

Curriculum Guide for 8th Grade Health

Unit 5: Living in Community

7 weeks

H8.1, H8.2

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ul style="list-style-type: none"> • Develop a definition of community • Understand that they are shaped by their community and help to shape their community • Understand that the biblical community includes all people • Understand that there are different types of love • Be challenged to show biblical love to their neighbor • Identify ways that sin works to break community • Identify communication skills that are important for building community • Recognize three areas of pressure that can work against a community • Identify internal pressures and learn strategies to deal with them • Define peer pressure and conformity • Identify ways to deal with negative peer pressure and ways to be positive peer influences • Recognize biblical ideas about good friendships • Develop an understanding of the importance of family in our lives 	<ul style="list-style-type: none"> • Lecture • Class discussions • Group and individual reading student activity “Community Web” • Student activity: “What In The World Is Love” • Role plays • Block exercise • Conformity experiment • Student handouts • Student activity: “Peer Group Analysis” • Clique demonstration • Student activity: “Gender and Friendships • Student activity: “Patterns of Family Life” • Student activity: “Taking Responsibility” • Play/drama “Grandma Lives Here now” • Class mural on celebrating community 	<ul style="list-style-type: none"> • Textbook: CSI’s Healthy Living: Life Skills 7-8 p. 169-240 • Bibles • Long rope • Video: “The Good Samaritan” – The Circle/Square Gang • <u>Book of Virtues</u> by William J. Bennett • Balloon • Wooden blocks • Student handout: “Will the Real You Please Stand Up?” • Television • DVD Player • CD Player • Various contemporary songs on friendship • “The Devoted Friend” by Oscar Wilde • Overhead projector and transparency paper • Index cards • Geometric shapes of construction paper • Video: Jacob, Have I Loved • Colored markers • Magazine/newspaper articles about contemporary family life 	<ul style="list-style-type: none"> • Journals • Quizzes • Participation in class discussions • Writing assignment: Modern Day Good Samaritan Stories • Want Ad project • Essay: “Against Cliques: 5 Biblical Reasons” • Family collage

Unit 6 Fearfully and Wonderfully Made

4 weeks

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ul style="list-style-type: none"> • Develop awe for the wonderful human body God has created • Understand that each stage of life has its own benefits and challenges • Develop an understanding of the interdependence of the body systems • Develop a Christian response to the media portrayals of beauty • Understand the terminology, symptoms and dangers of eating disorders • Understand the importance of physical fitness to overall wellness • Identify areas of personal hygiene • Remember that they are responsible to God for their lifestyle decisions • Focus on the relationship of lifestyle to disease • Develop an understanding of the difficulty of coping with a physical impairment 	<ul style="list-style-type: none"> • Lecture • Class discussions • Group and individual reading • Body awareness activities • Group activity: “The Stages of Life” • Student activity: “I’ve Never Told Anyone But You” • Guest speaker • Student handouts • Game: Mystery Word • Prayer • Physical disability simulation • Game: Information Baseball 	<ul style="list-style-type: none"> • Textbook, p 241-302 • Bibles • ‘camera • Thread • Needles • Overhead projector and transparency paper • Pop culture magazines • National Geographic magazines • Books containing famous period paintings • Guest speaker: Registered dietician • Video: “Dying to be Thin” NOVA • Index cards • Colored markers • Newsprint paper • Cardboard tubes from wrapping paper • Old eyeglasses • Petroleum jelly • Cotton balls • Masking tape • <u>How It Feels To Live With A Disability</u> by Jill Krementz • Newspaper article of recent community incident • First aid supplies 	<ul style="list-style-type: none"> • Journals • Quizzes • Participation in class discussions • Interviews with people in different stages of life • Short essays on the disability simulation • T-shirt project • Group project: Basic Hygiene books

Unit 7 Male and Female, He Created Them

4 weeks

H8.6, H8.7

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ul style="list-style-type: none"> • Begin to develop a biblical understanding of male and female • Recognize that sexuality has physical, social, mental/emotional and spiritual aspects • Begin to develop a Christian perspective of sexuality • Define adolescence and puberty • Understand that the changes that occur during adolescence often affect their relationships with others • Contrast love and infatuation • Understand the biblical perspective on male/female relationships • Review the human reproductive system • List advantages of abstinence • Identify and practice self protection skills 	<ul style="list-style-type: none"> • Class discussions • Group and individual readings • Informal debate of man/woman roles • Student activity: "It's a Myth" • Role-plays • Student handouts • Group activity: "The Changing Nature of Friendship" • Student activity: "Are We Compatible" 	<ul style="list-style-type: none"> • Bibles • Nature poster • Construction paper • Pop-culture magazines • Overhead projector and transparencies • Video: "The Myth of Safe Sex" – Focus on the Family • Balloons • Samples of advice columns from newspapers • <u>Sports Pages</u> by Arnold Adoff 	<ul style="list-style-type: none"> • Quizzes • Participation in class discussion • Chart of Changes