

Course Overview: Health 8

Content Area: **Health and Physical Education**
Course(s): **8th Grade Health**
Time Period: **Marking Period 3**
Length: **9 Weeks**
Status: **Published**

Course Overview

Aligned to Standards:

2020 New Jersey Student Learning Standards for Comprehensive Health & Physical Education

Revision Date: 6/23/2025

In compliance with the NJ Student Learning Standards, climate change, career readiness, DEI (Diversity, Equity, & Inclusivity), as well as other standards have been integrated within the NBCRSD curricula (NJ Administrative Code Title 6A: chapter 8; Title 18A: chapter 35).

Course Overview

Sequence- Unit Titles, Summaries, and Number of weeks per unit (total = 18 semester/36 year)

Unit 1 - Social Health: In the Social Health Unit, students explore the importance of developing and maintaining positive relationships that support their overall well-being. The unit focuses on building strong communication skills, including verbal and nonverbal communication, active listening, and assertiveness. Students learn to identify the characteristics of healthy relationships—such as trust, respect, and honesty—while also recognizing signs of unhealthy interactions, including peer pressure, manipulation, and toxic behaviors. The unit emphasizes decision-making skills and strategies for resisting negative peer pressure, encouraging students to stay true to their values and make responsible social choices. Respect for others and inclusion are central themes, with a focus on embracing diversity, preventing bullying, and fostering a kind and supportive community. In addition, students examine the role of digital citizenship, learning how to navigate social media safely and respectfully. By the end of the unit, students develop skills in empathy, conflict resolution, and social responsibility, preparing them to contribute positively to both in-person and online environments (Unit Length: 2 weeks).

Unit 2 - Mental/Emotional Health: The Mental and Emotional Health Unit introduces students to the foundational concepts of mental well-being. Students learn to identify and manage their emotions, cope with stress in healthy ways, build resilience and self-esteem, and recognize when to seek help. Through class discussions, self-reflection, and skills practice, students develop self-awareness and emotional intelligence, enabling them to make positive decisions and build stronger, healthier relationships. This unit empowers students to understand that mental health is just as important as physical health and is a key component of lifelong wellness (Unit Length - 2 weeks).

Unit 3 - Growth and Development: The 8th grade health unit of Growth and Development helps students understand the physical, emotional, social, and cognitive changes that

occur during adolescence. Students explore the stages of human development, with a focus on puberty and the transition from childhood to adulthood. The unit covers how hormonal changes affect the body and emotions, promoting a healthy understanding of personal growth and body image. Students also examine the importance of personal hygiene, self-care, and responsible decision-making related to their changing bodies. Respect for oneself and others is a key theme, particularly when discussing topics like reproductive health, boundaries, consent, and the importance of making informed, respectful choices. By the end of the unit, students gain a well-rounded understanding of how to navigate adolescence with knowledge, confidence, and responsibility (Unit Length - 2 weeks).

Unit 4 - Tobacco, Alcohol, and Other Drugs: The 8th grade health unit on Tobacco, Alcohol, and Other Drugs educates students about the short- and long-term effects of substance use on the brain, body, and overall well-being. Students learn about the physical, emotional, and social consequences of using tobacco, alcohol, marijuana, vaping products, and other drugs. The unit emphasizes how these substances can impair judgment, increase health risks, and negatively impact academic and personal goals. Students explore the factors that influence substance use, such as peer pressure, media messaging, and stress. They also practice refusal skills and decision-making strategies to help them make informed, healthy choices in real-life situations. Legal consequences and addiction risks are addressed, along with the importance of accessing support from trusted adults and community resources. By the end of the unit, students will understand the dangers of substance use and feel empowered to make safe, responsible decisions that support a healthy lifestyle (Unit Length - 2 weeks).

[Reporting Student Progress](#) (link to NB's Assessment System)

All courses follow a balanced assessment system with Practice and Assessments. Each category includes formative, summative and alternative assessments.

[Accommodations and Modifications](#) (link to menu)

Integrated accommodations and modifications for special education students, English language learners, students at risk of school failure, gifted and talented students, and students with 504 plans.