

MOSCOW SCHOOL DISTRICT
CURRICULUM GUIDE
Subject/Course: Health
Grades 7-8

Students are expected to know content and apply skills from previous grades.

Standard 1: Healthy Lifestyles

Students identify, demonstrate and analyze the many components that make up a healthy life.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of eighth grade)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 1</i>
<p>Goal 1.1: Acquire the essential skills to lead a healthy life.</p>	<ul style="list-style-type: none"> ● 7-8.H.1.1.1 Identify the components of physical fitness. (832.01.a) ● 7-8.H.1.1.2 Identify the prevention, causes, symptoms, treatment, and consequences of diseases and disorders. (832.01.b) ● 7-8.H.1.1.3 Demonstrate knowledge of basic first aid and injury prevention. (832.01.c) ● 7-8.H.1.1.4 Explain the relationship among mental/emotional, physical, and social health as a basis for wellness. (832.01.d) ● 7-8.H.1.1.5 Recognize the impact of substance abuse on personal health. (832.01.e) ● 7-8.H.1.1.6 Identify how food choices affect health. (832.01.f) ● 7-8.H.1.1.7 Label the major components of each body system and identify the relationship to overall health. (832.01.g) ● 7-8.H.1.1.8 Analyze the importance of healthy relationships. (832.01.h) ● 7-8.H.1.1.9 Examine environmental health and recognize how it relates to a healthy lifestyle. (832.01.i) 	<ul style="list-style-type: none"> ● Read and discuss components that make up a healthy life and wellness continuum. ● Read and discuss safety aspects of life with an emphasis on water safety. 	<ul style="list-style-type: none"> ● Text ● Idaho Boat book ● Videos ● Internet ● DVD/VCR 	<ul style="list-style-type: none"> ● health ● wellness ● heredity ● environment ● behavior ● attitudes ● lifestyle factors ● health education ● risk behavior

Standard 2: Risk Taking Behavior

Students evaluate risk-taking behaviors on personal health.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of eighth grade)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 2</i>
Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	<ul style="list-style-type: none"> 7-8.H.2.1.1 Identify risk factors that lead to STDs and pregnancy. (833.01.a) 7-8.H.2.1.2 Evaluate the impact of risky behavior on personal health. (833.01.b) 7-8.H.2.1.3 Identify the short-term effects and long-term consequences of substance abuse. (833.01.c) 	<ul style="list-style-type: none"> DARR Read and discuss drug use, precautions, disease 	<ul style="list-style-type: none"> Text Videos Internet DVD/VCR 	<ul style="list-style-type: none"> precaution decision making values goal self-esteem mental and emotional health personality self-concept

Standard 3: Communication Skills for Healthy Relationships

Students demonstrate communication skills that enhance both intra-personal and inter-personal relationships.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of eighth grade)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 3</i>
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	<ul style="list-style-type: none"> 7-8.H.3.1.1 Describe and explain the causes and effects of conflict in schools and families. (834.01.a) 7-8.H.3.1.2 Demonstrate communication skills that enhance personal relationships. (834.01.b) 	<ul style="list-style-type: none"> Read and discuss conflict resolution, friendships, saying NO, communication skills. 	<ul style="list-style-type: none"> Text Videos Internet DVD/VCR 	<ul style="list-style-type: none"> emotions hormones abstinence refusal skills stress distress stressor adrenaline fatigue defense mechanism

Standard 4: Consumer Health

Students analyze health resources in the community.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of eighth grade)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 4</i>
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	<ul style="list-style-type: none"> 7-8.H.4.1.1 Analyze the validity of health information, products, and services. (835.01.a) 7-8.H.4.1.2 Identify the available resources that provide health care services and information. 	<ul style="list-style-type: none"> Read and discuss consumerism influences, health services, consumer problems. 	<ul style="list-style-type: none"> Text Videos Internet DVD/VCR 	<ul style="list-style-type: none"> Anxiety disorder phobia mood disorder depression schizophrenia suicide side effects

	(835.01.b)			<ul style="list-style-type: none"> psychiatrist psychologist
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Standard 5: Mental and Emotional Health

Students analyze stress causing factors that effect mental and emotional health.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of eighth grade)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 5</i>
Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.	<ul style="list-style-type: none"> 7-8.H.5.1.1 Identify mental and emotional disorders. (836.01.a) 7-8.H.5.1.2 Recognize the personal aspects of mental and emotional health. (836.01.b) 7-8.H.5.1.3 Identify stressors and techniques for stress management. (836.01.c) 7-8.H.5.1.4 Demonstrate aspects of emotional safety. (836.01.d) 7-8.H.5.1.5 Analyze factors that influence the use of alcohol, tobacco, and drugs. (836.01.e) 	<ul style="list-style-type: none"> Read and discuss stress, emotions, mental health problems, help. 	<ul style="list-style-type: none"> Text Videos Internet DVD/VCR 	<ul style="list-style-type: none"> social health relationships communication compromise cooperation tolerance family types of families reliable sympathetic peers