

**VECC Health Education
Grade 8
Curriculum Guide 2007**

Suggested Time Line How much time will be spent on this learning	Essential Questions and Content What will be taught?	NJCCC Standards What state standards will be met by these objectives?	Instructional Objectives What will the students know or be able to do as a result of this instruction?	Assessment What evidence will I collect that demonstrate that the students have achieved the objective?	Instructional Domain How will the learning be structured?	Instructional Activities What will the students do to achieve the objective?
October & November “The Sports Report”	What are the benefits of exercise? How would following a personal fitness plan help to improve a person’s health? What is important about each component of physical fitness? What could we do to avoid injuries when we exercise? How do steroids work and what are the real dangers?	2.1 A: 1-4 B: 1-3 C: 1-4 D: 1-5 E: 1-5 F: 1-7	Lesson 1: Exercise and Physical Fitness <ul style="list-style-type: none"> Describe the benefits of exercise. Demonstrate a sense of responsibility regarding your health. Set goals and carry out a plan to get exercise to strengthen all parts of the body. Analyze the components of physical fitness. Lesson 2: Injuries and Exercise <ul style="list-style-type: none"> Identify causes of common injuries in exercises. Demonstrate the importance of exercising properly to avoid injury. Practice injury avoidance routines. Predict the consequences of improper exercise. Lesson 3: Steroids <ul style="list-style-type: none"> Explain the effects of steroids. Explain the worth of having a healthy body against the risk of destroying your health with drugs. Practice refusal skills. Analyze the importance of winning. Lesson 4: Rules, Plans, and Safety <ul style="list-style-type: none"> Identify appropriate safety gear for different sports. Create a diet and exercise plan. Analyze the importance of rules in sports. 	Students will be assessed through: <ul style="list-style-type: none"> Personal participation in classroom and small group discussions Personal content & organization of Health notebook Written assignments, projects, and reports <ul style="list-style-type: none"> - Individual - Group Unit Tests and Quizzes 	Learning will take place through: <ul style="list-style-type: none"> Teacher led instruction Classroom discussions Group activities Graphic organizers Role Playing Student participation, performance, tracking and progress of student made nutrition & exercise program 	Student achievement will take place through: <ul style="list-style-type: none"> Outlining of teacher led instruction and taking written notes Participation in classroom discussions Brainstorming activities Charting personal graphic organizers in: <ul style="list-style-type: none"> Decision making Comparing and Contrasting Predicting Consequences Creation of student nutrition & exercise plan Researching, reading, analyzing and writing about exercise

