

Curriculum Guide for 8th Grade Health

Unit 1: Physical Health

Ch. 1-3

9 weeks

H8.1, H8.2, H8.3, H8.4

Biblical Worldview Essential Questions

How has Adam and Eve’s decision to eat the forbidden fruit affected all of mankind?

How might the way Satan tempted Eve relate to your own life and the temptations you face?

How do some teens hide from God?

Why are we responsible to God for our lifestyle decisions?

What does the structure and function of each of our body systems reveal about the Designer (God)?

Compare the terms “heart” and “blood” to the physical health of the body and to the spiritual health of the soul.

Objectives	Methods	Resources	Assessment
<p>The students will be able to:</p> <ul style="list-style-type: none"> • Define temptation, consequences, influences, habits, deception, soul, and “total health” • Recall and explain the Bible story of Eve and the serpent in the Garden of Eden (Genesis 3) • Explain how Eve’s decision to eat the forbidden fruit affected all of mankind • Compare the Tree of Life with the Tree of Death as it relates to teens’ relationships with others • Name the systems of the body and give their primary functions • Identify problems in each of the body systems and explain how they are treated • Describe the role of each of the six main nutrients and identify a food source for each • Explain the role of the Food Pyramid and how to incorporate it into his/her life • Explain the difference between saturated and unsaturated fat and give one food example for each • Explain how a pizza can be a healthy choice • List three eating disorders and explain why these patterns of eating are dangerous to the body 	<ul style="list-style-type: none"> • Lecture • Class discussions • Group and individual reading • Student handouts 	<ul style="list-style-type: none"> • Textbook: Total Health By Susan Boe p. 3 – 69 • Bibles • DVD Player • Computer and Projector 	<ul style="list-style-type: none"> • Participation in class discussions • Writing assignments • Quizzes • Tests

Unit 1 Physical Health
Ch. 4-5
5 weeks
H8.3, H8.4, H8.5, H8.8

Biblical Worldview Essential Questions

- How does God want us to view our body?
- How should a Christian view their physical body?
- How might regular exercise affect your spiritual life?
- Why should I exercise if Paul states in I Tim. 4:8 that it profits only a “little”?
- What is God’s role in health and healing?
- How does disease fit into the whole picture of God’s plan?
- How can you “glorify God in your body” as it pertains to fighting diseases?
- How has God designed our body’s physical defenses to fight off sickness?
- What is the Biblical perspective on male/female relationships?

Objectives	Methods	Resources	Assessment
<p>The students will be able to:</p> <ul style="list-style-type: none"> • Define the appropriate terms in the Chapter • List ten benefits of exercise • List and describe the four areas of fitness • Explain why exercise is important in weight management • Explain why comparison with peers is a dangerous habit • Explain the infectious disease process • Explain what a person can do to defend him/herself against disease • Explain what a young person can do to help prevent heart disease • Discuss the impact of STDs and AIDS on society • Explain the role of conviction in the life of a teenager • Define the appropriate terms in the Chapter 	<ul style="list-style-type: none"> • Lecture • Class discussions • Group and individual reading • Student handouts 	<ul style="list-style-type: none"> • Textbook: Total Health By Susan Boe p. 70 -108 • Bibles • DVD Player • Computer and Projector 	<ul style="list-style-type: none"> • Participation in class discussions • Writing Assignments • Quizzes • Tests

Unit 2 Mental Health

Ch. 6 -7

4 weeks

H8.1, H8.2, H8.4

Biblical Worldview Essential Questions

How should teens replace worry with feelings of faith and trust in God?

Why does God warn us against comparison and jealousy?

Why does God allow “bad” things to happen to “good” people?

Why does god allow us to experience so many different physical, emotional, and spiritual changes throughout our lives?

Why doesn't God forcibly change you into the person He wants?

How does God “work” in you?

What are some things that teens may blame God for?

How can we learn from the life of Jesus about how to walk confidently when we experience rejection?

What can you learn from the lives of the faithful servant, Samuel, David, Judas, Joseph and Peter that will help your spiritual growth?

What is a biblical definition of success?

How might fear keep you from the success God has for you?

How can being “double-minded” relate toy our personal commitment to Christ?

Why does God expect us to develop boundaries in out lives?

How can your perception of God affect your choices?

Objectives	Methods	Resources	Assessment
<p>The students will be able to:</p> <ul style="list-style-type: none"> Define the appropriate terms in the Chapter Explain the physical, mental (emotional), social, and spiritual changes that take place in a teen's life Explain how to begin to replace worry with feelings of faith and trust in God Explain why God warns against comparison and jealousy Explain what principles of living can be learned from the biblical characters studied in the textbook List and explain the seven steps to success Explain why establishing healthy boundaries in life is important Explain the difference between a sin and a mistake 	<ul style="list-style-type: none"> Lecture Class discussions Group and Individual reading Student handouts 	<ul style="list-style-type: none"> Textbook: Total Health By Susan Boe Bibles DVD Player Computer and Projector 	<ul style="list-style-type: none"> Participation in class discussion Writing Assignments Quizzes Tests

Unit 3 Social Health
Ch. 8-10
4 weeks
H8.1, H8.2, H8.4, H8.5, H8.6, H8.7

Biblical Worldview Essential Questions

- How do you think God feels about artificial relationships?
 How does a relationship with Jesus grow into an intimate friend-to-friend relationship?
 What does the Bible say about the importance of our choice of words?
 What is love according to God?
 What can we learn from the life of Christ about showing respect?
 How has God blessed your life in the area of friends?
 Why is it a good Christian witness to keep yourself well groomed?
 How can we glorify God through good hygiene?
 Why do you think some Christian teens choose to try drugs/alcohol or tobacco?
 How might God use this Freedom Formula (show responsibility, gain freedom) in your life?

Objectives	Methods	Resources	Assessment
<p>The students will be able to:</p> <ul style="list-style-type: none"> • Define the appropriate terms in the Chapter • Explain the dangers of artificial relationships • List the 12 skills to effective communication • List the keys to consider before getting emotionally attached to a person of the opposite sex • List ways a person can show respect for others • List common courtesies and their future benefits • Explain why good personal hygiene is important • Explain how properly to care for their skin, hair, eyes, and ears • Explain the importance of good posture • Explain how a teen might properly care for acne • Explain God’s “Freedom Formula” and relate it to their personal lives • List five negative effects of alcohol on the body • List the negative effects of using marijuana • Explain why teens use tobacco even when they know it is dangerous 	<ul style="list-style-type: none"> • Lecture • Class discussions • Group and Individual reading • Student handouts 	<ul style="list-style-type: none"> • Textbook: Total Health By Susan Boe • Bibles • DVD Player • Computer and Projector 	<ul style="list-style-type: none"> • Participation in class discussion • Writing Assignments • Quizzes • Tests

Unit 4 Spiritual Health
Ch. 11-12
4 weeks
H8.2, H8.5, H8.6

Biblical Worldview Essential Questions

Do you ever feel that God is trying to get your attention? How do you respond to it?

What does it mean to walk in the Spirit?

How did God reach out to man to develop a close relationship?

What happens to a person who really knows and believes the Bible but does not have a good relationship with God?

Why is it important to have both a good understanding and belief in the Bible and a close prayer relationship with God?

What are the benefits of getting to know more about God and deepening your relationship with Him?

What is everyone's purpose for being created?

How do you know when you are bringing glory to God?

How can teenagers glorify God in their bodies, minds, social lives, and spiritual walk?

How does Satan lie to us?

Objectives	Methods	Resources	Assessment
<p>The students will be able to:</p> <ul style="list-style-type: none"> • Define the appropriate terms in the Chapter • Recall and discuss the highlights from the life of a famous leader in church history • List five things a teen can do in order to increase his reading skills • Explain when asking questions crosses over from being healthy to being unhealthy • List five ways of showing respect adults • Explain what is meant by allowing your parents to "save face" and why this is an example of showing respect • Explain what factors influence a teen's view of God • List the two main goals of Bible reading • Explain what it means to "abide" in God throughout the day • Explain what it means for a teenager to "count the cost" of being a Christian • Explain ways in which God might speak to a teenager 	<ul style="list-style-type: none"> • Lecture • Class discussions • Group and individual reading • Student handouts 	<ul style="list-style-type: none"> • Textbook: Total Health By Susan Boe • Bibles • DVD Player • Computer and Projector 	<ul style="list-style-type: none"> • Participation in class discussion • Writing Assignments • Quizzes • Tests