

**REDBANK VALLEY SCHOOL DISTRICT
PHYSICAL EDUCATION CURRICULUM MAP**

HEALTH: GRADE 8

WEEK 1	WEEK 2 & 3	WEEK 3 & 4	WEEK 4	WEEK 5 & 6	WEEK 6 & 7	WEEK 8 & 9
Health & Teens: *Risk Factors *Risk Behaviors Health & Wellness: *Components of Health	Building Life Skills: *10 Life Skills	Building Self-Esteem: *Benefits of High Self-Esteem *Risks of Low Self-Esteem *Self Concept	Personal Care: *Skin, Hair, Nails *Problems with each *Care of each	Alcohol Affects the Body: *Short Term Effects *Long Term Effects	Tobacco Use: *Chemicals	Male Reproduction System: *What it Does *How it Works *Problems *Keeping Healthy
Health & Community: *Public Health *Improving Health of Others	Making Decisions: *Consequences *Great Decisions Model	Good Communication Skills: *Communication Styles *Speaking Skills *Listening Skills		Alcoholism Affects Family & Society: *Stages *Risk Factors *Warning Signs	Dangers Of Tobacco: *Short Term Effects *Long Term Effects	Female Reproduction System: *What it Does *How it Works *Problems *Keeping Healthy
	Resisting Peer Pressure: *Direct & Indirect Pressure *Refusal Skills	Mental & Emotional Health: *Maslow's Hierarchy of Needs *Expressing Emotions *Defense Mechanisms		Teens & Alcohol: *Drinking & Driving *Effects on Future *Refusing Alcohol	Tobacco Free Life: *Why do People Use *Affects on Family *Tips for Quitting	Endocrine System: *What it Does *How it Works *Problems *Keeping Healthy
	Setting Healthy Goals: *Short Term & Long Term					