

**8th Grade Health**

**1st six weeks**

**WEEK: August 14-16**

MONDAY	TUESDAY	WEDNESDAY 14th	THURSDAY 15th	FRIDAY 16th
TLW:	TLW:	TLW: Review policies and procedures, rules, and expectations.  Fill out "Get to Know Me" form.	TLW: Take Health pre-Test. Health & Wellness Skills Check	TLW: define health, wellness, and well-being; analyze how the physical, mental and emotional, and social dimensions of health are interrelated; and  Complete activity: Health Dimensions Examples

**8th Grade Health****1st six weeks****WEEK: August 19-23**

<b>MONDAY 19th</b>	<b>TUESDAY 20th</b>	<b>WEDNESDAY 21st</b>	<b>THURSDAY 22nd</b>	<b>FRIDAY 23rd</b>
<p>TLW: explain the status of health as it relates to a continuum.</p> <p>Formulate questions based on the following statement: "Various factors can lead to optimal health or illness."</p>	<p>TLW: explain the status of health as it relates to a continuum.</p> <p>Notes over Health Continuum</p>	<p>TLW: explain how risk and protective factors impact health</p> <p>Notes over risk and protective factors.</p> <p>Complete "Making Healthy Decisions" Activity</p>	<p>TLW: identify genetic factors</p> <p>Notes over genetic risk factors</p> <p>Complete "Reducing Genetic Risk Factors" worksheet.</p>	<p>TLW: describe the impact that behavioral choices and lifestyle have on health and wellness.</p> <p>Notes over behavioral risk factors</p> <p>Complete "Risk and Protective Factors worksheet</p>