



8th Grade Health Education



Miss Erin Carmody
Currently teaching 7th grade PE and Specials, 8th grade Health, & Connections

- ★ Running
- ★ Farmer's Market
- ★ Traveling
- ★ Water Skiing
- ★ Cooking/Baking
- ★ Reading
- ★ Photography
- ★ Spending time with Family & Friends

Class Information:

- Provide knowledge, skills, & attitude necessary to lead a healthy lifestyle
- Support making good choices to improve health, maintain fitness, and prevent diseases
- Class discussions, group work, role playing, and guest speakers

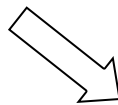
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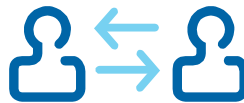
BOOKMARK IT

<http://bucspe.weebly.com>

Practice and reinforcement of concepts are important for learning. Homework will be given weekly.



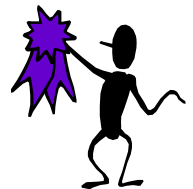
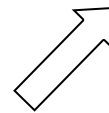
Grading



Students are encouraged to discuss and practice their health knowledge/skills.

**Grades will be updated weekly on Synergy*

Positive attitudes, personal accountability, and quality effort should be exhibited every day.



What is Health?



Goal Setting
Character
Seven Skills

Social and Emotional Health

Bullying
Communication
Friendships
Stress
Mental Health
Risk Taking



Nutrition and Physical

Nutrients
MyPlate
Dietary Guidelines
Food Labels
Physical Activity

Healthy and Responsible Relationships

HIV/AIDS
STD's
Relationships

High Risk Behaviors



Alcohol
Drugs
Refusal Skills
Tobacco

Health Topics