

## Comprehensive Health - Fitness & Hygiene Grades 6-8

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<b>Unit One: Personal Health - Why Do I Care</b> Activity 1	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.  3-3-b Demonstrate individual responsibility in health-related decisions/ choices.		4-1-b Present oral information in a logical and coherent manner.
Activity 2	3-2-c Analyze personal health progress and adjust behaviors as needed.  3-3-b Demonstrate individual responsibility in health-related decisions/ choices.  4-2-c Use relevant and appropriate terminology when discussing health issues.		
<b>Unit Two: Food For Fitness</b>  Activity 1			
Activity 2	4-2-c Use relevant and appropriate terminology when discussing health issues.		
Activity 3	3-1-c Analyze personal practices which promote lifelong health and well-being.  4-1-b Choose appropriate communication techniques when interacting with family, peers, and community.		2-4-a Write to clarify what is known about various topics.  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.
<b>Unit Three: Sleep and</b> Activity 1	3-1-c Analyze personal practices which promote lifelong health and well-being.		
Activity 2	1-2-b Examine practices which enhance personal emotional, social and physical well-being.		
Activity 3	3-1-c Analyze personal practices which promote lifelong health and well-being.		
<b>Unit Four: Keep It Clean</b> Activity 1	1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors.		

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 2	<p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors.</p> <p>1-2-b Examine practices which enhance personal emotional, social and physical well-being.</p> <p>3-3-b Demonstrate individual responsibility in health-related decisions/ choices.</p> <p>3-3-c Model an age-appropriate health lifestyle.</p>		4-1-b Present oral information in a logical and coherent manner.
Activity 3	<p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors.</p> <p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>3-2-c Analyze personal health progress and adjust behaviors as needed.</p> <p>3-3-b Demonstrate individual responsibility in health-related decisions/ choices.</p> <p>3-3-c Model an age-appropriate health lifestyle.</p> <p>5-3-b Choose and model health advocacy strategies for families, schools, and communities.</p>		
<b>Unit Five: Get Physical, Get Healthy</b>			
Activity 1	<p>1-2-a Explain how health is influenced by the interaction of body systems.</p> <p>1-2-b Examine practices which enhance personal emotional, social and physical well-being.</p>		
Activity 2	<p>1-2-b Examine practices which enhance personal emotional, social and physical well-being.</p> <p>4-2-c Use relevant and appropriate terminology when discussing health issues.</p>		
Activity 3			
Activity 4	3-1-c Analyze personal practices which promote lifelong health and well-being.		

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 4 (Cont.)	4-2-c Use relevant and appropriate terminology when discussing health issues.		
Activity 5	1-2-b Examine practices which enhance personal emotional, social and physical well-being.  4-2-c Use relevant and appropriate terminology when discussing health issues.		

<b>Unit Six: The Road to Fitness</b>			
Activity 1			
Activity 2	3-1-c Analyze personal practices which promote lifelong health and well-being.  3-2-c Analyze personal health progress and adjust behaviors as needed.  3-3-b Demonstrate individual responsibility in health-related decisions/ choices.  3-3-c Model an age-appropriate health lifestyle.		
Activity 3	3-2-c Analyze personal health progress and adjust behaviors as needed.  3-3-b Demonstrate individual responsibility in health-related decisions/ choices.  3-3-c Model an age-appropriate health lifestyle.		
Activity 4	3-2-a Explore personal health and well-being on a regular basis.  3-2-c Analyze personal health progress and adjust behaviors as needed.		
Activity 5	1-1-c Analyze how appropriate and inappropriate health practices affect self and family.  5-3-b Choose and model health advocacy strategies for families, schools, and communities.		

<b>Unit Seven: Fit for Fun</b>			
Activity 1	4-2-c Use relevant and appropriate terminology when discussing health issues.		

<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Science Benchmarks</b>	<b>Language Arts Benchmarks</b>
Activity 1 (Cont.)	5-2-c Investigate the impact of past health plans/strategies on current populations/environments.		
Activity 2	3-2-b Compare different health plans for achieving and maintaining good health.		
Activity 3	5-3-a Investigate methods used to influence others in making healthy choices.		