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23-24 Grade 8 Health Pacing Guide

4.0 Target	3.0 Target	T1	T2	T3
Sexuality and Family Life				
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Identify at least four risks of early sexual involvement.	X		
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Explain the health benefits and risks of various methods of contraception, including abstinence.	X		
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Explain short and long-term consequences of sexually transmitted infections.	X		
Mental/Emotional Health				
Does Not Extend	Apply knowledge of sexual harassment to a real life situation.		X	
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Explain behaviors/choices that may increase/decrease risks to one's health.	X	X	X
Nutrition				
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Explain the role of basic nutrients in maintaining health.		X	
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	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.		X	
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Recognize the impact of diets on health.		X	
Does Not Extend	Explain why sustained moderate to vigorous physical activities can reduce symptoms of depression and anxiety		X	
Disease Prevention/Control				
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Distinguish the differences between communicable, non-communicable, acute, chronic, and degenerative diseases.			X
Students have multiple ways to demonstrate extension. For more information or to see a scoring rubric, contact your child's teacher.	Determine the signs and symptoms of the top three chronic diseases (heart disease, cancer, diabetes).			X
Does Not Extend	Recognize the symptoms of depression as a treatable condition that may precede suicide.			X
Does Not Extend	Apply the ACT technique (Acknowledge, Care, Tell) to a variety of real life scenarios			X
Conventions				
Does Not Extend	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	X	X	X