

## Comprehensive Health - Injury Prevention Grades 6-8

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<b>Unit One: Risks and Consequences</b> Activity 1	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.  3-3-b Demonstrate individual responsibility in health-related decisions/ choices.		
Activity 2	1-1-c Analyze how appropriate and inappropriate health practices affect self and family.  1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.  1-3-b Analyze health care requirements and policies which affect safety and well-being.  3-3-b Demonstrate individual responsibility in health-related decisions/ choices.		
Activity 3	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.  1-3-b Analyze health care requirements and policies which affect safety and well-being.		
<b>Unit Two: Safety Hazards in the Home</b> Activity 1	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.  5-1-b Analyze information/data to support or refute the cause/effect of various health issues.  5-2-a Examine and adopt/adapt various plans designed to address community health issues.		
Activity 2	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.		
Activity 3	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.  1-3-2 Analyze health care requirements and policies which affect safety and well-being.		4-1-b Present oral information in a logical and coherent manner.

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 3 (Cont.)	<p>2-3-a Analyze various personal situations to determine when professional health services are necessary.</p> <p>5-2-a Examine and adopt/adapt various plans designed to address community health issues.</p> <p>5-2-b Determine resources needed to implement community and environmental health plans/ strategies.</p>		
Activity 4	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.</p> <p>3-1-c Analyze personal practices which promotee lifelong health and well-being.</p> <p>5-2-a Examine and adopt/adapt various plans designed to address community health issues.</p> <p>5-3-b Choose and model health advocacy strategies for families, schools, and communities.</p>		
<b>Unit Three: Safety in the Great Outdoors</b> Activity 1	<p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.</p> <p>4-2-c Use relevant and appropriate terminology when discussing health issues.</p>		
Activity 2	<p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.</p>		
Activity 3	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.</p> <p>2-3-c Describe the effects of following or rejecting prescribed/ recommended treatment.</p>		

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Activity 3 (Cont.)	3-1-a Distinguish short and ong-term consequences of risky and harmful behaviors (sic).		
Activity 4	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.		
Activity 5	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.  3-1-a Distinguish short and ong-term consequences of risky and harmful behaviors (sic).		
Activity 6	1-1-c Analyze how appropriate and inappropriate health practices affect self and family.  1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.  1-3-b Analyze health care requirements and policies which affect safety and well-being.  3-1-a Distinguish short and ong-term consequences of risky and harmful behaviors (sic).  3-3-a Describe how personal choices can impact (sic) long-range health.  3-3-b Demonstrate individual responsibility in health-related decisions/ choices.  4-1-b Choose appropriate communication techniques when interacting with family, peers, and community.  5-2-a Examine and adopt/adapt various plans designed to address community health issues.		2-1-a Apply appropriate conventions of language in written work.  2-2-a Determine and use the appropriate organization based on the established writing purpose and intended audience.  2-4-a Write to clarify what is known about various topics.  4-1-b Present oral information in a logical and coherent manner.
<b>Unit Four: Safety in Sports</b>			
Activity 1	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.		
Activity 2	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.		

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Activity 2 (Cont.)	3-1-c Analyze personal practices which promote lifelong health and well-being.		
Activity 3	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.		4-1-b Present oral information in a logical and coherent manner.
Activity 4	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.  3-3-b Demonstrate individual responsibility in health-related decisions/ choices.  3-3-c Model an age-appropriate healthy lifestyle.  4-1-b Choose appropriate communication techniques when interacting with family, peers, and community.  4-1-c Model effective interpersonal communication skills.  5-3-b Choose and model health advocacy strategies for families, schools, and communities.		4-1-a Investigate the purpose of oral presentations to determine the organization.  4-1-b Present oral information in a logical and coherent manner.  4-2-b Determine the purpose of oral presentations when deciding appropriate language.  4-3-a Determine the relationship between non-verbal communication and audience engagement.  4-3-b Use auxiliary resources to enhance oral presentations, e.g., visual aids, special effects.

<b>Unit Five: No Thanks, I'll Walk</b> Activity 1	3-3-b Demonstrate individual responsibility in health-related decisions/ choices.  4-1-b Choose appropriate communication techniques when interacting with family, peers, and community.  4-3-c Demonstrate communication skills used to avoid potentially harmful situations.		
Activity 2	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.  1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.  3-3-b Demonstrate individual responsibility in health-related decisions/ choices.  4-2-a Demonstrate healthy ways to express needs, wants, and feelings.		

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 2 (Cont.)	4-3-c Demonstrate communication skills used to avoid potentially harmful situations.		
Activity 3	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.</p> <p>3-3-b Demonstrate individual responsibility in health-related decisions/ choices.</p> <p>4-1-b Choose appropriate communication techniques when interacting with family, peers, and community.</p> <p>4-1-c Model effective interpersonal communication skills.</p> <p>4-2-a Demonstrate healthy ways to express needs, wants, and feelings.</p> <p>4-3-c Demonstrate communication skills used to avoid potentially harmful situations.</p> <p>5-3-a Investigate methods used to influence others in making healthy choices.</p>		4-1-b Present oral information in a logical and coherent manner.
Activity 4	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.</p> <p>3-3-b Demonstrate individual responsibility in health-related decisions/ choices.</p> <p>3-3-c Model an age-appropriate healthy lifestyle.</p> <p>4-1-b Choose appropriate communication techniques when interacting with family, peers, and community.</p> <p>4-1-c Model effective interpersonal communication skills.</p> <p>4-2-1 Demonstrate healthy ways to express needs, wants, and feelings.</p>		<p>4-2-b Determine the purpose of oral presentations when deciding appropriate language.</p> <p>4-3-a Determine the relationship between non-verbal communication and audience engagement.</p> <p>4-3-b Use axiliary resources to enhance oral presentations, e.g., visual aids, special effects.</p>

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 4 (Cont.)	<p>4-3-c Demonstrate communication skills used to avoid potentially harmful situations.</p> <p>5-3-a Investigate methods used to influence others in making healthy choices.</p>		
Activity 5	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.</p> <p>3-3-b Demonstrate individual responsibility in health-related decisions/ choices.</p> <p>5-2-a Examine and adopt/adapt various plans designed to address community health issues.</p> <p>5-3-b Choose and model health advocacy strategies for families, schools, and communities.</p>		
<b>Unit Six: Health Care Decision</b>			
Activity 1	2-3-a Analyze various personal situations to determine when professional health services are necessary.		
Activity 2	2-3-a Analyze various personal situations to determine when professional health services are necessary.		
<b>Unit Seven: When Something Happens</b>			
Activity 1	<p>2-3-a Analyze various personal situations to determine when professional health services are necessary.</p> <p>2-3-b Describe options for contacting/obtaining health services.</p> <p>4-2-c Use relevant and appropriate terminology when discussing health issues.</p>		
Activity 2	2-3-b Describe options for contacting/obtaining health services.		

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 2 (Cont.)	4-1-b Choose appropriate communication techniques when interacting with family, peers, and community.		
Activity 3	3-3-b Demonstrate individual responsibility in health-related decisions/ choices.  4-1-b Choose appropriate communication techniques when interacting with family, peers, and community.  4-1-c Model effective interpersonal communication skills.		4-1-b Present oral information in a logical and coherent manner.  4-1-c Use input from others to determine the effectiveness of personal communication.  4-2-b Determine the purpose of oral presentations when deciding appropriate language.
Activity 4	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.		