

ROBERTSON COUNTY SCHOOLS

HEALTH

MASTERY GUIDE

EIGHTH GRADE

FIRST NINE WEEKS

- Analyze personal choices of self-expression as they relate to healthful living (e.g., clothing styles, tattoos, and body piercing).
- Formulate a lifetime wellness continuum.
- Formulate a physical activity plan for the different stages of life.
- Debate realistic vs. unrealistic goals.
- Describe individual differences (e.g. mental, physical, and medical disabilities).
- Demonstrate strategies for including individuals who have disabilities.
- Prepare a plan for recovering from and coping with relationships that have changed (e.g. family and peers).

SECOND NINE WEEKS

- Analyze environmental concerns regarding landfills, oil spills, pollutants, chemical and biological warfare, and ergonomics.
- Teacher Assessment Indicator (examples):
The teacher may:
 - * have the students create a video promoting responsible environmental practices
 - * assist the students in developing a school wide recycling program
 - * assist students with an Internet search for information about environmental concerns
 - * research careers in healthcare
 - * prepare a food diary for one week
 - * draw conclusions about individual food choices to set nutritional needs
 - * judge the need for nutritional supplements (e.g., vitamins, homeopathic supplements, and herbal)
 - * identify how the media influences unhealthy nutrition decisions that promote eating disorders
 - * formulate body mass index (e.g. body composition versus body image)

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THIRD NINE WEEKS

- Generate a list of hazards that can cause people to fall and a list of ways to prevent falls.
- Compare the similarities and differences of emergency procedures and emergency resources.
- Evaluate high risk situations and safety precautions involving sexual offenses, suicide, possible abduction, abuse, neglect, and violence.
- Explain the effects that gateway drugs have on one's physical and mental health.
- Explain the effects of tobacco, alcohol, and drug use and abuse on self, family, and society.

FOURTH NINE WEEKS

- Assess the impact of environmental pollution, ozone depletion, etc. on one's health and of ergonomics in preventing health related injuries.
- Explain roles and influences on personality development.
- Demonstrate decision-making skills that support good personal health (e.g. role playing and refusal skills).
- Identify valid and reliable informational medical resources on the Internet.
- Construct a school and community healthcare resource booklet.
- Compare and contrast the benefits of a consumer health product and/or service.