

HEALTH
6th - 8th Grade

RE-1 Standard 1: Students will comprehend concepts related to health promotion and disease prevention.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES
<p>1.1 Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.</p>	<p>Course 1: 6th Grade Course 2: 7th Grade Course 3: 8th Grade</p>	<p>Course 1: Chapter 1.1; Chapter 2.3; Chapter 10.1-5 Course 2: Chapter 3.1-5; Chapter 4.1-5; Chapter 5.1 & 5.2 Course 3: Chapter 6.3; Chapter 11.4; Chapter 12.1-2; Chapter 13.1-3; Chapter 17.1 & 17.3; Chapter 18.1 & 18.3-4 7th Choosing the Best Way Lesson 3, 5 8th Choosing the Best Path Lesson 2, 4</p>
<p>1.2 Describe the interrelationship of mental, emotional, social, and physical health during adolescence.</p>	<p>Course 1: 6th Grade Course 3: 8th Grade *Consumer Studies- 7th Grade ❖ Consumer Studies – 8th Grade</p>	<p>Course 1: Chapter 1.1, 1.2; Chapter 2.1 Course 3: Chapter 12.2; Chapter 13.1 *Personal Development Unit *Relationships Unit ❖ Personal Development & Relationships Unit 7th Choosing the Best Way Lesson 2 8th Choosing the Best Path Lesson 1, 6, 8</p>
<p>1.3 Explain how health is influenced by the interaction of body systems.</p>	<p>Course 1: 6th Grade Course 2: 7th Grade Course 3: 8th Grade</p>	<p>Course 1: Chapter 2.3 Course 2: Chapter 3.1-4; Chapter 4.1,4.4, 4.5; Chapter 5.1 & 5.2 Course 3: Chapter 11.1-3; Chapter 12.1-2; Chapter 13.1-2; Chapter 17.1-5; Chapter 18.1-5</p>

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1.4 Describe how family and peers influence the health of adolescents.	Course 1: 6 th Grade Course 3: 8 TH Grade	Course 1: Chapter 2.1; Chapter 3.1-2 Course 3: Chapter 6.1-4; Chapter 12.1 &12.4 Choosing the Best Way Lesson 2, 3, 6
1.5 Explain how environment and personal health are interrelated.	Course 1: 6 th Grade Course 3: 8 th Grade	Course 1: Chapter 10.2-3, 10.5 Course 3: Chapter 17.1-3; Chapter 18.1-3
1.6 Describe ways to reduce risks related to adolescent health problems.	Course 1: 6 th Grade Course 2: 7 th Grade Course 3: 8 th Grade	Course 1: Chapter 1.3; Chapter 2.2-3; Chapter 10.1-3 Course 2: Chapter 3.1-5; Chapter 4.1-5; Chapter 5.1 & 5.2 Course 3: Chapter 11.2-4; Chapter 12.1-3; Chapter 13.1-3; Chapter 17.1-5; Chapter 18.1-6 7 th Choosing the Best Way Lesson 3, 4 8 th Choosing the Best Path Lesson 5
1.7 Explain how appropriate health care can prevent premature death and disability.	Course 3: 8 th Grade	Course 3: Chapter 17.2-5; Chapter 18.1-5 Choosing the Best Path Lesson 2
1.8 Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause of and prevention of disease and other health problems.	Course 1: 6 th Grade Course 2: 7 th Grade Course 3: 8 th Grade	Course 1: Chapter 1.1; Chapter 2.2 Course 2: Chapter 3.1-5; Chapter 4.1-5; Course 3: Chapter 11.2-4; Chapter 12.1-3; Chapter 13.1-3; Chapter 17.1-5; Chapter 18.1-5 Choosing the Best Path Lesson 2

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RE-1 Standard 2: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES
<p>2.1 Explain the importance of assuming responsibility for personal health behaviors.</p>	<p>Course 1: 6th Grade Course 2: 7th Grade Course 3: 8th Grade</p>	<p>Course 1: Chapter 1.1-2&4; Chapter 2.1&3; Chapter 10.2-3, 10.5 Course 2: Chapter 3.1-5 Chapter 4.1-5; Chapter 5.1 & 5.2 Course 3: Chapter 11.1-4; Chapter 13.1-2; Chapter 17.1-5; Chapter 18.3-5 Choosing the Best Way Lesson 1, 5 Choosing the Best Path Lesson 7</p>
<p>2.2 Analyze a personal health assessment to determine health strengths and risks.</p>	<p>Course 1: 6th Grade</p>	<p>Course 1: Chapter 1.1</p>
<p>2.3 Distinguish between safe and risky or harmful behaviors in relationships.</p>		<p>Choosing the Best Way Lesson 3, 4 Choosing the Best Path Lesson 3</p>
<p>2.4 Demonstrate strategies to improve or maintain personal and family health.</p>	<p>Course 1: 6th Grade Course 2: 7th Grade Course 3: 8th Grade</p>	<p>Course 1: Chapter 1.3 &1.4; Chapter 2.3; Chapter 3.1-4; Chapter 10.1-5 Course 2: Chapter 3.1-5 Chapter 4.1-5; Chapter 5.1 & 5.2 Course 3: Chapter 6.1-2; Chapter 11.1 & 11.4; Chapter 13.1; Chapter 17.1-5; Chapter 18.2-5 Choosing the Best Way Lesson 5 Choosing the Best Path Lesson 7,8</p>

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2.5 Develop injury prevention and management strategies for personal and family health.	Course 1: 6 th Grade	Course1: Chapter 10.1-5 Choosing the Best Way Lesson 6
2.6 Demonstrate ways to avoid and reduce threatening situations.	Course 1: 6 th Grade	Course1: Chapter 10.2-3 Choosing the Best Way Lesson 6 Choosing the Best Path Lesson 6, 7
2.7 Demonstrate strategies to manage stress.	Course 1: 6 th Grade Course 3: 8 th Grade *Consumer Studies- 7 th Grade ❖ Consumer Studies – 8 th Grade	Course 1: Chapter 2.3 Course 3: Chapter 18 * Personal Development Unit ❖ Personal Development Unit

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RE-1 Standard 3: Students will analyze the influence of culture, media, technology, and other factors on health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES
3.1 Describe the influence of cultural beliefs on health behaviors and the use of health services.	Course 1: 6 th Grade Course 2: 7 th Grade Course 3: 8 th Grade	Course 1: Chapter 1.2 Course 2: Chapter 4.2; Chapter 5.3 Course 3: Chapter 13.3
3.2 Analyze how messages from media and other resources influence health behaviors.	Course 1: 6 th Grade Course 2: 7 th Grade Course 3: 8 th Grade	Course 1: Chapter 1.2 Course 2: Chapter 4.2; Chapter 5.3 Course 3: Chapter 12.2-3; Chapter 13.3
3.3 Analyze the influence of technology on personal and family health.	Course 1: 6 th Grade	Course 1: Chapter 10.5
3.4 Analyze how information from peers influences health.	Course 1: 6 th Grade Course 2: 7 th Grade Course 3: 8 th Grade	Course 1: Chapter 1.2 Course 2: Chapter 4.2 Chapter 5.3; Course 3: Chapter 12.3; Chapter 13.3 Choosing the Best Way Lesson 2, 6 Choosing the Best Path Lesson 1

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RE-1 Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES
4.1 Demonstrate effective verbal and non-verbal communication skills to enhance health.	Course 1: 6 th Grade Course 3: 8 th Grade	Course 1: Chapter 3.3 Course 3: Chapter 17.4 Choosing the Best Way Lesson 6 Choosing the Best Path Lesson 7, 8
4.2 Describe how the behavior of family and peers affects interpersonal communications.	Course 1: 6 th Grade Course 3: 8 th Grade	Course 1: Chapter 3.2 Course 3: Chapter 13.2 Choosing the Best Way Lesson 2
4.3 Demonstrate healthy ways to express needs, wants, and feelings.	Course 1: 6 th Grade Course 2: 7 th Grade Course 3: 8 th Grade	Course 1: Chapter 2.2; Chapter 3.1 & 3.5 Course 2 Chapter 5.4 Choosing the Best Way Lesson 3, 5 Choosing the Best Path Lesson 3, 5
4.4 Demonstrate ways to communicate care, consideration, and respect of self and others.	Course 1: 6 th Grade Course 3: 8 th Grade	Course 1: Chapter 1.3; Chapter 2.1-2; Chapter 3.1-2 & 3.4 Course 3 Chapter 6.1 & 6.3; Chapter 13.1-2 Chapter 18.1 Choosing the Best Way Lesson 2, 3 Choosing the Best Path Lesson 6, 7, 8
4.5 Demonstrate communication skills to build and maintain healthy relationships.	Course 1: 6 th Grade Course 3: 8 th Grade	Course 1: Chapter 1.2; Chapter 2.1; Chapter 3.2-3 Course 3 Chapter 6.1 & 6.2; Chapter 12.1; Chapter 17.4 Choosing the Best Way Lesson 6 Choosing the Best Path Lesson 7

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BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES
4.6 Demonstrate refusal and negotiation skills to enhance health.	Course 1: 6 th Grade Course 3: 8 th Grade	Course 1: Chapter 3.2, 3.4 Course 3 Chapter 6.2; Chapter 11.3; Chapter 12.1 & 12.6 Choosing the Best Way Lesson 6 Choosing the Best Path Lesson 7, 8
4.7 Analyze the possible causes of conflict among youth in schools and communities.	Course 1: 6 th Grade	Course1: Chapter 3.4
4.8 Demonstrate strategies to manage conflict in healthy ways.	Course 1: 6 th Grade	Course1: Chapter 3.4 Choosing the Best Path Lesson 7

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RE-1 Standard 5: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES
<p>5.1 Demonstrate the ability to apply a decision-making process to health issues and problems both individually and collaboratively.</p>	<p>Course 1: 6th Grade Course 2: 7th Grade Course 3: 8th Grade</p>	<p>Course 1: Chapter 1.1-3; Chapter 3.1 Course 2: Chapter 3.5 Course 3: Chapter 13; Chapter 18.2 Choosing the Best Way Lesson 5 Choosing the Best Path Lesson 6</p>
<p>5.2 Analyze how health-related decisions are influenced by individuals, family, and community values.</p>	<p>Course 1: 6th Grade Course 2: 7th Grade Course 3: 8th Grade</p>	<p>Course 1: Chapter 1.3; Chapter 3.1-2 Course 2: Chapter 3.5 Course 3: Chapter 13; Chapter 18.2 Choosing the Best Way Lesson 5</p>
<p>5.3 Predict how decisions regarding health behaviors have consequences for self and others.</p>	<p>Course 1: 6th Grade Course 2: 7th Grade Course 3: 8th Grade</p>	<p>Course 1: Chapter 1.3; Chapter 3.1 Course 2: Chapter 3.5 Course 3: Chapter 13; Chapter 18.2 Choosing the Best Way Lesson 3, 4 Choosing the Best Path Lesson 2, 3</p>
<p>5.4 Apply strategies and skills needed to attain personal health goals.</p>	<p>Course 1: 6th Grade Course 2: 7th Grade Course 3: 8th Grade</p>	<p>Course 1: Chapter 1.2 & 1.4; Chapter 10.1 Course 2: Chapter 3.4 Choosing the Best Way Lesson 1</p>

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BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES
5.5 Describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.	Course 1: 6 th Grade Course 2: 7 th Grade Course 3: 8 th Grade	Course 1: Chapter 1.4 Course 2: Chapter 3.4
5.6 Develop a plan that addresses personal strengths, needs, and health risks.		

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RE-1 Standard 6: Students will demonstrate the ability to advocate for personal, family, and community health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES
6.1 Analyze various communication methods to accurately express health information and ideas.	Course 3: 8 th Grade	Course 3: Chapter 11.4
6.2 Express information and opinions about health issues.	Course 1: 6 th Grade Course 3: 8 th Grade	Course 1: Chapter 1.2; Chapter 10 Course 3: Chapter 12.2
6.3 Identify barriers to effective communication of information, ideas, feelings, and opinions about health issues.	Course 1: 6 th Grade	Chapter 10 Choosing the Best Path Lesson 1
6.4 Demonstrate the ability to influence and support others in making positive health choices.	Course 1: 6 th Grade Course 2: 7 th Grade Course 3: 8 th Grade * Consumer Studies -7 th Grade ❖ Consumer Studies – 8 th Grade	Course 1: Chapter 10 Course 2: Chapter 5.1 Course 3: Chapter 6.3; Chapter 11.2; Chapter 12.2; Chapter 13. 1; Chapter 17.5; Chapter 18.1 *Relationships Unit ❖ Relationships Unit Choosing the Best Way Lesson 1, 2
6.5 Demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and schools.	Course 1: 6 th Grade Course 2: 7 th Grade Course 3: 8 th Grade	Course 1: Chapter 10 Course 2: Chapter 4.5 Course 3: Chapter 11.2

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**6th Grade Health Pacing Guide
9 Weeks**

Unit 1: Living a Healthy Life

Lesson 1: Your Health and Wellness

Keeping physical, mental, and social health in balance

Lesson 2: Building Health Skills

Building skills to help you stay healthy and promote your health

Lesson 3: Decisions and Your Character

Setting and reaching your personal goals

Unit 2: Mental and Emotional Health

Lesson 1: Feeling Good About Yourself

Building a positive self concept

Lesson 2: Understanding Your Emotions

Dealing with and expressing emotions in positive ways

Lesson 3: Managing Stress

Learning about stress and how it can be managed

Unit 3: Social Health

Lesson 1: Your Family

Learning about different kinds of families, your role within the family, and how to handle family problems

Lesson 2: Your Friends and Peers

Understanding the qualities of friends and how to handle peer pressure

Lesson 3: Communication: More Than Words

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Communicating thoughts and feelings with parents and peers

Lesson 4: Resolving Conflicts

Getting along with others and protecting yourself from violence

Unit 4: Safety and the Environment

Lesson 1: Personal Safety

Practicing safe habits and preventing unintentional injuries

Lesson 2: Safety at Home and Away

Being safe in your home, school and community

Lesson 3: Safety Outdoors

Following the buddy system; water safety, weather emergencies

Lesson 4: First Aid for Emergencies

Responding to injuries such as bleeding, choking or burns

Lesson 5: Protecting Your Environment

Preventing pollution and protecting the air, water and land