

**HEALTH**  
6<sup>th</sup> - 8<sup>th</sup> Grade

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

<b>BENCHMARK</b>	<b>WHO IS ACCOUNTABLE</b>	<b>LESSON PLAN RESOURCES</b>
<p>1.1 Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.</p>	<p>Course 1: 6<sup>th</sup> Grade  Course 2: 7<sup>th</sup> Grade  Course 3: 8<sup>th</sup> 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 &amp; 5.2 Course 3: Chapter 6.3; Chapter 11.4; Chapter 12.1-2; Chapter 13.1-3; Chapter 17.1 &amp; 17.3; Chapter 18.1 &amp; 18.3-4 7<sup>th</sup> Choosing the Best Way Lesson 3, 5 8<sup>th</sup> 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: 6<sup>th</sup> Grade Course 3: 8<sup>th</sup> Grade  *Consumer Studies- 7<sup>th</sup> Grade  ❖ Consumer Studies – 8<sup>th</sup> 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 &amp; Relationships Unit 7<sup>th</sup> Choosing the Best Way Lesson 2 8<sup>th</sup> 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: 6<sup>th</sup> Grade  Course 2: 7<sup>th</sup> Grade  Course 3: 8<sup>th</sup> Grade</p>	<p>Course 1: Chapter 2.3 Course 2: Chapter 3.1-4; Chapter 4.1,4.4, 4.5; Chapter 5.1 &amp; 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 <sup>th</sup> Grade  Course 3: 8 <sup>TH</sup> 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 <sup>th</sup> Grade  Course 3: 8 <sup>th</sup> 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 <sup>th</sup> Grade  Course 2: 7 <sup>th</sup> Grade  Course 3: 8 <sup>th</sup> 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 <sup>th</sup> Choosing the Best Way Lesson 3, 4 8 <sup>th</sup> Choosing the Best Path Lesson 5
1.7 Explain how appropriate health care can prevent premature death and disability.	Course 3: 8 <sup>th</sup> 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 <sup>th</sup> Grade  Course 2: 7 <sup>th</sup> Grade  Course 3: 8 <sup>th</sup> 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.

<b>BENCHMARK</b>	<b>WHO IS ACCOUNTABLE</b>	<b>LESSON PLAN RESOURCES</b>
<p>2.1 Explain the importance of assuming responsibility for personal health behaviors.</p>	<p>Course 1: 6<sup>th</sup> Grade  Course 2: 7<sup>th</sup> Grade  Course 3: 8<sup>th</sup> Grade</p>	<p>Course 1: Chapter 1.1-2&amp;4; Chapter 2.1&amp;3; Chapter 10.2-3, 10.5 Course 2: Chapter 3.1-5 Chapter 4.1-5; Chapter 5.1 &amp; 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: 6<sup>th</sup> 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: 6<sup>th</sup> Grade  Course 2: 7<sup>th</sup> Grade  Course 3: 8<sup>th</sup> Grade</p>	<p>Course 1: Chapter 1.3 &amp;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 &amp; 5.2 Course 3: Chapter 6.1-2; Chapter 11.1 &amp; 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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<b>BENCHMARK</b>	<b>WHO IS ACCOUNTABLE</b>	<b>LESSON PLAN RESOURCES</b>
2.5 Develop injury prevention and management strategies for personal and family health.	Course 1: 6 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> Grade  Course 3: 8 <sup>th</sup> Grade  *Consumer Studies- 7 <sup>th</sup> Grade  ❖ Consumer Studies – 8 <sup>th</sup> 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.

<b>BENCHMARK</b>	<b>WHO IS ACCOUNTABLE</b>	<b>LESSON PLAN RESOURCES</b>
3.1 Describe the influence of cultural beliefs on health behaviors and the use of health services.	Course 1: 6 <sup>th</sup> Grade Course 2: 7 <sup>th</sup> Grade Course 3: 8 <sup>th</sup> 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 <sup>th</sup> Grade Course 2: 7 <sup>th</sup> Grade Course 3: 8 <sup>th</sup> 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 <sup>th</sup> Grade	Course 1: Chapter 10.5
3.4 Analyze how information from peers influences health.	Course 1: 6 <sup>th</sup> Grade Course 2: 7 <sup>th</sup> Grade Course 3: 8 <sup>th</sup> 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.

<b>BENCHMARK</b>	<b>WHO IS ACCOUNTABLE</b>	<b>LESSON PLAN RESOURCES</b>
4.1 Demonstrate effective verbal and non-verbal communication skills to enhance health.	Course 1: 6 <sup>th</sup> Grade  Course 3: 8 <sup>th</sup> 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 <sup>th</sup> Grade  Course 3: 8 <sup>th</sup> 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 <sup>th</sup> Grade  Course 2: 7 <sup>th</sup> Grade  Course 3: 8 <sup>th</sup> 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 <sup>th</sup> Grade  Course 3: 8 <sup>th</sup> 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 <sup>th</sup> Grade  Course 3: 8 <sup>th</sup> 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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<b>BENCHMARK</b>	<b>WHO IS ACCOUNTABLE</b>	<b>LESSON PLAN RESOURCES</b>
4.6 Demonstrate refusal and negotiation skills to enhance health.	Course 1: 6 <sup>th</sup> Grade  Course 3: 8 <sup>th</sup> 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 <sup>th</sup> Grade	Course1: Chapter 3.4
4.8 Demonstrate strategies to manage conflict in healthy ways.	Course 1: 6 <sup>th</sup> 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.

<b>BENCHMARK</b>	<b>WHO IS ACCOUNTABLE</b>	<b>LESSON PLAN RESOURCES</b>
<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: 6<sup>th</sup> Grade  Course 2: 7<sup>th</sup> Grade  Course 3: 8<sup>th</sup> 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: 6<sup>th</sup> Grade  Course 2: 7<sup>th</sup> Grade  Course 3: 8<sup>th</sup> 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: 6<sup>th</sup> Grade  Course 2: 7<sup>th</sup> Grade  Course 3: 8<sup>th</sup> 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: 6<sup>th</sup> Grade  Course 2: 7<sup>th</sup> Grade  Course 3: 8<sup>th</sup> Grade</p>	<p>Course 1: Chapter 1.2 &amp; 1.4; Chapter 10.1 Course 2: Chapter 3.4 Choosing the Best Way Lesson 1</p>

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<b>BENCHMARK</b>	<b>WHO IS ACCOUNTABLE</b>	<b>LESSON PLAN RESOURCES</b>
5.5 Describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.	Course 1: 6 <sup>th</sup> Grade  Course 2: 7 <sup>th</sup> Grade  Course 3: 8 <sup>th</sup> 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.

<b>BENCHMARK</b>	<b>WHO IS ACCOUNTABLE</b>	<b>LESSON PLAN RESOURCES</b>
6.1 Analyze various communication methods to accurately express health information and ideas.	Course 3: 8 <sup>th</sup> Grade	Course 3: Chapter 11.4
6.2 Express information and opinions about health issues.	Course 1: 6 <sup>th</sup> Grade  Course 3: 8 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> Grade  Course 2: 7 <sup>th</sup> Grade  Course 3: 8 <sup>th</sup> Grade  * Consumer Studies -7 <sup>th</sup> Grade  ❖ Consumer Studies – 8 <sup>th</sup> 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 <sup>th</sup> Grade  Course 2: 7 <sup>th</sup> Grade  Course 3: 8 <sup>th</sup> Grade	Course 1: Chapter 10 Course 2: Chapter 4.5 Course 3: Chapter 11.2

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**8<sup>th</sup> Grade Health Pacing Guide  
9 Weeks**

**Text: Glencoe Teen Health Course 3**

**Unit 2: Building Safe and Healthy Relationships**

**Chapter 6: Relationships: The Teen Years**

- Lesson 1: Friendships: Growing and Changing
- Lesson 2: Peer Pressure and Refusal Skills
- Lesson 3: Practicing Abstinence

**Unit 4: Making Safe and Drug-Free Decisions**

**Chapter 11: Medicines and Drugs**

- Lesson 1: Using Medicines Wisely
- Lesson 2: Narcotics, Stimulants, and Depressants
- Lesson 3: Marijuana and Other Illegal Drugs
- Lesson 4: Staying Drug Free

**Chapter 12: Tobacco**

- Lesson 1: How Tobacco Affects the Body
- Lesson 2: Tobacco and Society
- Lesson 3: Choosing to Be Tobacco Free

**Chapter 13: Alcohol**

- Lesson 1: What Alcohol Does to the Body
- Lesson 2: Alcohol and Society
- Lesson 3: Choosing to Be Alcohol Free

## **Unit 6: Diseases and Disorders**

### **Chapter 17: Communicable Diseases**

- Lesson 1: Preventing the Spread of Disease
- Lesson 2: The Body's Defenses Against Infection
- Lesson 3: Communicable Diseases
- Lesson 4: Sexually Transmitted Diseases
- Lesson 5: HIV/AIDS

### **Chapter 18: Noncommunicable Diseases**

- Lesson 1: Noncommunicable Diseases
- Lesson 2: Allergies and Asthma
- Lesson 3: Cancer
- Lesson 4: Heart and Circulatory Problems
- Lesson 5: Diabetes and Arthritis