

# Grade 8

Adopted 2011

## Physical Education and Leisure

### **2: Movement Concepts: Students shall understand movement concepts, principles, and strategies that apply to the performance of physical activity.**

#### Body Awareness

1. Evaluate advanced musculoskeletal techniques of movement in a variety of activities [PEL.2.8.1](#)

#### Spatial Awareness

2. Assess position with relationship to participants and boundaries in a variety of activities [PEL.2.8.2](#)

#### Balance and Weight Bearing Activities

3. Refine the sequences of rolling, balance, and weight transfer demonstrating smooth transition [PEL.2.8.3](#)

#### Rhythms and Dance

4. Create and perform a dance routine [PEL.2.8.4](#)

#### Knowledge and Strategies

5. Evaluate the benefits of individual, dual, team, and recreational sports and activities to create participation opportunities [PEL.2.8.5](#)

#### Academic Integration

6. Integrate academic content into physical activities [PEL.2.8.6](#)

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**3: Health-Related Fitness: Students shall understand how health-related fitness can improve individual health.**

Cardiorespiratory Endurance

1. Evaluate the benefits resulting from participation in a cardiorespiratory endurance activity [PEL.3.8.1](#)
2. Apply the five principles of training using the FITT guidelines to develop a personal fitness plan to improve cardiorespiratory endurance:
  - <li>overload</li><li>progression</li><li>specificity</li><li>regularity</li><li>individuality</li></ul> [PEL.3.8.2](#)

Body Composition

3. Choose personal goals that affect body composition in nutrition and exercise [PEL.3.8.3](#)

Flexibility

4. Develop flexibility to improve performance [PEL.3.8.4](#)

Muscular Strength and Endurance

5. Recognize the benefits that result from regular muscle building activities [PEL.3.8.5](#)

Student Fitness Outcomes

6. Participate in a nationally recognized health-fitness assessment:
  - <li>cardio-respiratory endurance</li><li>body composition</li><li>muscular strength and endurance</li><li>flexibility</li></ul> [PEL.3.8.6](#)

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**4: Lifetime Activities and Recreation: Students shall understand the importance of health benefits and enjoyment from participating in lifetime recreational activities.**

Benefits of Lifetime Activities

1. Select a variety of lifetime activities that encompass all the components of health-related fitness [PEL.4.8.1](#)

Lifetime Sports and Recreation

2. Investigate career opportunities available in the field of sports, recreation, and leisure [PEL.4.8.2](#)

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**5: Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior that respects self and others in physical activity settings.**

Personal Behavior

1. Develop an understanding and respect for the decisions made by classmates, game officials, and other authority figures [PEL.5.8.1](#)

Social Behavior

2. Develop individual leadership skills in a variety of physical activities [PEL.5.8.2](#)
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## Health and Wellness

### **6: Human Growth and Development Students shall understand characteristics relating to growth and development.**

#### Body Systems

1. Analyze how maturation affects the body systems [HW.6.8.1](#)

#### Growth

2. Identify responsible behaviors and consequences related to physical, social, and emotional changes during adolescence [HW.6.8.2](#)
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### **7: Disease Prevention: Students shall understand components related to disease prevention and exhibit behaviors to promote health.**

#### Communicable and Noncommunicable Diseases

1. Describe the importance of early detection in preventing the progression of disease [HW.7.8.1](#)
  2. Identify various effects of communicable and noncommunicable diseases, such as medical, social, economic, and types of treatment [HW.7.8.2](#)
  3. Recognize the warning signs of cancer:
    - change in bowel or bladder habits
    - a sore that does not heal
    - unusual bleeding or discharge
    - thickening or lump in the breast or elsewhere
    - indigestion or difficulty swallowing
    - obvious change in a wart or mole
    - nagging cough or hoarseness[HW.7.8.3](#)
  4. Analyze the physical and social implications of sexually transmitted infections (STIs), HIV, Acquired Immune Deficiency Syndrome (AIDS) [HW.7.8.4](#)
  5. Develop avoidance strategies to prevent HIV and other STIs [HW.7.8.5](#)
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### **8: Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.**

#### Health Information, Services, and Products

1. Evaluate community resources for diagnosing and treating health issues [HW.8.8.1](#)

#### Environmental and Community Health

2. Develop strategies to reduce pollutants [HW.8.8.2](#)

#### Media and Technology

3. Examine media messages that contribute to health information [HW.8.8.3](#)
4. Develop media messages that promote good health [HW.8.8.4](#)

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**9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.**

Interpersonal Relationships and Human Sexuality

1. Evaluate how sexual decisions influence the following:
  - <li>future</li>
  - <li>family</li>
  - <li>peers</li>
  - <li>community</li>
  - <li>future life-mate</li> HW.9.8.1
2. Examine how communication skills can prevent bullying, reduce prejudices, and encourage tolerance HW.9.8.2
3. Evaluate how social issues affect inappropriate behaviors:
  - <li>peers</li>
  - <li>media</li>
  - <li>family</li>
  - <li>socioeconomic status</li> HW.9.8.3
4. Reinforce the importance of abstinence as it relates to sexual behavior HW.9.8.4

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**10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.**

Medicine

1. Evaluate how dependency impacts family and society HW.10.8.1

Tobacco

2. Analyze the reversal of physiological damage from the cessation of tobacco use HW.10.8.2
3. Research current laws on tobacco use HW.10.8.3
4. Evaluate different cessation strategies:
  - <li>medications</li>
  - <li>support groups</li> HW.10.8.4

Alcohol

5. Identify support services and community resources for assistance and treatment:
  - <li>alcoholics anonymous (AA)</li>
  - <li>al-anon</li>
  - <li>alateen</li> HW.10.8.5
6. Determine the effects of alcohol on an individual HW.10.8.6

Other Drugs

7. Evaluate rehabilitative strategies and programs:
  - <li>intervention</li>
  - <li>counseling</li>
  - <li>treatment centers</li>
  - <li>support groups</li>
  - <li>Narcotics Anonymous</li>
  - <li>in-patient rehab</li>
  - <li>out-patient rehab</li>
  - <li>counseling centers</li> HW.10.8.7
8. Analyze the legal and social consequences of repetitive drug offenses HW.10.8.8

Refusal Skills and Prevention Strategies

9. Evaluate prevention strategies in avoiding the use of all addictive substances HW.10.8.9
10. Create various ways to avoid the use of addictive substances HW.10.8.10

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**11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.**

Personal Health

1. Demonstrate skills necessary to manage mental and emotional health:
  - <li>defense mechanisms</li><li>self-talk</li><li> coping skills</li><li>stress management</li></ul> HW.11.8.1
  - 2. Discuss the warning signs of depression and suicidal thoughts HW.11.8.2
  - 3. Distinguish personal responsibility in making choices affecting individual health and wellness HW.11.8.3
  - 4. Discuss suicide prevention strategies:
    - <li>counseling</li><li>hot-line</li><li>trusted adult</li></ul> HW.11.8.4

Personal Hygiene

5. Analyze the importance of good hygiene as the body develops HW.11.8.5

Oral Health

6. Evaluate the overall effect of good oral health:
  - <li>self-esteem</li><li>finances</li><li>social skills</li><li>medical needs</li></ul> HW.11.8.6
  - 7. Analyze the hazards of specific tobacco products on oral health HW.11.8.7
  - 8. Analyze the risks of oral piercing on oral health HW.11.8.8

Safety

9. Practice safety procedures for the following:
  - <li>weather</li><li>transportation</li><li>food</li><li>fire</li><li>recreational (e.g., swimming, boating, camping, hunting, biking)</li></ul> HW.11.8.9
  - 10. Model first aid and emergency procedures using role playing, skits, or another performance-based method HW.11.8.10

Violence

11. Analyze examples of harassment and intimidating behaviors:
  - <li>media</li><li>technology</li><li>peer groups</li></ul> HW.11.8.11
  - 12. Identify individuals and other sources to help and report abuse HW.11.8.12

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**12: Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.**

Healthy Eating Habits

1. Analyze factors that influence food choices:
  - <li>time</li>  
<li>cost/availability</li><li>culture</li><li>location</li><li>peers</li>  
<li>media</li><li>family</li><li>body image</li></ul> HW.12.8.1
  - 2. Develop a personal eating plan and physical activity schedule for weight management HW.12.8.2

Food and Nutrition

3. Analyze how nutrients affect risk factors of the following common chronic diseases:
  - <li>cancer</li><li>cardiovascular disease</li>  
<li>osteoporosis</li><li>type II diabetes</li></ul> HW.12.8.3
  - 4. Analyze a daily nutrition log based on nutrition facts labels HW.12.8.4
  - 5. Assess a personal healthy eating plan based on proper nutrition using a nutritional guide HW.12.8.5
  - 6. Research causes, symptoms, consequences, and treatments for the three most common eating disorders:
    - <li>bulimia</li><li>anorexia nervosa</li>  
<li>binge eating</li></ul> HW.12.8.6