

**Comprehensive Health and Physical Education
Grade 8**

Unit I Puberty and Reproduction	
Pacing (# of weeks)	6 days
Essential Questions	What causes optimal growth and development?
Enduring Understand/ NJCCCS Content Standards	Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
Learning Targets: Content	Physical, social and emotional changes that occur during puberty and factors that influence these changes, i.e. genetics and personal practices Terminology: puberty, hormones, adolescence, menstruation, menstrual cycle, menopause, ovum, sperm, semen, erection, ejaculation, nocturnal emissions (wet dreams), Adams's apple, masturbation Reproductive hormones: estrogen, testosterone Male reproductive organs: scrotum, testicles, epididymis, vas deferens, seminal vesicles, prostate gland, Cowper's gland, urethra, penis Female reproductive organs: vagina, cervix, uterus, uterine lining, fallopian tubes, fimbria, ovaries, breasts Advances in the diagnosis and treatment of common reproductive system disorders including breast cancer, testicular cancer, jock itch, vaginitis, inguinal hernia, cervical cancer How to perform breast and testicular self-exams Importance of performing BSE/TSE and early cancer detection Resources for more information about puberty and reproduction Formation of acne, myths about acne and treatment for acne Impact of marketing techniques on the use of personal hygiene practices, i.e. skin care products
Learning Targets: Skills	<i>Students will be able to:</i> Compare and contrast the physical, social and emotional changes that happen in boys and girls during puberty. Analyze how the sex hormones affect changes in the body. Perform a breast or testicular self-exam and discuss how new methods of technology can detect breast cancer earlier.
Assessments: Formative	Responses to T/F class activity Answers to discussion questions about acne Labeling of reproductive diagrams Completion of male and female terminology worksheets Demonstrate proper breast and testicular self-exam techniques Completion of reproductive disorders worksheet Online T/F quiz

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Unit I Puberty and Reproduction	
Assessments: Summative	Quiz on puberty changes Final exam
NJCCCS CPI Health and PE	2.1.8.A.2 Compare and contrast the impact of genetics, family history, personal health practices, and environment on personal growth and development in each life stage. 2.1.8.A.3 Relate advances in technology to maintaining and improving personal health. 2.1.8.A.4 Determine the impact of marketing techniques on the use of personal hygiene products, practices, and services. 2.4.8.B.6 Explain the importance of practicing routine healthcare procedures such as breast self-examination, testicular examinations, and HPV vaccine.
NJCCCS CPI 21st Century Life and Career	9.1.8.C.1 Determine an individual's responsibility for personal actions and contributions to group activities.
NJCCCS CPI Technology	8.1.8.A.5 Select and use appropriate tools and digital resources to accomplish a variety of tasks and to solve problems.
Common Core Language Arts Standards	SL.8.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 8 topics, texts, and issues, building on others' ideas and expressing their own clearly.

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Unit II Body Image and Mental Illness	
Pacing (# of weeks)	8 days
Essential Questions	How can you learn to like yourself and others?
Enduring Understand/ NJCCCS Content Standards	Social and emotional development impacts all components of wellness. Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly. Communicating health needs to trusted adults and professionals assists in the prevention, early detection, and treatment of health problems.
Learning Targets: Content	Internal and external influences on body image: personal beliefs, culture, comments from other people, media messages Healthy ways to develop a positive body image Unhealthy ways to improve body image and their health consequences, i.e. plastic surgery, steroids Signs, symptoms, and health complications of mental health disorders including anorexia, bulimia, compulsive exercise disorder, binge eating and depression Efforts to prevent and control diseases and health conditions Resources for getting treatment with mental illnesses
Learning Targets: Skills	<i>Students will be able to:</i> Analyze the impact of mental health disorders on the physical social and emotional well-being Create a multimedia project that analyzes a mental health disorder, identifies a celebrity with the disorder and identifies ways to get help for the disorder. Compare and contrast situations that require support from trusted adults or health professionals (i.e. depression, eating disorders). Analyze various ways to prevent and control diseases and health conditions
Assessments: Formative	Worksheet with questions on body image, media and stereotypes Scenarios that describe a mental health disorder A multimedia project that analyzes a mental health disorder, identifies a celebrity with the disorder and identifies ways to get help for the disorder
Assessments: Summative	Multimedia project on mental health disorders Final exam
NJCCCS CPI Health and PE	2.1.8.C.2 Analyze local, state, national, and international public health efforts to prevent and control diseases and health conditions. 2.1.8.C.3 Analyze the impact of mental illness (e.g., depression, impulse disorders such as gambling or shopping, eating disorders, and bipolar disorders) on physical, social, and emotional well-being. 2.1.8.A.1 Assess and apply health data to enhance each dimension of personal wellness 2.2.8.E.2 Compare and contrast situations that require support from trusted adults or health professionals.

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Unit II Body Image and Mental Illness	
NJCCCS CPI Technology	<p>8.1.8.A.3 Create a multimedia presentation including sound and images.</p> <p>8.2.8.F.1 Explain the impact of resource selection and processing in the development of a common technological product or system.</p>
NJCCCS CPI 21st Century Life and Career	<p>9.1.8.C.1 Determine an individual’s responsibility for personal actions and contributions to group activities.</p>
Common Core Language Arts Standards	<p>W.8.8. Gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation.</p> <p>SL.8.5. Integrate multimedia and visual displays into presentations to clarify information, strengthen claims and evidence, and add interest.</p> <p>SL.8.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 8 topics, texts, and issues, building on others’ ideas and expressing their own clearly.</p>

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Unit III Pregnancy and Childbirth	
Pacing (# of weeks)	3 days
Essential Questions	What are the physical, social and emotional changes that occur during each stage of pregnancy, including the stages of labor and childbirth and the adjustment period following birth.
Enduring Understand/ NJCCCS Content Standards	Pregnancy, childbirth and parenthood are significant events that cause numerous changes in one's life and the one's of others. Raising a child requires physical, economic, emotional, social and intellectual commitment.
Learning Targets: Content	Terminology: sex cells, sex chromosomes, genes, inherited traits, conception, fertilization, pregnancy Signs and symptoms of pregnancy Methods for confirming pregnancy Physical, social and emotional changes that occur during pregnancy and childbirth Stages of development from embryo to fetus Formation of fraternal and identical twins and multiples Function of the placenta, umbilical cord and amniotic sac Impact of alcohol, tobacco and drugs on fetal growth Importance of prenatal care including vitamins and regular doctor visits. Signs of labor, birth positions, Caesarian and natural birth
Learning Targets: Skills	<i>Students will be able to:</i> Identify signs of pregnancy. Discuss methods for confirming a pregnancy. Summarize what important developments occur during pregnancy and childbirth. Discuss strategies for having a healthy pregnancy.
Assessments: Formative	PowerPoint/packet on pregnancy and childbirth Stages of Pregnancy worksheet The Story of Conception quiz Labeling the structures inside the womb

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Unit III Pregnancy and Childbirth	
Assessments: Summative	Digital presentation of Baby Poster Project including parent interview about the challenges of pregnancy and parenting and important parenting advice. Final Exam
NJCCCS CPI Health and PE	2.4.8.C.1 Summarize the signs and symptoms of pregnancy and the methods available to confirm pregnancy. 2.4.8.C.2 Distinguish physical, social, and emotional changes that occur during each stage of pregnancy, including the stages of labor and childbirth and the adjustment period following birth. 2.4.8.C.3 Determine effective strategies and resources to assist with parenting. 2.4.8.C.5 Correlate prenatal care with the prevention of complications that may occur during pregnancy and childbirth.
NJCCCS CPI Technology	8.1.8.A.3 Create a multimedia presentation including sound and images.
NJCCCS CPI 21st Century Life and Career	9.1.8.D.3 Use effective communication skills in face-to-face and online interactions with peers and adults from home and from diverse cultures.
Common Core Language Arts Standards	W.8.6. Use technology, including the Internet, to produce and publish writing and present the relationships between information and ideas efficiently as well as to interact and collaborate with others. SL.8.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 8 topics, texts, and issues, building on others' ideas and expressing their own clearly.

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Unit IV Teen Pregnancy	
Pacing (# of weeks)	5 days
Essential Questions	How do we know when we are ready to have a baby?
Enduring Understand/ NJCCCS Content Standards	The short and long term effects of teen pregnancy affect all aspects of one’s life, including social, educational, financial and emotional. Raising a child requires physical, economic, emotional, social and intellectual commitment.
Learning Targets: Content	Examining teen pregnancy options including adoption, abortion and teen parenting Importance of prenatal care including vitamins and regular doctor visits Health complications associated with ten pregnancy Short- and long-term effects of teen pregnancy and teen parenting Programs available to assist with teen pregnancy and parenting
Learning Targets: Skills	<i>Students will be able to:</i> Compare and contrast the pros and cons of each of the teen pregnancy options, including adoption, abortion and teen parenting. Analyze the effects teen pregnancy has on the teen’s education, finances, social life, reputation, relationships, and future goals.
Assessments: Formative	Worksheet/discussion questions related to “Family Secrets” video regarding the challenges and sacrifices to becoming a teen parent Board game activity identifying financial hardships of being a parent by moving students through different phases of life that include living on their own and raising a newborn baby Brainstorming activity on the short- and long-term consequences of teen parenting
Assessments: Summative	Blog on classroom website about the impact a teen pregnancy would have on your future goals and suggestions for addressing the issue of teen pregnancy worldwide. Written responses on questions debating teen pregnancy options. Final Exam
NJCCCS CPI Health and PE	2.4.8.C.3 Determine effective strategies and resources to assist with parenting. 2.4.8.C.4 Predict short- and long-term impacts of teen pregnancy. 2.4.8.C.5 Correlate prenatal care with the prevention of complications that may occur during pregnancy and childbirth. 2.2.8.B.2 Justify when individual or collaborative decisions making is appropriate 2.2.8.B.3 Analyze factors that support or hinder the achievement of personal health goals during different life stages.

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Unit IV Teen Pregnancy	
NJCCCS CPI Technology	8.1.8.A.5 Select and use appropriate tools and digital resources to accomplish a variety of tasks and to solve problems.
NJCCCS CPI 21st Century Life and Career	9.1.8.A.2 Implement problem-solving strategies to solve a problem in school or the community.
Common Core Language Arts Standards	<p>W.8.1. Write arguments to support claims with clear reasons and relevant evidence.</p> <p>W.8.6. Use technology, including the Internet, to produce and publish writing and present the relationships between information and ideas efficiently as well as to interact and collaborate with others.</p> <p>SL.8.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 8 topics, texts, and issues, building on others' ideas and expressing their own clearly.</p>

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Unit V Contraception and Sexually Transmitted Infections	
Pacing (# of weeks)	8 days
Essential Questions	To what extent can we keep ourselves disease free?
Enduring Understand/ NJCCCS Content Standards	Current and emerging diagnostic, prevention and treatment strategies can help people live healthier and longer than ever before.
Learning Targets: Content	<p>Methods of contraception including condoms, birth control pill, ring, patch, injection, implant, diaphragm, cervical cap, female condom, spermicide, sexual abstinence</p> <p>Effectiveness of each method in preventing pregnancy and STIs</p> <p>Advantages and disadvantages to using each method</p> <p>Factors that may influence the use of a specific method including, cost, effectiveness, comfort level, ease of use, allergy, availability</p> <p>Strategies for maintaining abstinence and resisting sexual pressure</p> <p>Types of STIs</p> <p>Transmission of STIs through oral, anal and vaginal sex</p> <p>Risk factors for contracting STIs</p> <p>Symptoms of STI infection</p> <p>Health complications if not treated</p> <p>When to seek medical attention</p> <p>Diagnosis and treatment of STIs</p> <p>How to prevent STI infection</p> <p>Behaviors that place one at greater risk for STIs</p> <p>Resources for attaining additional information on contraception and STIs</p>
Learning Targets: Skills	<p><i>Students will be able to:</i></p> <p>Discuss the benefits of sexual abstinence and strategies to resist sexual pressure.</p> <p>Compare and contrast methods of contraception and discuss factors that influence their use.</p> <p>Discuss what is considered low risk, no risk or high risk behavior in regards to contracting an STI and becoming pregnant.</p>
Assessments: Formative	<p>Completion of contraception chart based on cost of method, effectiveness, how it is used, where to get it and if the method protects from STI's</p> <p>Student participation and discussion response in Risk Reduction activity</p>

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Unit V Contraception and Sexually Transmitted Infections	
	Performance in Condom Line-up activity Completion of contraception and STI summary worksheet Create the “perfect” method of contraception for pregnancy and STI prevention and then create a digital presentation proposing the marketing of your method
Assessments: Summative	Written test on STI information and methods of contraception. Final exam
NJCCCS CPI Health and PE	2.4.8.B.2 Determine the benefits of sexual abstinence and develop strategies to resist pressures to become sexually active. 2.4.8.B.3 Compare and contrast methods of contraception used by adolescents and factors that may influence their use. 2.4.8.B.4 Relate certain behaviors to placing one at greater risk for HIV/AIDS, STIs, and unintended pregnancy. 2.1.8.C.1 Evaluate emerging methods to diagnose and treat diseases and health conditions that are common in young adults in the United States and other countries, including hepatitis, sexually transmitted infections, HIV/AIDS, breast cancer, HPV, and testicular cancer.
NJCCCS CPI Technology	8.1.8.A.3 Create a multimedia presentation including sound and images.
NJCCCS CPI 21st Century Life and Career	9.1.8.A.1 Develop strategies to reinforce positive attitudes and productive behaviors that impact critical thinking and problem-solving skills.
Common Core Language Arts Standards	W.8.1. Write arguments to support claims with clear reasons and relevant evidence. SL.8.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 8 topics, texts, and issues, building on others’ ideas and expressing their own clearly.

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Unit VI Relationships	
Pacing (# of weeks)	4 days
Essential Questions	How do we know when a relationship is not worth saving? How do you develop and sustain relationships over time? Why is it so hard to have healthy relationships?
Enduring Understand/ NJCCCS Content Standards	Determine when a relationship is unhealthy. Healthy relationships require a mutual commitment. Individuals in healthy relationships share thoughts and feelings, have fun together, develop mutual respect, share responsibilities and goals, and provide emotional security for one another. Tolerance, appreciation and understanding of individual differences are necessary in order to establish healthy relationships. There are reliable personal and professional resources available to assist with relationship problems.
Learning Targets: Content	Terminology: affection, love, commitment, sexual attraction How to ask someone out on a date, how to break up with someone Laws pertaining age of consent and sexting Safe dating practices Effective communication skills for resisting sexual pressure Types of abuse and how abuse in the home can affect interpersonal relationships Signs of a healthy and unhealthy relationship Effective strategies to end an unhealthy relationship Professional services that can intervene in an unhealthy relationship
Learning Targets: Skills	<i>Students will be able to:</i> Identify signs that a relationship is either healthy or unhealthy. Demonstrate ways to stop abuse from happening or continuing.
Assessments: Formative	Respond to questions asked by a guest speaker from a woman’s center in Somerset county Creation of sexual pressure and refusal skills role paly scenarios Completion of video worksheet on safe dating practices
Assessments: Summative	Create a digital public service announcement flyer about safe dating practices and warning signs of an unhealthy relationship.

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Unit VI Relationships	
NJCCCS CPI Health and PE	2.4.8.A.2 Explain how the family unit impacts character development. 2.4.8.A.3 Explain when the services of professionals are needed to intervene in relationships. 2.4.8.A.4 Differentiate between affection, love, commitment, and sexual attraction. 2.4.8.A.5 Determine when a relationship is unhealthy and explain effective strategies to end the relationship. 2.4.8.A.6 Develop acceptable criteria for safe dating situations, such as dating in groups, setting limits, or only dating someone of the same age. 2.2.8.A.1 Compare and contrast verbal and nonverbal interpersonal communication strategies in a variety of settings and cultures in different situations 2.2.8.A.2 Demonstrate the use of refusal, negotiation and assertiveness skills when responding to peer pressure, disagreements or conflicts
NJCCCS CPI Technology	8.1.8.A.1 Create professional documents (e.g., newsletter, personalized learning plan, business letter or flyer) using advanced features of a word processing program.
NJCCCS CPI 21st Century Life and Career	9.1.8.A.1 Develop strategies to reinforce positive attitudes and productive behaviors that impact critical thinking and problem-solving skills.
Common Core Language Arts Standards	W.8.2. Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content. SL.8.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 8 topics, texts, and issues, building on others' ideas and expressing their own clearly.

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Unit VII Sexuality	
Pacing (# of weeks)	3 days
Essential Questions	What is the importance of understanding and accepting individual differences?
Enduring Understand/ NJCCCS Content Standards	Discussion of topics regarding sexuality requires a safe, supportive environment where sensitivity and respect is shown toward all The values acquired from family, culture, personal experiences, and friends impact all types of relationships. Tolerance, appreciation and understanding of individual differences are necessary in order to establish healthy relationships.
Learning Targets: Content	Components of sexuality: biological sex, gender identity, gender expression, transgender, sexual orientation (heterosexuality, homosexuality, bisexuality) Debunking stereotypes pertaining to sexual orientation Accepting differences in sexuality Impact of derogatory words and actions on gay and transgendered students
Learning Targets: Skills	<i>Students will be able to:</i> Discuss topics regarding gender identity, sexual orientation, and cultural stereotyping. Identify the dangers of stereotypes regarding sexual orientation.
Assessments: Formative	Agree/disagree continuum activity in regards to stereotyping and bullying
Assessments: Summative	Use Internet and other print sources to research information and then write a composition related to the impact of gay bullying.
NJCCCS CPI Health and PE	2.4.8.B.5 Discuss topics regarding gender identity, sexual orientation, and cultural stereotyping.
NJCCCS CPI Technology	8.1.8.A.5 Select and use appropriate tools and digital resources to accomplish a variety of tasks and to solve problems.
NJCCCS CPI 21st Century Life and Career	9.1.8.B.1 Use multiple points of view to create alternative solutions.
Common Core Language Arts Standards	W.8.1. Write arguments to support claims with clear reasons and relevant evidence. SL.8.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 8 topics, texts, and issues, building on others' ideas and expressing their own clearly.

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Addendum

Puberty Resources

www.teenshealth.org is an informational site for teens to gather information about puberty and their bodies.

Body Image Resources:

<http://www.youtube.com/watch?v=hibyAJOSW8U>

Dove Commercial captures how the photoshopping process dramatically changes an image

http://www.youtube.com/watch?v=YP31r70_QNM&NR=1&feature=fvwp

Photo Shop: Part One captures how the photoshopping process dramatically changes an image

http://www.youtube.com/watch?v=YP31r70_QNM&feature=channel

Photo Shop: Part Two captures how the photoshopping process dramatically changes an image

<http://www.youtube.com/watch?v=aHLpRxAmCrw&feature=related>

Extreme Photoshop captures how the photoshopping process dramatically changes an image

Mental Health Disorder Resources:

<http://pbskids.org/itsmylife/quiz/eatingdisorders3.html?tally=1&x=91&y=4>

PBS link tests students on their understanding of the causes and signs/symptoms of these disorders

Videos:

“Dying to Be Thin” discusses the causes of eating disorders, how they affect people physically, socially and emotionally and what methods of treatment are available.

“More than Sad” discusses the causes of depression and how to get help for the disorder.

Sexuality Resources:

<http://www.cbsnews.com/video/watch/?id=6916357n>

Rutgers Gay Bullying clip shows classmates’ reactions to Tyler Clemente’s suicide and a brief overview of the recent news story

http://www.thinkb4youspeak.com/psa.asp?play=tvspots&video=TV_Cashiers_30

That’s so Gay Commercial’s message is to “think before you speak” and not use the word “gay” as an insult

Relationship Resources

<http://kiwicommons.com/index.php?p=4324&tag=sexy-or-sexting-megan-fox-super-bowl-2010-ad>

Superbowl commercial that poses a discussion question, “Does media glamorize sexting?”

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Video:

“Real People: Teens who Choose Abstinence” captures various teenagers discussing the benefits of remaining abstinent.

Male Reproductive System Resources:

http://kidshealth.org/misc/movie/bodybasics/male_repro.html

Informational site that labels the parts and functions of the male reproductive system

<http://www.neok12.com/vocabulary/Reproductive-System-01.htm>

Vocab quizzes that assess knowledge of the male reproductive system parts and functions

<http://www.neok12.com/quiz/REPSYS01>

Vocab quizzes that assess knowledge of the male reproductive system parts and functions

Female Reproductive System Resources:

http://kidshealth.org/misc/movie/bodybasics/bodybasics_female_repro.html

Informational site that labels the parts and functions of the female reproductive system

<http://www.neok12.com/vocabulary/Reproductive-System-02.htm>

Vocab quizzes that assess knowledge of the female reproductive system parts and functions

<http://www.neok12.com/quiz/REPSYS02>

Vocab quizzes that assess for knowledge of where the male reproductive system parts are located and what their functions are

Pregnancy and Childbirth Resources:

<http://www.neok12.com/php/watch.php?v=zX675f62004567690f705a63&t=Reproductive-System>

A short clip of how fertilization occurs and the initial steps of human development

<http://www.neok12.com/php/watch.php?v=zX06540f72726d5d57786441&t=Reproductive-System>

A short clip of the first few weeks of a zygote and embryo’s life:

<http://www.neok12.com/php/watch.php?v=zX564d664d756a7602447a55&t=Reproductive-System>

A 3D animation of the childbirth process:

Video:

“From Conception to Birth” reviews the stages of pregnancy from conception, through each trimester of pregnancy and ends with childbirth

Teen Pregnancy Resources:

Video:

“Prime Time Live: Family Secrets” outlines the stories of various young women and their struggles with pregnancy, childbirth and family/romantic relationships.

Sexually Transmitted Infection Resources:

www.iwannaknow.org is designed to help students learn about their sexual health in order to make good decisions

www.sexetc.org is a website that provides online quizzes on signs, symptoms, treatment methods and how to prevent getting a STI.