C.U.S.D. #1 – Physical Education Curriculum
CMS Health Profile

Grade Level: 8th **-revised 5.30.07**

By the end of eighth grade health, each student should be able to:

1.) **Define the four aspects of fitness and provide example for each**
Illinois State Goal – 20.A.3a

2.) **Design a complete workout for physical fitness**
Illinois State Goal – 20.B.3b

3.) **Identify and discuss lifestyle choices that promote health and minimize or eliminate the risk of irresponsible drug use**
Illinois State Goal – 24.B.3

4.) **Apply the responsible decision-making model when making choices about alcohol**
Illinois State Goal – 24.C.3

5.) **Identify the hazards of using tobacco**
Illinois State Goal – 23.B.3

6.) **Identify and describe functions of local health agencies that affect them**
Illinois State Goal – 22.A.d

7.) **Discuss dating and apply the criteria for responsible decision making to limit sexual involvement**
Illinois State Goal – 24.B.3

8.) **Apply refusal and negotiation skills to potentially harmful situations**
Illinois State Goal –24.C.3

9.) **Describe how diseases are spread via direct contact and indirect contact**
Illinois State Goal – 23.C.3

10.) **Perform one-person CPR**
Illinois State Goal –22.A.4c

Time Allocation: **45 Days**

Assessment: Teacher-made tests
Group work
Participation