drug abuse, and identifies the ways drug abuse negatively affects all sides of the health triangle • Explains the health benefits of staying drug free, and demonstrates alternative behaviors to drug use 	