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**Coal City Unit District #1**  
**Eighth Grade**  
**Health Curriculum**

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**HE.8:1**      **Students will identify the consequences of using tobacco products. (IL 21A, 24B, 24C)**

HE.8:1-1      Identify organs and tissues that are affected by the use of tobacco products.

HE.8:1-2      Identify addictive substances.

HE.8:1-3      Identify second hand smoke.

HE.8:1-4      List side effects from use of tobacco products.

**HE.8:2**      **Students will identify the consequences of using alcohol products. (IL 21A, 24B, 24C)**

HE.8:2-1      Identify laws on the use of alcohol.

HE.8:2-2      Identify effects of alcohol on body systems.

HE.8:2-3      Identify dangers of drunk driving.

HE.8:2-4      Identify refusal skills to underage drinking.

**HE.8:3**      **Students will demonstrate an understanding of illegal drugs and prescription medication. (IL 23A, 24B, 24C)**

HE.8:3-1      Identify illegal and prescription drugs.

HE.8:3-2      Identify effects of using drugs.

**HE.8:4**      **Students will demonstrate knowledge of mental, social and physical health. (IL 20A, 21A, 22A, 22B, 23C, 24A)**

HE.8:4-1      Identify a variety of mental, social and physical health terms.

HE.8:4-2      Identify health risks. (e.g. physical, mental, social)

HE.8:4-3      Identify positive and negative influences.

**HE.8:5 Students will demonstrate an understanding of the reproductive system, AIDS, human growth and development . (IL 22A, 23A, 23C)**

- HE.8:5-1 Identify a variety of vocabulary reproductive system words. (e.g. puberty, genes, adolescence)
- HE.8:5-2 Recognize male and female single cell reproductive cells.
- HE.8:5-3 Identify stages of development from conception through adolescence.
- HE.8:5-4 Identify male and female reproductive organs.
- HE.8:5-5 Identify medical personnel who specialize in the reproductive system.
- HE.8:5-6 Demonstrate basic knowledge of HIV and AIDS

**HE.8:6 Students will demonstrate an understanding of risk management. (IL 21A, 22A, 22B, 24A, 24B)**

- HE.8:6-1 Identify the steps of a goal setting plan.
- HE.8:6-2 Identify long and short term goals.
- HE.8:6-3 Identify refusal skills.
- HE.8:6-4 Identify conflict resolution skills.
- HE.8:6-5 Identify a variety of risk management vocabulary words.
- HE.8:6-6 Identify ways to handle stress.

**HE.8:7 Students will demonstrate an understanding of living a physically fit lifestyle. (IL 22A, 22B, 23A, 23B)**

- HE.8:7-1 Identify a variety of physically fit lifestyle vocabulary words.
- HE.8:7-2 Identify the parts of the circulatory system.
- HE.8:7-3 Identify skeletal muscle. (e.g. biceps, triceps, hamstrings)
- HE.8:7-4 Identify aerobic activities. (e.g. swimming, biking, roller blading)
- HE.8:7-5 Identify strength components.
- HE.8:7-6 Calculate target heart rate zone.
- HE.8:7-7 Demonstrate basic knowledge of heart disease, diabetes, and stroke.

**HE.8:8 Students will demonstrate an understanding of a healthy lifestyle. (IL 22A, 22B, 23A)**

- HE.8:8-1 Identify and demonstrate flexibility components.
- HE.8:8-2 Identify what is considered a nutritious diet.
- HE.8:8-3 Identify a healthy body composition.
- HE.8:8-4 Identify a variety of healthy lifestyle vocabulary words.
- HE.8:8-5 Identify organs in the digestive and excretory system.