

## Eighth Grade Health

<http://www.sad44.org/curriculum/health/health.pdf>

### *Healthy Lifestyles/Personal Health*

	Health taught by the quarter to various groups	
<b>Unit (order will vary)</b>	<b>Risky Behaviors</b>	<b>Setting Healthy Goals</b>
<b>Strands</b>	Health Concepts A Influences on Health D Health Promotion and Risk Reduction C <a href="http://www.state.me.us/education/lres/hpe.htm">http://www.state.me.us/education/lres/hpe.htm</a>	Health Promotion and Risk Reduction C Decision Making and Goal Setting F
<b>Activities</b>	Peer task research Oral presentations	Nutrition Analysis Project Investigate physical fitness equipment
<b>Assessments</b>	<i>Analyze This C-2</i> <i>Be Active, Be Safe C-4;F-3</i>	
<b>Vocabulary</b>		
<b>Resources</b>	<a href="http://www.ceismc.gatech.edu/busyt/eng.shtml">http://www.ceismc.gatech.edu/busyt/eng.shtml</a> This site allows you to search by grade spans and a list of lessons will come up. <a href="http://www.pecentral.org/lessonideas/health/healthlp.asp">http://www.pecentral.org/lessonideas/health/healthlp.asp</a> Gives you lots of different options into how you want to search.	