Guitar 8 provides students an opportunity to explore the fundamentals of guitar performance, reading traditional notation, understanding the musical concepts of melody, harmony, rhythm, and form and to develop a deeper appreciation for all styles of music. Public musical performances vary by school.

Health

Health Education courses in Anne Arundel County Public Schools are focused on building health-literate individuals. All middle school students receive health instruction for a minimum of 22 days (one quarter) as part of the state-mandated comprehensive Skills-Based Health Education program. Course outcomes are developmentally appropriate and are based on health skills and concepts in the following areas:

- Mental and Emotional Health
- Alcohol, Tobacco and Other Drugs
- Personal and Consumer Health
- Family Life and Human Sexuality
- Safety and Injury Prevention
- Nutrition and Fitness
- Disease Prevention and Control

Skills-Based Health Education supports and promotes health-enhancing behaviors for all students. The health skills embedded in the units include analyzing influences, accessing information, interpersonal communication, decision making, goal setting, self-management, and advocacy.

Note: The family life and human sexuality unit, and HIV/AIDS prevention education were developed in accordance with the standards and procedures established in Maryland State Regulation 13A.04.18.01. Students may be excused from these units of the program upon written request from their parent or guardian. Appropriate alternate instruction will be provided.

| L26 | Health 6 |
In sixth grade, students are introduced to a variety of health topics to include an introduction to health and wellness, tobacco & nicotine products, medicine, consent & communication, sexual abuse & assault, safety & emergency preparedness, puberty & adolescence, reproduction, ovulation, menstruation & fertilization, HIV/AIDS, and skin cancer. Content is based on grade appropriate standards at each grade level.

| L27 | Health 7 |
In seventh grade, students build upon their foundational knowledge and skills of health concepts to explore new topics which include goal setting for personal wellness, conflict & conflict resolutions, effects of alcohol on the body & community, the effects of marijuana, cardiovascular disease, how to communicate consent, sexual abuse & assault, and building interpersonal communication skills during adolescence. Content is based on grade appropriate standards at each grade level.

| L28 | Health 8 |
In eighth grade, students advance their health knowledge and skills by building upon previous topics. Topics in eighth grade include applying strategies to increase one’s wellness, depression & suicide, prescription & over the counter medicines, consent, sexual abuse & sexual assault, healthy vs. unhealthy relationships, contraceptives & abstinence, teen pregnancy, HIV/AIDS, and STIs. Content is based on grade appropriate standards at each grade level.