



Health and Physical Education Instruction in the West Shore School District

The West Shore School District 8th Grade Health Education course is a dynamic and comprehensive instructional approach developed to help students start with a basic understanding of health, promote healthy behaviors with teen health and foster lifelong health and wellness behaviors. With flexible and focused lessons, students will learn basic strategies to help keep themselves and others safe at all times. Students will use decision-making skills during units to energize learning while making real-life connections teens may face each day. Understanding the dangers of poor health choices is a key component in situations presented during the class. Upon successful completion of the course, students will be able to incorporate components of the course in their daily decision making process.

Best Practices in 8th Grade Health and Physical Education:

- An emphasis on identifying details regarding the areas of the health triangle, changes during puberty and taking responsibility for their health.
- Describe how decisions affect personal health and the health of others.
- Identify the traits of good character while understanding the role of tolerance, qualities in a good citizen and the six main pillars of good character.
- Identify types of mental disorders, signs of suicide, effective communication skills to assist those with mental health problems, and identify kinds of professionals who are able to help people with mental health problems.
- Explain how alcohol causes harm, reasons teens should not drink, alternatives to drinking, myths about alcohol, short-term/long-term effects alcohol has on the body, facts about how alcohol affect the body of people differently, effects of alcohol on an unborn fetus and the consequences to underage drinking and driving, symptoms/stages/effects of alcoholism and recovery.
- Describe the short-term/long-term effects, classifications and risks of drug use/abuse, peer pressure, relationship between abuse and tolerance while identifying health risks to all sides of the health triangle, identify ways to access reliable information on drug use/treatment options and the benefits to being drug free.
- Describe the Reproductive System structures in both male and female, details on how each system functions, diseases and disorders which affect each system and ways to keep each system healthy.
- Understand and explain conception, fertilization, and the development process of the fetus until childbirth.
- List the causes of communicable diseases, explain how germs are spread, identify common STDs and the problems they cause, describe how to protect against STDs, explain why abstinence is the best way to avoid getting an STD and explain how HIV develops into AIDS.

Skills and Concept:

National Health Education Standards:

- Standard 1: (1.1- 1.9) Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 2: (2.1- 2.10) Students will analyze in the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Standard 3: (3.1- 3.5) Students will demonstrate the ability to access valid information and products and services to enhance health.
- Standard 4: (4.1- 4.4) Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
- Standard 5: (5.1- 5.7) Students will demonstrate the ability to use decision-making skills to enhance health.
- Standard 6: (6.1- 6.4) Students will demonstrate the ability to use goal-setting skills to enhance health.
- Standard 7: (7.1- 7.3) Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risk.
- Standard 8: (8.1- 8.4) Students will demonstrate the ability to advocate for personal, family, and community health.

State Health Education Standards:

- Standard 10.1.6
 - A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.
 - B. Identify and describe the structure and function of the major body systems
 - C. Analyze nutritional concepts that impact health.
 - D. Explain factors that influence childhood and adolescent drug use.
 - E. Identify health problems that can occur throughout life and describe ways to prevent them.
- Standard 10.2.6
 - A. Explain the relationship between personal health practices and



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individual well-being.

B. Explain the relationship between health-related information and consumer choices.

C. Explain the media's effect on health and safety issues.

D. Describe and apply the steps of a decision-making process to health and safety issues.

E. Analyze environmental factors that impact health.

- Standard 10.3

A. Explain and apply safe practices in the home, school and community.

B. Know and apply appropriate emergency responses.

C. Describe strategies to avoid or manage conflict and violence.

D. Analyze the role of individual responsibility for safety during physical activity.

- Standard 10.4.6

A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems

C. Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.

D. Describe factors that affect childhood physical activity preferences.

E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.

F. Identify and describe positive and negative interactions of group members in physical activities.

Assessments:

WSSD utilizes a variety of assessments to monitor student growth and achievement. Our teachers engage in daily informal formative assessments to make timely decision about whether a student understands the material and concepts being presented. We also utilize several summative assessments to determine if a student has mastered grade level skills and standards.

Some of the assessment utilized are:

- Homework/classwork
- Writing support exercises
- Written quizzes/tests
- Projects
- Oral Presentations



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- Skits
- Research papers
- Participation and Preparation

Materials and Resources:

WSSD teachers utilize a variety of resources to meet all learners' needs based on the latest health research.

- Glencoe Teen Health
- DVD/VHS videos related to subject matter
- Graphic Organizers/Foldables
- Study Guides
- Guided Reading
- Power points
- Choices (current health and life-skills magazine for teens)
- Websites/Website Videos that contribute alternative materials for students

Parent Resources:

American Association for Health, Physical Education, and Recreation (AAHPER)

American Association for Health, Physical Education, Recreation, Dance and Sport (AAHPERDS)

American Association for Health Education (AAHE)

Kids Health

Pennsylvania Department of Education

Pennsylvania Association for Health, Physical Education, Recreation and Dance (PAAHPERD)

Wed MD

MAYO Clinic

Medline Plus

Medical Library Association

Healthline

CAPHIS

[Youth Suicide Information](#)