

**Richmond Public Schools**  
**Department of Curriculum and Instruction**  
**Curriculum Pacing And Resource Guide**



**Course Title/ Course #:** Health --- Grade 8

**Start day:** 1

**Meetings:** 90 days

**Course Description**

8th Grade Health Education is a direct correlation with the state standards, providing students with information to improve, sustain, and promote, personal, family, and community health.

**Pacing Resources Assessments MP1**

<b>Time Frame</b>	<b>Standards of Learning</b>	<b>Units/ Topics/ Concepts</b>	<b>Resources</b>	<b>Assessments</b>
3 Weeks  <a href="http://www.glencoe.com">www.glencoe.com</a>	-8.1 b,d,e,f,i,l,m,o,r,s,t,u -8.2 c,e,f,g,h,j,l,m,n,q,r -8.3 b,c,d,k,n	<b>Unit MP1.1:</b> <b><u>Health and Wellness</u></b> <ul style="list-style-type: none"> <li>● Health Triangle (mental/emotional, social and physical health)</li> <li>● Hygiene</li> <li>● Self-esteem</li> </ul> <a href="#">Understanding your Health</a>	<a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a>  <a href="http://www.healthteacher.com/">http://www.healthteacher.com/</a>  <a href="http://www.lessonplanspage.com/PE.htm">http://www.lessonplanspage.com/PE.htm</a>  <a href="http://www.glencoe.com/sites/virginia/teacher/health_fitness/index.html">http://www.glencoe.com/sites/virginia/teacher/health_fitness/index.html</a>  <a href="http://www.glencoe.com/">http://www.glencoe.com/</a>	Vocabulary Chapter 1 Pg.4 <a href="#">Crossword Puzzles/eFlashcards</a>  Quizzes Exit Slips Audience responses Questioning Elaborating Flashcards Answers in groups Journals Take a stand Foldables

				Homework
3 Weeks	-8.1 b,c,d,e,f,l,n -8.2 c,d,e,f,g,h,j -8.3 b,c,d,e,f	<b>Unit MP1.2: Fitness and Nutrition</b> <ul style="list-style-type: none"> <li>● Heart Rate</li> <li>● BMI</li> <li>● My Plate</li> <li>● Fitness Plans</li> </ul> <u><a href="#">Physical activity and fitness</a></u>	<a href="http://www.glencoe.com/sites/virginia/teacher/health_fitness/index.html">http://www.glencoe.com/sites/virginia/teacher/health_fitness/index.html</a>  <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a>  <a href="http://www.healthteacher.com/">http://www.healthteacher.com/</a>  <a href="http://www.familyfoodzone.com/game/index.htm">http://www.familyfoodzone.com/game/index.htm</a>  <a href="http://www.lessonplanspage.com/PE.htm">http://www.lessonplanspage.com/PE.htm</a>  <a href="http://www.glencoe.com/sites/virginia/teacher/health_fitness/index.html">http://www.glencoe.com/sites/virginia/teacher/health_fitness/index.html</a>  <a href="http://www.choosemyplate.gov/">www.choosemyplate.gov/</a>	Vocabulary <a href="http://www.glencoe.com">www.glencoe.com</a> Quizzes <a href="#">Physical Fitness and Activity</a> Exit Slips Audience responses Questioning Elaborating Flashcards Answers in groups Journals Take a stand Brain storm Foldables Homework

## Pacing Resources Assessments MP2

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
2 Weeks	-8.1 f,g,i -8.2 g,e,f -8.3 g	<b>Unit MP2.1:</b> <b><u>Communicable Diseases</u></b> <ul style="list-style-type: none"> <li>● Colds and Flu</li> <li>● Bacteria,Pathogens, Fungus</li> <li>● STDs</li> </ul> <a href="#">Common Communicable diseases</a>	<a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a>  <a href="http://www.glencoe.com/sites/virginia/teacher/health_fitness/index.html">http://www.glencoe.com/sites/virginia/teacher/health_fitness/index.html</a>  <a href="http://www.healthteacher.com/">http://www.healthteacher.com/</a>  <a href="http://www.lessonplanspage.com/PE.htm">http://www.lessonplanspage.com/PE.htm</a>	Vocabulary Quizzes Exit Slips Audience responses Questioning Elaborating <a href="#">Common Communicable diseases</a> Flashcards Answers in groups Journals Take a stand Foldables Homework
2 Weeks	-8.1 f,g,i,	<b>Unit MP2.2:</b> <b><u>Non-Communicable:</u></b> Cardiovascular diseases (like heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructed pulmonary disease and asthma) and diabetes.  <a href="#">NonCommunicable diseases</a>	<a href="#">Communicable diseases</a>  <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a>  <a href="http://www.gsu.edu/~wwche/lessons.htm">http://www.gsu.edu/~wwche/lessons.htm</a>	Vocabulary Quizzes Exit Slips Audience responses Questioning Elaborating Flashcards Answers in groups Journals Take a stand

**Course Title/ Course #:**

**Pacing Resources Assessments MP3**

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 Weeks	-8.1 i,j,k,l,m,n,o,p,q,t,u -8.2 h,i,k,l,m,n,o,p,q -8.3 h,i,j,k,l,m,p,n	<b>Unit 4: <u>Life Skills</u></b> <ul style="list-style-type: none"> <li>● Self-Image</li> <li>● Making Decision</li> <li>● Smoking</li> <li>● Alcohol</li> <li>● Marijuana</li> <li>● Advertising</li> <li>● Violence and the Media</li> <li>● Coping with Anxiety</li> <li>● Coping with Anger</li> <li>● Communication</li> <li>● Social Skills</li> </ul> <a href="#">Drugs</a>	Life Skills Teachers Manual  <a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a>  <a href="http://www.healthteacher.com/">http://www.healthteacher.com/</a>  <a href="http://www.lifeskills4kids.com/">http://www.lifeskills4kids.com/</a>  <a href="http://www.lifeskillstraining.com/">http://www.lifeskillstraining.com/</a>	Vocabulary Audience Response Application Article Challenging Action Concept link Elaborating Group Q &A Non- verbal Public Performers Socratic Seminar <a href="#">Drugs</a>

3 Weeks	-8.1 a,k,l,v -8.2 a,b -8.3 a	<p><b>Unit 5: <u>Body Systems</u></b></p> <ul style="list-style-type: none"> <li>• Reproductive</li> <li>• Nervous</li> <li>• Skeletal and Muscular</li> <li>• Cardiovascular</li> </ul> <p><u>Body Systems</u></p>	<p><a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a></p> <p><a href="http://www.lessonplanspage.com/PE.htm">http://www.lessonplanspage.com/PE.htm</a></p> <p><a href="http://www.brainpop.com/health/">http://www.brainpop.com/health/</a></p> <p><a href="http://yucky.kids.discovery.com/teachercenter/pg000064.htm">http://yucky.kids.discovery.com/teachercenter/pg000064.htm</a></p>	Vocabulary Quizzes Exit Slips Audience responses Questioning Elaborating Flashcards Answers in groups Journals Take a stand <u>Body Systems</u>
---------	------------------------------------	---	---	---

**Pacing Resources Assessments MP4**

<b>Time Frame</b>	<b>Standards of Learning</b>	<b>Units/ Topics/ Concepts</b>	<b>Resources</b>	<b>Assessments</b>
3 Weeks	-8.1 a,k,l,v -8.2 a,b -8.3 a	<b>Unit 5:</b> <b><u>Body Systems continued</u></b>  <a href="#">Body Systems</a>	<a href="http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx">http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx</a>  <a href="http://www.lessonplanspage.com/PE.htm">http://www.lessonplanspage.com/PE.htm</a>  <a href="http://www.brainpop.com/health/">http://www.brainpop.com/health/</a>  <a href="http://yucky.kids.discover.com/teachercenter/pg000064.htm">http://yucky.kids.discover.com/teachercenter/pg000064.htm</a>	Vocabulary Quizzes Exit Slips Audience responses Questioning Elaborating Flashcards Answers in groups Journals Take a stand
2 Weeks	-8.3 m	<b>Unit 6: <u>Human Sexuality</u></b> <ul style="list-style-type: none"> <li>● Healthy Relationships</li> <li>● STDs</li> <li>● Abstinence</li> </ul> <a href="#">Growth and Development</a>	H.Y.P.P. Helping Youth Prevent Pregnancy (Health Department)	Questioning Audience Responses Concept link Elaborating <a href="#">Growth and Development</a>