

Identifier	Poplar - Grade 8 - Health	Introduced	Completed
8 H 1	HEALTH PROMOTION / DISEASE PREVENTION		
8 H 1.01	Explain the impact of personal health behaviors on the functioning of body systems.		
8 H 1.02	Describe how growth and development relate to personal health decisions.		
8 H 1.03	Describe how age, gender, physical activity, lifestyle and heredity affect nutrient needs.		
8 H 1.04	Analyze the physiological and psychological effects of drug usage.		
8 H 1.05	Demonstrate knowledge and strategies for personal safety.		
8 H 1.06	Describe ways to reduce risk factors and increase resiliency related to adolescent health.		
8 H 1.07	Identify laws and regulations made to protect the health of the community.		
8 H 1.08	Identify personal actions that contribute to the deterioration of the environment.		
8 H 1.09	Explain the differences between strain and sprain and describe the treatment for each.		
8 H 1.10	List sexually-transmitted diseases by name and tell the sources, symptoms, and treatment of each.		
8 H 1.11	Demonstrate understanding that improvement of locomotor skills depends on individual effort on ones own time.		
8 H 1.12	Demonstrate interest in developing personal physical fitness.		
8 H 2	HEALTH INFORMATION / ACCESSING INFORMATION		
8 H 2.01	Differentiate health concerns as personal responsibility or professional responsibility.		
8 H 2.02	Identify characteristics of scientifically valid health information.		
8 H 2.03	Demonstrate the Emergency Action Steps.		
8 H 2.04	Demonstrate rescue breathing.		
8 H 2.05	Demonstrate abdominal thrusts.		
8 H 2.06	Demonstrate CPR.		
8 H 2.07	Demonstrate understanding of and comply with safety rules while in activities, including care of weights and weight room.		
8 H 3	HEALTH ENHANCEMENT / SELF MANAGEMENT		
8 H 3.01	Apply conflict resolution techniques including peer mediation within the school environment.		
8 H 3.02	Analyze the school environment for personal safety and security.		
8 H 3.03	Use appropriate methods of response to negative risk-taking behaviors including suicide, alcohol, tobacco, and other drugs.		
8 H 3.04	Describe and follow rules prohibiting possession of weapons at school and in the community.		
8 H 3.05	Demonstrate compliance with school safety procedures including emergency drills.		
8 H 3.06	Evaluate the role others play in stress.		
8 H 3.07	Perform advanced first aid procedures.		
8 H 3.08	Explain why each individual is responsible for one's own decision to use or not use chemicals.		
8 H 3.09	Demonstrate improvement of basic skills and strategies during participation in games.		
8 H 3.10	Demonstrate balance and coordination during involvement in activities.		
8 H 3.11	Strive to improve personal best.		
8 H 3.12	Demonstrate social skills appropriate to group activities.		
8 H 3.13	Demonstrate appropriate use of activities-related vocabulary.		
8 H 3.14	Demonstrate understanding of standards – skill levels, rules, team play – controlling team activities.		
8 H 3.15	Identify and develop a range of game-specific defensive and offensive strategies.		
8 H 4	INFLUENCES		
8 H 4.01	Analyze how different cultures enrich and challenge health practices.		
8 H 4.02	Evaluate the impact of technology on health and disease prevention.		
8 H 4.03	Critique a variety of consumer influences that affect health decisions.		
8 H 4.04	Demonstrate proper treatment for victims of drug / alcohol overdose.		
8 H 4.05	List specific chemicals and tell their immediate, short-term, and long-term effects of chemical use.		
8 H 4.06	List the effects of alcohol on the brain.		
8 H 5	INTERPERSONAL COMMUNICATION		
8 H 5.01	Role play decision-making and problem-solving skills, which enhance interpersonal relationships.		
8 H 5.02	Explore the causes of conflict in school and community and demonstrate refusal and negotiation skills.		
8 H 5.03	Explain and demonstrate effective assertive communication skills.		
8 H 5.04	List personal needs in social relationships.		

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8 H 6	DECISION MAKING / GOAL SETTING		
8 H 6.01	Apply a decision-making process to a significant health issue or problem.		
8 H 6.02	Develop a personal health plan that addresses personal strengths, needs, and health risks.		
8 H 6.03	Compare and contrast the short- and long-term impact of health decisions on the individual and society.		
8 H 6.04	Determine contacts for assistance with health issues.		
8 H 6.05	Identify stressors and stress management techniques.		
8 H 6.06	Know and follow rules controlling behavior in physical education areas.		
8 H 7	PERSONAL AND COMMUNITY HEALTH		
8 H 7.01	Identify and research a community health issue and develop a plan of action.		
8 H 7.02	List resources available through community health and crime prevention agencies.		