

## 8<sup>th</sup> Grade Health Cycle Map/Outline

- Day 1      Class introduction – class syllabus  
              What is Health? (worksheet)  
              Sweat and body odor (worksheet)
- Day 2      Top 10 causes of death  
                  1900  
                  TODAY  
              Infectious and Noninfectious Diseases (worksheet)
- Day 3      Review Infectious/Noninfectious worksheet  
              Begin to fill out study sheet  
              Video: Food Poisoning
- Day 4      Diabetes (glucose insulin and diabetes)  
              Cancer (cancer/cancer and stem cells)  
              Heart Disease (heart disease and heart attack)  
              Khanacademy.org – worksheet
- Day 5      Review diabetes, cancer, heart disease  
              Cancer worksheet
- Day 6      Immune System (worksheet – in class)  
              Continue filling in study sheet  
              Communicable Disease “quiz” (not graded)
- Day 7      Tobacco  
              Video (In the Mix or I Can’t Breathe)
- Day 8      Alcohol  
              Drugs  
              (worksheets)
- Day 9      Allergies  
              Video: Allergies  
              Review Worksheet – in class
- Day 10     Test on diseases (25 points)  
              Introduction to Fitness unit (power point)

- Day 11      return tests  
Study Sheet  
Skeletal System (power point)
- Day 12      Muscular System (power point)  
Quiz next class
- Day 13      Quiz on skeletal and muscular system (20 points)  
Circulatory System (power point)  
Aerobic and Aerobic Exercise (power point)  
Quiz next class
- Day 14      Quiz on circulatory system (15 points)  
Continue with aerobic exercise (power point)  
Stress (power point)
- Day 15      return quizzes  
Conclude aerobics (power point)  
Heart Rates (power point)  
Finish study sheet  
Lab 1 (20 point homework assignment)
- Day 16      Lab 1 due  
Test on Fitness (25 points)  
Body Image – steroids and eating disorders  
Video
- Day 17      Return Test  
Nutrition Study Sheet  
Steroids (power point)  
Eating Disorders (power point)  
Video: Body Image and the Media  
Calories  
Worksheet: BMR/BMI (10 points)
- Day 18      BMR/BMI due  
Nutrition Inventory (worksheet and power point)  
Video: Diet and Weight
- Day 19      Nutrition, diet, nutrients (power point)

- Day 20 fiber, cholesterol (power point)  
% of calories from fat (power point and examples)  
Fat, Fat, Fat assignment (15 points)  
quiz next class
- Day 21 Fat, Fat, Fat due  
Quiz (15 points)  
Video: Super Size Me
- Day 22 Return quiz, Fat, Fat, Fat, and BMR/BMI  
Lab II (40 points) Use i-pads/laptops and internet.  
Test next class
- Day 23 Test on Nutrition (30 points)  
“Pre-test on human growth”- worksheet
- Day 24 Lab II is due  
Study sheet  
Power point introduction (includes Safe Haven)  
Reproduction vocabulary worksheet (32 points)  
Supplement material
- Day 25 Homework is due  
Teen pregnancy (power point)  
Video: Teen Parents  
Worksheets (10 points)
- Day 26 Dating violence and date rape (includes Erin’s Law)  
Sexually Transmitted Disease  
Test next class
- Day 27 Test on Human Growth  
Video: Super Size Me (conclusion)