

Know Your Body - Grade 6

Lesson	Health Benchmarks	Language Arts Benchmarks
<p><u>Module 1: Skill Builders</u></p> <p><u>Lesson 1: Self-esteem</u></p>		<p>Use various listening techniques in problem-solving and decision-making situations. 3:1:b</p>
<p><u>Lesson 2: Decision Making</u></p>	<p>Analyze how social pressures can influence participation in risk-taking behaviors. 3:1:b</p> <p>Explore personal health and well-being on a regular basis. 3:2:a</p> <p>Describe how personal choices can impact (<i>sic</i>) long-range health. 3:3:a</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p>	<p>Use various listening techniques in problem-solving and decision-making situations. 3:1:b</p> <p>Use recognized conventions/mechanics of language in personal communication. 4:2:c</p>
<p><u>Lesson 3: Effective Communications</u></p>	<p>Model effective interpersonal communication skills. 4:1:c</p> <p>Demonstrate communication skills used to avoid potentially harmful situations. 4:3:c</p>	<p>Determine the effect of non-verbal cues on interpersonal communication. 3:1:c</p> <p>Determine the relationship between non-verbal communication and audience engagement. 4:3:a</p>
<p><u>Lesson 4: Goal Setting</u></p>	<p>Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>). 3:1:a</p> <p>Analyze personal practices which promote lifelong health and well-being. 3:1:c</p> <p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p>	<p>Apply appropriate conventions of language in written work. 2:1:a</p> <p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p>Revise and edit written work using appropriate conventions of language. 2:1:c</p>

		Determine and use the appropriate organization based on the established writing purpose and intended audience. 2:2:a
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Lesson	Health Benchmarks	Language Arts Benchmarks
<p><u>Lesson 5: Stress Management</u></p>	<p>Analyze personal practices which promote lifelong health and well-being. 3:1:c</p> <p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p>	<p>Apply appropriate conventions of language in written work. 2:1:a</p> <p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p>Revise and edit written work using appropriate conventions of language. 2:1:c</p> <p>Determine and use the appropriate organization based on the established writing purpose and intended audience. 2:2:a</p>

Module 2: Body Fuel		
<p><u>Lesson 1: Nutrition Myth - Information</u></p>	<p>Analyze how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Explain how health is influenced by the interaction of body systems. 1:2:a</p> <p>Analyze the media impact on personal and family health decisions and practices. 2:1:b</p> <p>Analyze personal practices which promote lifelong health and well-being. 3:1:c</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p> <p>Model an age-appropriate healthy lifestyle. 3:3:c</p>	<p>Investigate the purpose of oral presentations to determine the organization. 4:1:a</p>

Lesson 2: Fat Facts

Analyze how appropriate and inappropriate health practices affect self and family. 1:1:c

Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text. 1:1:a

Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 2: (Cont')</u>	<p>Explain how health is influenced by the interaction of body systems. 1:2:a</p> <p>Model an age-appropriate healthy lifestyle. 3:3:c</p>	<p>Use prior knowledge and experience to interpret and construct meaning from various texts. 1:1:c</p> <p>Collect and summarize information to make reasonable and informed decisions. 1:4:c</p>
<u>Lesson 3: Vitamins and Minerals: What You Need to Know</u>	<p>Analyze how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Explain how health is influenced by the interaction of body systems. 1:2:a</p> <p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p> <p>Model an age-appropriate healthy lifestyle. 3:3:c</p>	<p>Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text. 1:1:a</p> <p>Use prior knowledge and experience to interpret and construct meaning from various texts. 1:1:c</p> <p>Collect and summarize information to make reasonable and informed decisions. 1:4:c</p> <p>Present oral information in a logical and coherent manner. 4:1:b</p> <p>Define characteristics of the audience when deciding appropriate language. 4:2:a</p> <p>Determine the purpose of oral presentations when deciding appropriate language. 4:2:b</p> <p>Use auxiliary resources to enhance oral presentations, e.g., visual aids, special effects. 4:3:c</p>
<u>Lesson 4: Snacker's Choice</u>	<p>Analyze how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Explain how health is influenced by the interaction of body systems. 1:2:a</p>	<p>Use specific questioning strategies to comprehend oral/visual information. 3:3:b</p>

Model an age-appropriate healthy lifestyle.
3:3:c

Lesson	Health Benchmarks	Language Arts Benchmarks
<p data-bbox="96 155 447 188"><u>Module 3: A Changing You</u></p> <p data-bbox="121 245 434 277"><u>Lesson 1: Gender Roles</u></p>	<p data-bbox="472 245 989 342">Model appropriate ways to express feelings in a variety of age-appropriate situations. 1:1:a</p> <p data-bbox="472 375 978 440">Analyze personal practices which promote lifelong health and well-being. 3:1:c</p>	<p data-bbox="1010 245 1514 342">Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text. 1:1:a</p> <p data-bbox="1010 375 1545 472">Use prior knowledge and experience to interpret and construct meaning from various texts. 1:1:c</p> <p data-bbox="1010 505 1524 570">Collect and summarize information to make reasonable and informed decisions. 1:4:c</p> <p data-bbox="1010 618 1566 683">Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p data-bbox="1010 716 1545 813">Determine and use the appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p data-bbox="1010 862 1524 959">Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p> <p data-bbox="1010 992 1556 1057">Use various listening techniques in problem-solving and decision-making situations. 3:1:b</p> <p data-bbox="1010 1105 1514 1170">Determine the effect of non-verbal cues on interpersonal communication. 3:1:c</p> <p data-bbox="1010 1203 1535 1268">Determine the purpose of oral presentations when deciding appropriate language. 4:2:b</p>
<p data-bbox="121 1317 453 1349"><u>Lesson 2: I Feel Stranger!</u></p>	<p data-bbox="472 1317 936 1382">Explain how health is influenced by the interaction of body systems. 1:2:a</p>	<p data-bbox="1010 1317 1566 1382">Use expressive vocabulary and correct spelling in written work. 2:1:b</p>

Analyze personal practices which promote lifelong health and well-being. 3:1:c

Determine and use the appropriate organization based on the established writing purpose and intended audience. 2:2:a

Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 2: (Cont')</u>		<p>Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p> <p>Present oral information in a logical and coherent manner. 4:1:b</p>
<u>Lesson 3: Personal Grooming</u>	<p>Explain how health is influenced by the interaction of body systems. 1:2:a</p> <p>Analyze personal practices which promote lifelong health and well-being. 3:1:c</p>	<p>Determine and use the appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p>Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p>
<u>Lesson 4: Developing Differently</u>	<p>Explain how health is influenced by the interaction of body systems. 1:2:a</p> <p>Analyze personal practices which promote lifelong health and well-being. 3:1:c</p>	<p>Determine and use the appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p>Determine the purpose of oral presentations when deciding appropriate language. 4:2:b</p>
<u>Module 4: Safety Smart</u> <u>Lesson 1: Injuries Just Happen...Right?</u>	<p>Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b</p> <p>Examine ways to avoid, minimize, or cope with adolescent health problems. 1:2:c</p> <p>Analyze various personal situations to determine when professional health services are necessary. 2:3:a</p> <p>Analyze how social pressures can influence participation in risk-taking behaviors. 3:1:b</p> <p>Describe how personal choices can impact (sic) long-range health. 3:3:a</p>	<p>Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text. 1:1:a</p> <p>Determine when a specific cue or strategy can be used most effectively to read for comprehension. 1:1:b</p> <p>Use prior knowledge and experience to interpret and construct meaning from various texts. 1:1:c</p> <p>Apply appropriate conventions of language in written work. 2:1:a</p> <p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p>

Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 1: (Cont')</u>	Demonstrate individual responsibility in health-related decisions/choices. 3:3:b	Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b Write to clarify what is known about various topics. 2:4:a
<u>Lesson 2: A Breathtaking Rescue!</u>	Analyze various personal situations to determine when professional health services are necessary. 2:3:a Describe how personal choices can impact (<i>sic</i>) long-range health. 3:3:a Demonstrate individual responsibility in health-related decisions/choices. 3:3:b	Apply appropriate conventions of language in written work. 2:1:a Use expressive vocabulary and correct spelling in written work. 2:1:b
<u>Lesson 3: Playing It Safe</u>	Analyze various personal situations to determine when professional health services are necessary. 2:3:a Analyze how social pressures can influence participation in risk-taking behaviors. 3:1:b Describe how personal choices can impact (<i>sic</i>) long-range health. 3:3:a Demonstrate individual responsibility in health-related decisions/choices. 3:3:b	Apply appropriate conventions of language in written work. 2:1:a Use expressive vocabulary and correct spelling in written work. 2:1:b Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b Write to clarify what is known about various topics. 2:4:a
<u>Lesson 4: First Aid - What Is IT?</u>	Analyze various personal situations to determine when professional health services are necessary. 2:3:a Describe how personal choices can impact (<i>sic</i>) long-range health. 3:3:a	Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text. 1:1:a Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b

	Demonstrate individual responsibility in health-related decisions/choices. 3:3:b	
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Lesson	Health Benchmarks	Language Arts Benchmarks
<p data-bbox="96 155 420 186"><u>Module 5: Fitness Is Fun</u></p> <p data-bbox="96 243 388 316"><u>Lesson 1: Assessing Fitness Levels</u></p>	<p data-bbox="472 243 1010 316">Analyze how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p data-bbox="472 373 1010 446">Analyze personal practices which promote lifelong health and well-being. 3:1:c</p> <p data-bbox="472 503 1010 576">Explore personal health and well-being on a regular basis. 3:2:a</p> <p data-bbox="472 657 1010 730">Describe how personal choices can impact (<i>sic</i>) long-range health. 3:3:a</p> <p data-bbox="472 787 1010 860">Model an age-appropriate healthy lifestyle. 3:3:c</p>	<p data-bbox="1010 243 1570 316">Apply appropriate conventions of language in written work. 2:1:a</p> <p data-bbox="1010 373 1570 446">Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p data-bbox="1010 503 1570 609">Determine and use the appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p data-bbox="1010 657 1570 763">Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p> <p data-bbox="1010 787 1570 852">Write to synthesize, interpret, and use new information. 2:4:b</p> <p data-bbox="1010 876 1570 974">Use examples from print and electronic sources to support personal interpretations. 2:4:c</p> <p data-bbox="1010 998 1570 1063">Present oral information in a logical and coherent manner. 4:1:b</p> <p data-bbox="1010 1088 1570 1153">Determine the purpose of oral presentations when deciding appropriate language. 4:2:b</p>
<p data-bbox="96 1201 451 1274"><u>Lesson 2: Different Kinds of Physical Activity</u></p>	<p data-bbox="472 1201 1010 1274">Analyze how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p data-bbox="472 1356 1010 1429">Analyze personal practices which promote lifelong health and well-being. 3:1:c</p>	<p data-bbox="1010 1201 1570 1274">Apply appropriate conventions of language in written work. 2:1:a</p> <p data-bbox="1010 1356 1570 1429">Use expressive vocabulary and correct spelling in written work. 2:1:b</p>

Explore personal health and well-being on a regular basis. 3:2:a

Determine and use the appropriate organization based on the established writing purpose and intended audience. 2:2:a

Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 2: (Cont')</u>	<p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p> <p>Describe how personal choices can impact (<i>sic</i>) long-range health. 3:3:a</p> <p>Model an age-appropriate healthy lifestyle. 3:3:c</p>	<p>Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p> <p>Write to synthesize, interpret, and use new information. 2:4:b</p> <p>Determine how presentation design can affect the interpretation of oral/visual information, e.g., layout, color, sequence, sound effects. 3:2:c</p>
<u>Lesson 3: Energy Balance</u>	<p>Describe how personal choices can impact (<i>sic</i>) long-range health. 3:3:a</p>	<p>Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p> <p>Use input from others to determine the effectiveness of personal communication. 4:1:c</p>
<u>Lesson 4: Within You and Without You</u>	<p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p> <p>Describe how personal choices can impact (<i>sic</i>) long-range health. 3:3:a</p>	<p>Use examples from print and electronic sources to support personal interpretations. 2:4:c</p>
<u>Module 6: I Can Choose</u>		
<u>Lesson 1: How Drugs Affect You</u>	<p>Analyze how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>). 3:1:a</p> <p>Analyze personal practices which promote lifelong health and well-being. 3:1:c</p>	<p>Use various listening techniques in problem-solving and decision-making situations. 3:1:b</p>

	Analyze personal health progress and adjust behaviors as needed. 3:2:c	
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Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 1: (Cont')</u>	Demonstrate individual responsibility in health-related decisions/choices. 3:3:b	
<u>Lesson 2: All About Alcohol</u>	<p>Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>). 3:1:a</p> <p>Analyze personal practices which promote lifelong health and well-being. 3:1:c</p> <p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p>	<p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p>Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p>
<u>Lesson 3: Standing Up to Peer Influence</u>	<p>Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>). 3:1:a</p> <p>Analyze personal practices which promote lifelong health and well-being. 3:1:c</p> <p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p>	<p>Use various listening techniques in problem-solving and decision-making situations. 3:1:b</p> <p>Use specific questioning strategies to comprehend oral/visual information. 3:3:b</p> <p>Use input from others to determine the effectiveness of personal communication. 4:1:c</p>
<u>Lesson 4: Making the Pledge</u>	<p>Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>). 3:1:a</p> <p>Analyze personal practices which promote lifelong health and well-being. 3:1:c</p>	<p>Apply appropriate conventions of language in written work. 2:1:a</p> <p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p>

Analyze personal health progress and adjust behaviors as needed. 3:2:c

Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b

Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 4: (Cont')</u>	Demonstrate individual responsibility in health-related decisions/choices. 3:3:b	
<p><u>Module 7: Conflict Resolution/ Violence Prevention</u></p> <p><u>Lesson 1: Tolerance for Others</u></p>	<p>Demonstrate communication skills that build and maintain healthy relationships. 4:1:a</p> <p>Model effective interpersonal communication skills. 4:1:c</p> <p>Analyze the positive and negative aspects of conflict in everyday situations. 4:3:a</p> <p>Demonstrate effective conflict resolution strategies. 4:3:b</p> <p>Demonstrate communication skills used to avoid potentially harmful situations. 4:3:c</p>	<p>Apply appropriate conventions of language in written work. 2:1:a</p> <p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p>Determine and use the appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p>Select and use the writing format required for a specific type of publication. 2:2:c</p> <p>Use various listening techniques in problem-solving and decision-making situations. 3:1:b</p> <p>Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television. 3:2:a</p> <p>Analyze and assess oral/visual information for usefulness. 3:3:a</p>
<u>Lesson 2: Understanding Other Points of View</u>	<p>Demonstrate communication skills that build and maintain healthy relationships. 4:1:a</p> <p>Model effective interpersonal communication skills. 4:1:c</p>	<p>Apply appropriate conventions of language in written work. 2:1:a</p> <p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p>

Determine behaviors/situations which create bridges and barriers to effective communication. 4:2:b

Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b

Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 2: (Cont')</u>	<p>Analyze the positive and negative aspects of conflict in everyday situations. 4:3:a</p> <p>Demonstrate effective conflict resolution strategies. 4:3:b</p> <p>Demonstrate communication skills used to avoid potentially harmful situations. 4:3:c</p>	<p>Use specific questioning strategies to comprehend oral/visual information. 3:3:b</p>
<u>Lesson 3: Finding Solutions - The Conflict Resolution Process</u>	<p>Demonstrate communication skills that build and maintain healthy relationships. 4:1:a</p> <p>Model effective interpersonal communication skills. 4:1:c</p> <p>Determine behaviors/situations which create bridges and barriers to effective communication. 4:2:b</p> <p>Analyze the positive and negative aspects of conflict in everyday situations. 4:3:a</p> <p>Demonstrate effective conflict resolution strategies. 4:3:b</p> <p>Demonstrate communication skills used to avoid potentially harmful situations. 4:3:c</p>	<p>Determine specific cognitive and physical barriers to effective listening and viewing. 3:1:a</p> <p>Use various listening techniques in problem-solving and decision-making situations. 3:1:b</p> <p>Determine the effect of non-verbal cues on interpersonal communication. 3:1:c</p>
<u>Lesson 4: Viewing TV Violence</u>	<p>Demonstrate communication skills that build and maintain healthy relationships. 4:1:a</p> <p>Model effective interpersonal communication skills. 4:1:c</p> <p>Analyze the positive and negative aspects of conflict in everyday situations. 4:3:a</p>	<p>Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p> <p>Select and use the writing format required for a specific type of publication. 2:2:c</p> <p>Write to synthesize, interpret, and use new information. 2:4:b</p>

Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 4: (Cont')</u>	<p>Demonstrate effective conflict resolution strategies. 4:3:b</p> <p>Demonstrate communication skills used to avoid potentially harmful situations. 4:3:c</p>	<p>Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television. 3:2:a</p> <p>Determine methods of assessing the validity and accuracy of various types of oral and visual information. 3:2:b</p>

<u>Module 8: A Healthy Smile</u>		
<u>Lesson 1: Daily Oral Care</u>	<p>Explain how health is influenced by the interaction of body systems. 1:2:a</p> <p>Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b</p> <p>Explore personal health and well-being on a regular basis. 3:2:a</p> <p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p>	<p>Use prior knowledge and experience to interpret and construct meaning from various texts. 1:1:c</p> <p>Collect and summarize information to make reasonable and informed decisions. 1:4:c</p> <p>Apply appropriate conventions of language in written work. 2:1:a</p> <p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p>Revise and edit written work using appropriate conventions of language. 2:1:c</p> <p>Determine and use the appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p>Select and use the writing format required for a specific type of publication. 2:2:c</p> <p>Use specific questioning strategies to comprehend oral/visual information. 3:3:b</p> <p>Investigate the purpose of oral presentations to determine the organization. 4:1:a</p>

Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 1: (Cont')</u>		Present oral information in a logical and coherent manner. 4:1:b
<u>Lesson 2: Diety and Tooth Decay</u>	<p>Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b</p> <p>Determine how medical research influences health care and disease prevention. 1:3:a</p>	<p>Apply appropriate conventions of language in written work. 2:1:a</p> <p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p>Determine and use the appropriate organization based on the established writing purpose and intended audience. 2:2:a</p>
<u>Lesson 3: Personal Research</u>	<p>Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b</p> <p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p>	<p>Write to synthesize, interpret, and use new information. 2:4:b</p> <p>Present oral information in a logical and coherent manner. 4:1:b</p>
<u>Lesson 4: Advertising Tooth Care Products</u>	<p>Determine how medical research influences health care and disease prevention. 1:3:a</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p> <p>Demonstrate healthy ways to express needs, wants, and feelings. 4:2:a</p>	<p>Apply appropriate conventions of language in written work. 2:1:a</p> <p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p>Select and use the writing format required for a specific type of publication. 2:2:c</p>

Use relevant and appropriate terminology when discussing health issues. 4:2:c

Use input from others to determine the effectiveness of personal communication. 4:1:c

Lesson	Health Benchmarks	Language Arts Benchmarks
<p><u>Module 9: Ounce of Prevention</u></p> <p><u>Lesson 1: Promoting Health/Preventing Illness</u></p>	<p>Explain how health is influenced by the interaction of body systems. 1:2:a</p> <p>Analyze personal practices which promote lifelong health and well-being. 3:1:c</p> <p>Compare different health plans for achieving and maintaining good health. 3:2:b</p> <p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p>	<p>Use input from others to determine the effectiveness of personal communication. 4:1:c</p>
<p><u>Lesson 2: Avoiding Risk-taking Behavior</u></p>	<p>Explain how health is influenced by the interaction of body systems. 1:2:a</p> <p>Analyze personal practices which promote lifelong health and well-being. 3:1:c</p> <p>Compare different health plans for achieving and maintaining good health. 3:2:b</p> <p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p>	<p>Select and use the writing format required for a specific type of publication. 2:2:c</p> <p>Determine how presentation design can affect the interpretation of oral/visual information, e.g., layout, color, sequence, sound effects. 3:2:c</p>
<p><u>Lesson 3: Sun Safety</u></p>	<p>Explain how health is influenced by the interaction of body systems. 1:2:a</p>	<p>Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p>

Analyze personal practices which promote lifelong health and well-being. 3:1:c

Determine the purpose of oral presentations when deciding appropriate language. 4:2:b

Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 3: (Cont')</u>	<p>Compare different health plans for achieving and maintaining good health. 3:2:b</p> <p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p>	
<u>Lesson 4: Understanding Asthma</u>	<p>Explain how health is influenced by the interaction of body systems. 1:2:a</p> <p>Analyze personal practices which promote lifelong health and well-being. 3:1:c</p> <p>Compare different health plans for achieving and maintaining good health. 3:2:b</p> <p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p> <p>Investigate methods used to influence others in making healthy choices. 5:3:a</p>	
<u>Module 10: Consumer Wise</u>		
<u>Lesson 1: Where Can You Go for Health Information?</u>	<p>Analyze health care requirements and policies which affect safety and well-being. 1:3:b</p> <p>Analyze the media impact on personal and family health decisions and practices. 2:1:b</p> <p>Investigate the availability of health products and services at the local, state, and regional levels. 2:2:c</p>	<p>Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text. 1:1:a</p> <p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p>Write to synthesize, interpret, and use new information. 2:4:b</p>

Lesson	Health Benchmarks	Language Arts Benchmarks
<p><u>Lesson 1: (Cont')</u></p>	<p>Analyze various personal situations to determine when professional health services are necessary. 2:3:a</p> <p>Use relevant and appropriate terminology when discussing health issues. 4:2:c</p> <p>Demonstrate communication skills used to avoid potentially harmful situations. 4:3:c</p> <p>Analyze information/data to support or refute the cause/effect of various health issues. 5:1:b</p>	<p>Use examples from print and electronic sources to support personal interpretations. 2:4:c</p> <p>Use specific questioning strategies to comprehend oral/visual information. 3:3:b</p>
<p><u>Lesson 2: Advertising Techniques</u></p>	<p>Analyze health care requirements and policies which affect safety and well-being. 1:3:b</p> <p>Analyze the media impact on personal and family health decisions and practices. 2:1:b</p> <p>Investigate the availability of health products and services at the local, state, and regional levels. 2:2:c</p> <p>Analyze various personal situations to determine when professional health services are necessary. 2:3:a</p> <p>Use relevant and appropriate terminology when discussing health issues. 4:2:c</p> <p>Demonstrate communication skills used to avoid potentially harmful situations. 4:3:c</p> <p>Analyze information/data to support or refute the cause/effect of various health issues. 5:1:b</p>	<p>Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text. 1:1:a</p> <p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p>Write to synthesize, interpret, and use new information. 2:4:b</p> <p>Use examples from print and electronic sources to support personal interpretations. 2:4:c</p> <p>Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television. 3:2:a</p> <p>Use specific questioning strategies to comprehend oral/visual information. 3:3:b</p>

Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 2: (Cont')</u>	Investigate the impact of past health plans/strategies on current populations/environments. 5:2:c	
<u>Lesson 3: Health Rip-Offs</u>	<p>Analyze health care requirements and policies which affect safety and well-being. 1:3:b</p> <p>Analyze the media impact on personal and family health decisions and practices. 2:1:b</p> <p>Investigate the availability of health products and services at the local, state, and regional levels. 2:2:c</p> <p>Analyze various personal situations to determine when professional health services are necessary. 2:3:a</p> <p>Use relevant and appropriate terminology when discussing health issues. 4:2:c</p> <p>Demonstrate communication skills used to avoid potentially harmful situations. 4:3:c</p> <p>Analyze information/data to support or refute the cause/effect of various health issues. 5:1:b</p> <p>Investigate the impact of past health plans/strategies on current populations/environments. 5:2:c</p>	<p>Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text. 1:1:a</p> <p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p>Select and use the writing format required for a specific type of publication. 2:2:c</p> <p>Write to synthesize, interpret, and use new information. 2:4:b</p> <p>Use examples from print and electronic sources to support personal interpretations. 2:4:c</p> <p>Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television. 3:2:a</p> <p>Use specific questioning strategies to comprehend oral/visual information. 3:3:b</p>
<u>Lesson 4: Spending Your Money Wisely</u>	Analyze health care requirements and policies which affect safety and well-being. 1:3:b	Use expressive vocabulary and correct spelling in written work. 2:1:b

Analyze the media impact on personal and family health decisions and practices. 2:1:b

Write to clarify what is known about various topics. 2:4:a

Lesson	Health Benchmarks	Language Arts Benchmarks
<p><u>Lesson 4: (Cont')</u></p>	<p>Investigate the availability of health products and services at the local, state, and regional levels. 2:2:c</p> <p>Analyze various personal situations to determine when professional health services are necessary. 2:3:a</p> <p>Compare different health plans for achieving and maintaining good health. 3:2:b</p> <p>Use relevant and appropriate terminology when discussing health issues. 4:2:c</p> <p>Demonstrate communication skills used to avoid potentially harmful situations. 4:3:c</p> <p>Analyze information/data to support or refute the cause/effect of various health issues. 5:1:b</p>	
<p><u>Module 11: The Environment and You</u></p> <p><u>Lesson 1: Save Our Ecosystem</u></p>	<p>Describe the influence of cultural beliefs on health behaviors and practices. 2:1:a</p> <p>Explore personal health and well-being on a regular basis. 3:2:a</p> <p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p> <p>Describe how personal choices can impact (sic) long-range health. 3:3:a</p>	<p>Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text. 1:1:a</p> <p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p>Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p> <p>Select and use the writing format required for a specific type of publication. 2:2:c</p>

Demonstrate individual responsibility in health-related decisions/choices. 3:3:b

Write to synthesize, interpret, and use new information. 2:4:b

Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 2; (Cont')</u>	<p>Demonstrate healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Use relevant and appropriate terminology when discussing health issues. 4:2:c</p> <p>Describe and rank (<i>sic</i>) community and environmental health issues. 5:1:a</p> <p>Describe how medical advances affect the community and environment. 5:1:c</p> <p>Investigate methods used to influence others in making healthy choices. 5:3:a</p>	<p>Use examples from print and electronic sources to support personal interpretations. 2:4:c</p>
<u>Lesson 2: Green Shopping</u>	<p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p> <p>Demonstrate healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Use relevant and appropriate terminology when discussing health issues. 4:2:c</p> <p>Describe and rank (<i>sic</i>) community and environmental health issues. 5:1:a</p> <p>Describe how medical advances affect the community and environment. 5:1:c</p> <p>Investigate methods used to influence others in making healthy choices. 5:3:a</p>	<p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p>Select and use the writing format required for a specific type of publication. 2:2:c</p> <p>Use specific questioning strategies to comprehend oral/visual information. 3:3:b</p>
<u>Lesson 3: Help Slow Global Warming</u>	<p>Determine how medical research influences health care and disease prevention. 1:3:a</p>	

	Analyze personal health progress and adjust behaviors as needed. 3:2:c	
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Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 3: (Cont')</u>	<p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p> <p>Demonstrate healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Use relevant and appropriate terminology when discussing health issues. 4:2:c</p> <p>Describe and rank (<i>sic</i>) community and environmental health issues. 5:1:a</p> <p>Describe how medical advances affect the community and environment. 5:1:c</p> <p>Investigate methods used to influence others in making healthy choices. 5:3:a</p>	
<u>Lesson 4: Environmental Protection Groups</u>	<p>Analyze health care requirements and policies which affect safety and well-being. 1:3:b</p> <p>Analyze personal health progress and adjust behaviors as needed. 3:2:c</p> <p>Demonstrate individual responsibility in health-related decisions/choices. 3:3:b</p> <p>Demonstrate healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Use relevant and appropriate terminology when discussing health issues. 4:2:c</p>	<p>Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text. 1:1:a</p> <p>Use prior knowledge and experience to interpret and construct meaning from various texts. 1:1:c</p> <p>Collect and summarize information to make reasonable and informed decisions. 1:4:c</p> <p>Use expressive vocabulary and correct spelling in written work. 2:1:b</p> <p>Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p>

Describe and rank (*sic*) community and environmental health issues. 5:1:a

Select and use the writing format required for a specific type of publication. 2:2:c

Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 4: (Cont')</u>	<p>Describe how medical advances affect the community and environment. 5:1:c</p> <p>Examine and adopt/adapt various plans designed to address community health issues. 5:2:a</p> <p>Investigate methods used to influence others in making healthy choices. 5:3:a</p>	
<u>Module 12: The Right Choice / HIV and AIDS</u> <u>Lesson 1: Ways to Communicate the Facts about HIV and AIDS</u>	<p>Explain how health is influenced by the interaction of body systems. 1:2:a</p> <p>Analyze the media impact on personal and family health decisions and practices. 2:1:b</p> <p>Demonstrate healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Determine behaviors/situations which create bridges and barriers to effective communication. 4:2:b</p> <p>Use relevant and appropriate terminology when discussing health issues. 4:2:c</p>	<p>Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text. 1:1:a</p> <p>Use prior knowledge and experience to interpret and construct meaning from various texts. 1:1:c</p> <p>Revise and edit written work using appropriate conventions of language. 2:1:c</p> <p>Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p> <p>Select and use the writing format required for a specific type of publication. 2:2:c</p> <p>Present oral information in a logical and coherent manner. 4:1:b</p>
<u>Lesson 2: Breaking the Chain of Infection</u>	<p>Explain how health is influenced by the interaction of body systems. 1:2:a</p>	<p>Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text. 1:1:a</p>

Examine health practices which may cause and/or spread/prevent diseases. 1:3:c

Collect and summarize information to make reasonable and informed decisions. 1:4:c

Lesson	Health Benchmarks	Language Arts Benchmarks
<p><u>Lesson 2: (Cont')</u></p>	<p>Analyze the media impact on personal and family health decisions and practices. 2:1:b</p> <p>Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>). 3:1:a</p> <p>Analyze how social pressures can influence participation in risk-taking behaviors. 3:1:b</p> <p>Demonstrate healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Determine behaviors/situations which create bridges and barriers to effective communication. 4:2:b</p> <p>Use relevant and appropriate terminology when discussing health issues. 4:2:c</p>	
<p><u>Lesson 3: Reducing the Risk</u></p>	<p>Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b</p> <p>Examine health practices which may cause and/or spread/prevent diseases. 1:3:c</p> <p>Analyze the media impact on personal and family health decisions and practices. 2:1:b</p> <p>Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>). 3:1:a</p> <p>Analyze how social pressures can influence participation in risk-taking behaviors. 3:1:b</p>	<p>Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text. 1:1:a</p> <p>Collect and summarize information to make reasonable and informed decisions. 1:4:c</p> <p>Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p>

Use relevant and appropriate terminology
when discussing health issues. 4:2:c

Lesson	Health Benchmarks	Language Arts Benchmarks
<p><u>Lesson 4: Actions and Words Speak Loudly: Compassion for Persons Living with AIDS</u></p>	<p>Model appropriate ways to express feelings in a variety of age-appropriate situations. 1:1:a</p> <p>Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b</p> <p>Analyze the impact of technology on personal and family health decisions and practices. 2:1:c</p> <p>Investigate the role and organization of various community, state, and regional health agencies/services. 2:2:a</p> <p>Investigate the availability of health products and services at the local, state, and regional levels. 2:2:c</p> <p>Describe options for contacting/obtaining health services. 2:3:b</p> <p>Demonstrate healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Determine behaviors/situations which create bridges and barriers to effective communication. 4:2:b</p> <p>Use relevant and appropriate terminology when discussing health issues. 4:2:c</p>	<p>Apply appropriate conventions of language in written work. 2:1:a</p> <p>Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p> <p>Present oral information in a logical and coherent manner. 4:1:b</p> <p>Use recognized conventions/mechanics of language in personal communication. 4:2:c</p>

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Science Benchmarks



Science Benchmarks

Explain observable and measurable properties of matter. 2:1:a

Explain the impact of energy being transferred and transformed within and between living things. 3:3:a

Explain observable and measurable properties of matter. 2:1:a

Science Benchmarks

Explain the impact of energy being transferred and transformed within and between living things. 3:3:a

Explain observable and measurable properties of matter. 2:1:a

Explain the impact of energy being transferred and transformed within and between living things. 3:3:a

Science Benchmarks



Science Benchmarks

Describe the transmission of traits in organisms. 3:2:a

Investigate the interactions of technology, society, and the environment. 5:2:c

Science Benchmarks
Explain relationships between structure and function at various levels in organisms. 3:1:a
Explain relationships between structure and function at various levels in organisms. 3:1:a
Explain relationships between structure and function at various levels in organisms. 3:1:a



Science Benchmarks

Explain relationships between structure and function at various levels in organisms. 3:1:a

Describe factors that impact species and/or population changes. 3:2:b

Explain relationships between structure and function at various levels in organisms. 3:1:a



Science Benchmarks

Determine how progress in science and technology can be affected by social issues and challenges. 5:1:a

Investigate the interactions of technology, society, and the environment. 5:2:c

Explain relationships between structure and function at various levels in organisms. 3:1:a



Science Benchmarks
Explain relationships between structure and function at various levels in organisms. 3:1:a





Science Benchmarks

Science Benchmarks

Analyze science as a body of knowledge and an investigative process. 1:1:a

Science Benchmarks
<p>Conduct systematic scientific investigations that can be replicated. 1:2:a</p> <p>Explain relationships between structure and function at various levels in organisms. 3:1:a</p>
<p>Describe the benefits and potential of scientific investigations. 1:2:b</p> <p>Explain relationships between structure and function at various levels in organisms. 3:1:a</p>



Science Benchmarks

Explain relationships between structure and function at various levels in organisms. 3:1:a

Explain relationships between structure and function at various levels in organisms. 3:1:a



Science Benchmarks

Explain relationships between structure and function at various levels in organisms. 3:1:a

Science Benchmarks

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Science Benchmarks

Analyze science as a body of knowledge and an investigative process. 1:1:a

Explain how environmental factors affect all living things. 3:3:c

Investigate the impact of technological research and development to society. 5:2:a

Describe the impact of human activity on the environment. 5:2:b

Investigate the interactions of technology, society, and the environment. 5:2:c

Science Benchmarks

Explain how environmental factors affect all living things. 3:3:c

Determine the roles and responsibilities of scientific research in relation to environmental concerns. 5:1:d

Describe the benefits and potential of scientific investigations. 1:2:b

Explain how environmental factors affect
all living things. 3:3:c

Science Benchmarks

Determine the roles and responsibilities of scientific research in relation to environmental concerns. 5:1:d

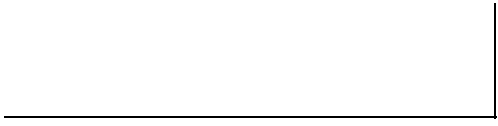
Investigate the impact of technological research and development to society. 5:2:a

Describe the impact of human activity on the environment. 5:2:b

Investigate the interactions of technology, society, and the environment. 5:2:c

Explain how environmental factors affect all living things. 3:3:c

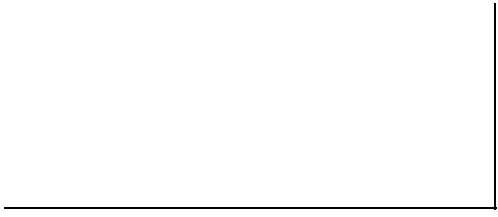
Analyze the impact of scientific discoveries in historical, social, economic and ethical perspectives. 5:1:b



Science Benchmarks

Explain relationships between structure and function at various levels in organisms. 3:1:a

Explain relationships between structure and function at various levels in organisms. 3:1:a



Science Benchmarks

Explain relationships between structure and function at various levels in organisms. 3:1:a



Science Benchmarks

