

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 |
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| <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> |

HEALTH
6th - 8th Grade

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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 |

HEALTH
6th - 8th Grade

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

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| <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> |

HEALTH
6th - 8th Grade

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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 |

HEALTH
6th - 8th Grade

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

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| 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 |

HEALTH
6th - 8th Grade

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

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| 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 |

HEALTH
6th - 8th Grade

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| 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 |

HEALTH
6th - 8th Grade

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

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| <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> |

HEALTH
6th - 8th Grade

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| 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. | | |

HEALTH
6th - 8th Grade

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

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| 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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**7th Grade Health Pacing Guide
9 Weeks**

Text: Glencoe, Teen Health Course 2

Unit 2: Keeping Your Body Healthy

Chapter 3: Physical Activity and Fitness

- Lesson 1: Physical Activity and Health
- Lesson 2: The Skeletal and Muscular Systems
- Lesson 3: The Circulatory System
- Lesson 4: Developing a Personal Fitness Program
- Lesson 5: Sports and Physical Wellness

Chapter 4: Food and Nutrition

- Lesson 1: Nutrients and Health
- Lesson 2: The Food Guide Pyramid
- Lesson 3: Healthful Meals and Snacks
- Lesson 4: The Digestive and Excretory System
- Lesson 5: Managing Your Weight

Chapter 5: Personal Health and Consumer Choices

- Lesson 1: Caring for Your Teeth, Skin, Hair, and Nails
- Lesson 2: Caring for Your Eyes and Ears
- Lesson 3: Consumer Choices and Your Health
- Lesson 4: Being an Informed Consumer
- Lesson 5: Health Care Providers and Services