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## 8th Grade Health Pacing Guide 18-19

2.0 Target	3.0 Target	4.0 Target	Rotation
<b>Sexuality and Family Life</b>			
Recognize early sexual involvement as a risky behavior.	Explain at least four risks of early sexual involvement.	Not Applicable	1
Define abstinence.	Explain why abstinence from sexual activity is the safest choice for adolescents.	Explain the benefits and effectiveness of abstinence in preventing HIV, STI's, and unintended pregnancy.	1
Define contraception.	Explain the health benefits and risks of various methods of contraception, including abstinence.	Not Applicable	1
Recognize short and long-term consequences of sexually transmitted infections.	Explain short and long-term consequences of sexually transmitted infections.	Not Applicable	1
<b>Mental/Emotional Health</b>			
Define sexual harassment.	Apply knowledge of sexual harassment to a real life situation.	Not Applicable	1
Discuss that there are negative effects of bullying.	Discuss consequences of bullying	Not Applicable	1
Indicate behaviors/choices that may increase/decrease risks to one's health.	Explain behaviors/choices that may increase/decrease risks to one's health.	Evaluate behaviors/choices that may increase/decrease risks to one's health.	1,2,3
<b>Nutrition</b>			
Identify the basic nutrients.	Explain the role of basic nutrients in maintaining health.	Analyze a food plan to determine if the nutrient requirements are being met.	2
Explain the principle of energy balance.	Use the principles of energy balance, calorie intake, and expenditure to plan a diet and activity routine that will result in healthy body weight and composition.	Not Applicable	2
Define the word diet.	Recognize the impact of diets on health.	Evaluate the impact of diet on one's health.	2
Understand what sustained moderate to vigorous physical activities are and define anxiety.	Explain why sustained moderate to vigorous physical activities can reduce symptoms of depression and anxiety	Not Applicable	2
<b>Disease Prevention/Control</b>			
Recognize certain diseases.	Distinguish the differences between communicable, non-communicable, acute, chronic, and degenerative diseases.	Evaluate the causes and impacts of various communicable, non-communicable, acute, chronic, and degenerative diseases on a person's health.	3
Evaluate the health impact of three major chronic diseases (heart disease, cancer, diabetes) on a person's health.	Determine the signs and symptoms of the top three chronic diseases (heart disease, cancer, diabetes).	Identify three major chronic diseases (heart disease, cancer, diabetes).	3
Not Applicable	Recognize the symptoms of depression as a treatable condition that may precede suicide.	Define the word depression.	3
Not Applicable	Apply the ACT technique (Acknowledge, Care, Tell) to a variety of real life scenarios	Define ACT (Acknowledge, Care, Tell)	3