

Springfield Public Schools
6-8 HEALTH

COURSE DESCRIPTION

8th Grade

MAJOR INSTRUCTIONAL GOALS

The intent of the Springfield R-12 Health Program is:

- 1) The student will examine the effects of healthy choices upon disease control. (HPE1, 2, 3, 4, 5; 3.2, 3.4, 3.5, 4.7)
 - Study and discuss the types of STDs and their effects on the body.
 - Review the structure and functions of the reproductive system.
 - Study and discuss the reasons for sexual abstinence.
 - Explain the value of nutrients and be able to apply it to their age levels and nutritional needs.
 - Identify and apply proper care of skin, teeth, hair, and other areas of personal hygiene.
 - Demonstrate the importance of health related physical fitness.
 - Identify physical and emotional changes that occur during puberty.

- 2) The student will understand how self-esteem, peer pressure and relationships affect mental, social and physical well-being. (HPE1, 2, 3; 3.7, 4.7)
 - Develop techniques for resolving conflicts.
 - Select appropriate communication skills for positive relationships.
 - Recognize signs of stress and select coping strategies.
 - List steps for decision making processes.
 - Recognize effects of peer pressure on decision making and behavior.
 - Demonstrate respect for self and others.
 - Investigate ways to improve relationships with family and peers.
 - Demonstrate ways to avoid and reduce threatening situations.

- 3) The student will analyze information to become a wise consumer. (HPE6; 3.5)
 - Examine how media influences the consumer.
 - Discuss forms of consumer protection.
 - Practice comparison shopping.

- 4) Students will examine and analyze the effects of risk behaviors on a healthy lifestyle. (HPE2, 5; 4.7)
 - Study and discuss the harmful affects that drug abuse has on the body.

- Explore the different forms of tobacco and the harmful substances it contains.
 - Will discuss strategies for resisting tobacco and drug use/abuse.
- 5) The student will demonstrate and understand the importance of safety practices. (HPE7; 3.2, 4.7)
- Practice applying bandages.
 - Demonstrate safety measures to assist a choking victim.
 - Identify sources of kitchen hazards and learn safe practices for avoiding injury.
 - Recognize procedures for handling, preparing and storing food safely.
 - Demonstrate proper procedures for cleaning and using kitchen equipment and utensils.