

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

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

