



Diocese of Greensburg Curriculum
Health Grade 8

Unit	Standards	Content	Skills
<p>The Human Body (Levels of Organization)</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 9</p> <hr/> <p>10.1 Concepts of Health Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>B. Analyze the interdependence existing among the body systems.</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Cell • Tissue • Organ • Homeostasis • Absorbing cells • Assembly cells • Cells for movement • multi-cellular • Uni-cellular • Muscle Tissues • Connective Tissues • Nerve Tissues • Epithelial Tissues • Systems of the Human Body <ul style="list-style-type: none"> ○ Skeletal ○ Muscular ○ Digestive ○ Circulatory ○ Respiratory ○ Excretory ○ Nervous ○ Endocrine ○ Lymphatic ○ Reproductive ○ Immune ○ Integumentary (skin) 	<p>The students will be able to...</p> <ul style="list-style-type: none"> • Explain homeostasis and its importance • Describe the four levels of organization in the human body • Explain three functions of cells • Describe four types of tissues • List the organ systems in the human body

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<p>Safety/Safe Environment</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 9</p> <hr/> <p>10.3 Safety & Injury Prevention Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>B. Describe and apply strategies for emergency and long-term management of injuries.</p> <ul style="list-style-type: none"> • rescue breathing • water rescue • self-care • sport injuries <p>D. Analyze the role of individual responsibility for safety during organized group activities</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • CPR/First-Aid-- overview • Hypothermia/Hyperthermia • Venom • Injuries • Accidents • Shock • Allergies • Heimlich Maneuver • Back Blows • Seizures • Concussion • Domestic Violence • Sexual Harassment 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Identify what they can do to be helpful in an emergency situation • Identify the need for and be able to perform CPR, the Heimlich Maneuver, and basic first aid techniques • Describe first aid treatments for common emergencies • Describe the causes and treatments for hypothermia and hyperthermia • Identify an allergic reaction and describe how to respond to it • Develop safety guidelines for water and other outdoor recreational activities • Learn and recognize behaviors of sexual harassment • Identify POSITIVE ways to express anger • Recognize what you can and cannot do to protect yourself or others in a Domestic Violence situation
<p>Circulatory and Cardiovascular System</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 9</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize</p>	<ul style="list-style-type: none"> • Heart • Vein • Artery • Capillaries • Ventricle 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Describe the structure and function of the three types of blood vessels

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	<p>his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>B. Analyze the interdependence existing among the body systems.</p> <p>10.2 Healthful Living Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Analyze and apply a decision-making process to adolescent health and safety issues</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Plasma • Red Blood Cell • Hemoglobin • White Blood Cell • Platelet • Cardiovascular • Pulmonary System 	<ul style="list-style-type: none"> • List the for chambers of the heart • Trace the path of blood through the circulatory system • List the four components of human blood • Describe the primary function of red blood cells, white blood cells, and platelets • Describe things that can be done to limit the likelihood, or severity, of cardiovascular diseases.
<p>Reproduction and Development</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 9</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Analyze factors that impact growth and development between adolescence and adulthood.</p> <ul style="list-style-type: none"> • relationships (e.g., dating, friendships, peer pressure) • interpersonal communication • risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns) • abstinence • STD and HIV prevention • community <p>B. Analyze the interdependence existing among the body systems.</p> <p>10.2 Healthful Living</p>	<ul style="list-style-type: none"> • Sperm • Egg • Fertilization • Testes • Ovaries • Fallopian Tube • Uterus • Menstrual Cycle • Ovulation • Zygotes • Embryo • Amniotic Sac • Placenta • Fetus • Umbilical Cord • Infancy • Childhood • Adolescence • Puberty • Adulthood • Menopause • Testosterone • Estrogen • Semen 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Label the structures of the male and female reproductive systems • Compare primary structures and functions of the male and female reproductive systems • Explain why human sperm and egg cells carry only 23 chromosomes • Describe the stages of the menstrual cycle • Explain how the fetus obtains food and oxygen, and how it excretes waste • Identify stages of development following birth • Compare and contrast infancy with childhood and adolescence with adulthood

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	<p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>C. Analyze media health and safety messages and describe their impact on personal health and safety</p> <p>D. Analyze and apply a decision-making process to adolescent health and safety issues</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Vagina • Scrotum • Cervix • Uterus • Urethra • Gestation 	<ul style="list-style-type: none"> • Describe the Catholic view of sexuality
<p>Drugs and Alcohol Prevention</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 9</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.</p> <ul style="list-style-type: none"> • decision-making/refusal skills • situation avoidance • goal setting • professional assistance (e.g., medical, counseling. Support groups) • parent involvement <p>10.2 Healthful Living Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>B. Analyze the relationship between health-related information and adolescent consumer choices.</p> <ul style="list-style-type: none"> • tobacco products • weight control products <p>10.4 Physical Activity</p>	<ul style="list-style-type: none"> • Opioids • Prescription drug abuse • Neurons • Short-term Effects • Long-term Effects • Endorphins • Overdose • Opium Poppy • Heroin • Fentanyl • Marijuana • Synthetics • Nicotine • Tobacco • Alcohol • Cocaine • DUI • UAD • Stimulants • Depressants • Hallucinogens • Inhalants • Peer-Pressure • Steroids • Withdraw • Rehabilitation 	<p>The students will be able to...</p> <ul style="list-style-type: none"> • Explain how drug or alcohol use can lead to dependence • Identify how medications can be dangerous and lead to addiction • Identify symptoms of withdraw • Describe how drugs impact several systems of the human body • List the available treatments for drug or alcohol dependence • Explain how anyone can become addicted to drugs or alcohol • Identifying the dangers of vaping

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	<p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • exercise (e.g., climate, altitude, location, temperature) • healthy fitness zone • individual fitness status (e.g., cardiorespiratory fitness, muscular endurance, muscular strength, flexibility) • drug/substance use/abuse <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Vaping 	

