

## Know Your Body - Grade 3

Lessons	Health Benchmarks	Language Arts Benchmarks
<p><b><u>Module 1: Skill Builders</u></b>  <b><u>Lesson 1: Building Self-Esteem</u></b></p>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	<p>Use appropriate conventions of language in personal communication. 4:2:c</p>
<p><b><u>Lesson 2: Effective Communication</u></b></p>	<p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	<p>Describe the influence of non-verbal cues on communication. 3:1:c</p>
<p><b><u>Lesson 3: Decision Making</u></b></p>	<p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	
<p><b><u>Lesson 4: Goal Setting</u></b></p>	<p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	
<p><b><u>Lesson 5: Stress Management</u></b></p>	<p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	

Lessons	Health Benchmarks	Language Arts Benchmarks
<p><b>Module 2: Body Fuel</b></p> <p><b><u>Lesson 1: Eating Right</u></b></p>	<p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health . 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	<p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Use descriptive vocabulary and proper spelling in written work. 2:1:b</p> <p>Revise and edit written work using fundamental conventions of language. 2:1:c</p> <p>Use appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p>Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b</p> <p>Use suggestions from others to improve logic and consistency in writing. 2:3:b</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p>
<p><b><u>Lesson 2: Healthy Substitutions</u></b></p>	<p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health . 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	

<b><u>Lesson 3: What Did I Eat Today?</u></b>	Determine personal health progress and make adjustments for improvement. 3:2:c	
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<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<b><u>Lesson 3: (Cont')</u></b>	Define age-appropriate health-related vocabulary. 4:2:c	
<b><u>Lesson 4: International Food Festival</u></b>	Explore how culture influences personal health behaviors. 2:1:a  Define age-appropriate health-related vocabulary. 4:2:c	Present oral information in a clear and organized manner. 4:1:b  Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c

<b><u>Module 3: A Changing You</u></b>		
<b><u>Lesson 1: Who Am I?</u></b>	Describe ways to communicate care, consideration, and respect for self and others. 4:1:a  Develop effective interpersonal communication skills. 4:1:c  Define age-appropriate health-related vocabulary. 4:2:c	
<b><u>Lesson 2: Are We the Same or Different</u></b>	Describe ways to communicate care, consideration, and respect for self and others. 4:1:a  Develop effective interpersonal communication skills. 4:1:c  Define age-appropriate health-related vocabulary. 4:2:c	
<b><u>Lesson 3: I Can Do It!</u></b>	Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c  Define age-appropriate health-related vocabulary. 4:2:c	Apply fundamental conventions of language in written work. 2:1:a  Use descriptive vocabulary and proper spelling in written work. 2:1:b  Revise and edit written work using fundamental conventions of language. 2:1:c

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

<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<u><b>Lesson 3: (Cont')</b></u>		<p>Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b</p> <p>Examine various literary works to model effective writing. 2:3:a</p> <p>Use suggestions from others to improve logic and consistency in writing. 2:3:b</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<u><b>Lesson 4: New Roles, New Responsibilities</b></u>	<p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	<p>Use appropriate conventions of language in personal communication. 4:2:c</p>
<u><b>Module 4: Safety Smart</b></u> <u><b>Lesson 1: Safety on Wheels</b></u>	<p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>	<p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p>

	Determine the role of personal responsibility in health-related decision making. 3:3:b	
	Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c	

<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<b><u>Lesson 1: (Cont')</u></b>	Define age-appropriate health-related vocabulary. 4:2:c	
<b><u>Lesson 2: Recognizing Minor</u></b>	Describe situations when professional services are needed for personal health. 2:3:a  Explore ways to contact or obtain health services. 2:3:b  Explain the importance of following prescribed/recommended treatment. 2:3:c  Define age-appropriate health-related vocabulary. 4:2:c	Apply fundamental conventions of language in written work. 2:1:a  Use descriptive vocabulary and proper spelling in written work. 2:1:b  Revise and edit written work using fundamental conventions of language. 2:1:c  Use appropriate organization based on the established writing purpose and intended audience. 2:2:a  Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b  Use suggestions from others to improve logic and consistency in writing. 2:3:b  Write on a routine basis to gain confidence in personal work. 2:3:c  Write to interpret and use new or unfamiliar information. 2:4:b
<b><u>Lesson 3: Trusted Adults</u></b>	Explore and problem-solve ways to properly express feelings. 1:1:a  Define age-appropriate health-related vocabulary. 4:2:c  Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c	

<b><u>Lesson 4: Home Alone</u></b>	<p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	
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<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
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<p><b><u>Module 5: Fitness Is Fun</u></b></p> <p><b><u>Lesson 1: Choosing An Activity</u></b></p>	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health . 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	
<p><b><u>Lesson 2: Body Works</u></b></p>	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe ways technology influences personal health decisions and practices. 2:1:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p>	

	<p>Explain ways to achieve and maintain good health . 3:2:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	
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<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
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<p><b><u>Lesson 3: Exercise and Your Heart</u></b></p>	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health . 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	
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<p><b><u>Lesson 4: Feeling Calm</u></b></p>	<p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health . 3:2:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	
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<b><u>Module 6: I Can Choose</u></b>		
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<p><b><u>Lesson 1: What Is a Drug?</u></b></p>	<p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Explain ways to achieve and maintain good health . 3:2:b</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p>	<p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Use descriptive vocabulary and proper spelling in written work. 2:1:b</p> <p>Revise and edit written work using fundamental conventions of language. 2:1:c</p>
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<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<p><b><u>Lesson 1: (Cont')</u></b></p>	<p>Define age-appropriate health-related vocabulary. 4:2:c</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>	<p>Use appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p>Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b</p> <p>Use suggestions from others to improve logic and consistency in writing. 2:3:b</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Consider purpose of an oral presentation when deciding appropriate language. 4:2:b</p>
<p><b><u>Lesson 2: Is Tobacco a Drug?</u></b></p>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Examine the media's impact on personal health decisions and practices. 2:1:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>	<p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p>

	Determine the role of personal responsibility in health-related decision making. 3:3:b	
	Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c	

<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<b><u>Lesson 2: (Cont')</u></b>	<p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p> <p>Explore ways to advocate good health in families, schools, and communities. 5:3:b</p>	
<b><u>Lesson 3: What About Alcohol</u></b>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p>	<p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p>

	<p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p>	
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<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<b><u>Lesson 3: (Cont')</u></b>	<p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	
<b><u>Lesson 4: Let's Celebrate! I'm Drug Free!</u></b>	<p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	

<p><b><u>Module 7: Conflict Resolution / Violence Prevention</u></b></p> <p><b><u>Lesson 1: Being a Good Friend</u></b></p>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	<p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p>
<b><u>Lesson 2: Blocking Bully Behavior</u></b>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p>	<p>Apply fundamental conventions of language in written work. 2:1:a</p>

	Describe ways to communicate care, consideration, and respect for self and others. 4:1:a	Use descriptive vocabulary and proper spelling in written work. 2:1:b
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<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<b><u>Lesson 2: (Cont')</u></b>	<p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p> <p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p>	<p>Revise and edit written work using fundamental conventions of language. 2:1:c</p> <p>Use appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p>Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b</p> <p>Use the writing format required for a specific type of publication. 2:2:c</p> <p>Use suggestions from others to improve logic and consistency in writing. 2:3:b</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe mental and physical barriers to effective listening and viewing, e.g., personal interest, extraneous sounds. 3:1:a</p> <p>Describe the influence of non-verbal cues on communication. 3:1:c</p> <p>Describe how purpose of an oral presentation influences organization. 4:1:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>

		Use appropriate conventions of language in personal communication. 4:2:c
<b><u>Lesson 3: Who Can I Turn To?</u></b>	Explore and problem-solve ways to properly express feelings. 1:1:a	

<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<b><u>Lesson 3: (Cont')</u></b>	<p>Describe situations when professional services are needed for personal health. 2:3:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p> <p>Explore ways to advocate good health in families, schools, and communities. 5:3:b</p> <p>Explore the ways to help others obtain good health care. 5:3:c</p>	
<b><u>Lesson 4: Together</u></b>	Describe ways to communicate care, consideration, and respect for self and others. 4:1:a	

	<p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	
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Lessons	Health Benchmarks	Language Arts Benchmarks
<p><b>Module 8: A Healthy Smile</b></p> <p><b><u>Lesson 1: Time to Floss</u></b></p>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health . 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	

<p><b><u>Lesson 2: The Decay Process</u></b></p>	<p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p>	<p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Use descriptive vocabulary and proper spelling in written work. 2:1:b</p>
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<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<p><b><u>Lesson 2: (Cont')</u></b></p>	<p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health . 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	<p>Revise and edit written work using fundamental conventions of language. 2:1:c</p> <p>Use appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p>Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b</p> <p>Use suggestions from others to improve logic and consistency in writing. 2:3:b</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p>
<p><b><u>Lesson 3: Preventing Cavities</u></b></p>	<p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health . 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>	

	<p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	
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<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<b><u>Lesson 3: (Cont')</u></b>	Explore ways to advocate good health in families, schools, and communities. 5:3:b	
<b><u>Lesson 4: Dental Emergencies</u></b>	<p>Describe situations when professional services are needed for personal health. 2:3:a</p> <p>Explore ways to contact or obtain health services. 2:3:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p> <p>Explore how medical advances affect personal and family health. 5:1:c</p> <p>Explore the ways to help others obtain good health care. 5:3:c</p>	

<b><u>Module 9: An Ounce of Prevention</u></b>		
<b><u>Lesson 1: Behaviors that Make Us Healthy</u></b>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p>	

	<p>Compare health care requirements and policies which affect safety and well-being. 1:3:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p>	
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Lessons	Health Benchmarks	Language Arts Benchmarks
<p><b><u>Lesson 1: (Cont')</u></b></p>	<p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p> <p>Explore how medical advances affect personal and family health. 5:1:c</p>	
<p><b><u>Lesson 2:</u></b> <b><u>Communicable and Non-Communicable Diseases</u></b></p>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p>	

	<p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p>	
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<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<b><u>Lesson 2: (Cont')</u></b>	<p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health . 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p> <p>Identify significant community health issues. 5:1:a</p>	
<b><u>Lesson 3: Understanding Asthma</u></b>	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe situations when professional services are needed for personal health. 2:3:a</p> <p>Explain the importance of following prescribed/recommended treatment. 2:3:c</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Use descriptive vocabulary and proper spelling in written work. 2:1:b</p> <p>Revise and edit written work using fundamental conventions of language. 2:1:c</p>

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

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

Use suggestions from others to improve logic and consistency in writing. 2:3:b

Lessons	Health Benchmarks	Language Arts Benchmarks
<b><u>Lesson 3: (Cont')</u></b>		<p>Write on a routine basis to gain confidence in personal work. 2:3:c</p> <p>Use examples from selected print and electronic media to support personal interpretations. 2:4:c</p>
<b><u>Lesson 4: Block the Sun, Not the Fun!</u></b>	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Examine the media's impact on personal health decisions and practices. 2:1:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health . 3:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>	<p>Identify literary elements and devices are used in various texts, e.g., character, setting, plot; alliteration, rhyme. 1:2:b</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Use descriptive vocabulary and proper spelling in written work. 2:1:b</p> <p>Revise and edit written work using fundamental conventions of language. 2:1:c</p> <p>Use appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p>Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b</p> <p>Use suggestions from others to improve logic and consistency in writing. 2:3:b</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p>

	<p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	
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<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<p><b><u>Module 10: Consumer Wise</u></b></p> <p><b><u>Lesson 1: Acting As a Consumer</u></b></p>	<p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p>	<p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Use descriptive vocabulary and proper spelling in written work. 2:1:b</p> <p>Revise and edit written work using fundamental conventions of language. 2:1:c</p> <p>Use appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p>Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b</p> <p>Use suggestions from others to improve logic and consistency in writing. 2:3:b</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p>
<p><b><u>Lesson 2; We Can Sell Anything!</u></b></p>	<p>Examine the media's impact on personal health decisions and practices. 2:1:b</p> <p>Describe ways technology influences personal health decisions and practices. 2:1:c</p>	

	Determine the role of personal responsibility in health-related decision making. 3:3:b	
	Define age-appropriate health-related vocabulary. 4:2:c	
<b><u>Lesson 3: You Better Shop Around</u></b>	Determine the role of personal responsibility in health-related decision making. 3:3:b	Apply fundamental conventions of language in written work. 2:1:a
	Define age-appropriate health-related vocabulary. 4:2:c	Use descriptive vocabulary and proper spelling in written work. 2:1:b

<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<b><u>Lesson 3: (Cont')</u></b>		<p>Revise and edit written work using fundamental conventions of language. 2:1:c</p> <p>Use appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p>Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b</p> <p>Use the writing format required for a specific type of publication. 2:2:c</p> <p>Use suggestions from others to improve logic and consistency in writing. 2:3:b</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p>
<b><u>Lesson 4: Health Goods and Services</u></b>	<p>Examine the media's impact on personal health decisions and practices. 2:1:b</p> <p>Describe ways technology influences personal health decisions and practices. 2:1:c</p> <p>Determine how to choose and access health products and services at the local and state levels. 2:2:c</p>	

	Determine the role of personal responsibility in health-related decision making. 3:3:b	
	Define age-appropriate health-related vocabulary. 4:2:c	

<b><u>Module 11: The Environment and You</u></b> <b><u>Lesson 1: Making Our Earth Beautiful</u></b>	Define age-appropriate health-related vocabulary. 4:2:c	
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<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<b><u>Lesson 1: (Cont')</u></b>	Describe behaviors which support others in making healthy choices. 5:3:a	
<b><u>Lesson 2: We Need Each Other</u></b>	Determine the role of personal responsibility in health-related decision making. 3:3:b  Develop effective interpersonal communication skills. 4:1:c  Define age-appropriate health-related vocabulary. 4:2:c	Present oral information in a clear and organized manner. 4:1:b  Use appropriate conventions of language in personal communication. 4:2:c
<b><u>Lesson 3: Reuse It!</u></b>	Determine the role of personal responsibility in health-related decision making. 3:3:b	

	Define age-appropriate health-related vocabulary. 4:2:c	
<b><u>Lesson 4: Endangered Animals</u></b>	Develop effective interpersonal communication skills. 4:1:c  Define age-appropriate health-related vocabulary. 4:2:c	Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a  Determine the usefulness of specific factual and technical materials. 1:4:b  Apply fundamental conventions of language in written work. 2:1:a

<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<b><u>Lesson 4: (Cont')</u></b>		Use descriptive vocabulary and proper spelling in written work. 2:1:b  Revise and edit written work using fundamental conventions of language. 2:1:c  Use appropriate organization based on the established writing purpose and intended audience. 2:2:a  Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b  Use suggestions from others to improve logic and consistency in writing. 2:3:b  Write on a routine basis to gain confidence in personal work. 2:3:c  Write to interpret and use new or unfamiliar information. 2:4:b  Use examples from selected print and electronic media to support personal interpretations. 2:4:c  Consider purpose of an oral presentation when deciding appropriate language. 4:2:b

<p><b>Module 12: The Right Choice - HIV and AIDS</b></p> <p><b><u>Lesson 1: What is AIDS? What is HIV?</u></b></p>	<p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p>	<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a</p> <p>Determine the usefulness of specific factual and technical materials. 1:4:b</p>
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<b>Lessons</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<p><b><u>Lesson 1: (Cont')</u></b></p>	<p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	
<p><b><u>Lesson 2: How HIV Affects the Immune System</u></b></p>	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>	<p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Use descriptive vocabulary and proper spelling in written work. 2:1:b</p> <p>Revise and edit written work using fundamental conventions of language. 2:1:c</p> <p>Use appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p>Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b</p> <p>Use suggestions from others to improve logic and consistency in writing. 2:3:b</p> <p>Write on a routine basis to gain confidence in personal work. 2:3:c</p>

Write to interpret and use new or unfamiliar information. 2:4:b

Present oral information in a clear and organized manner. 4:1:b

Use appropriate conventions of language in personal communication. 4:2:c

Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c

Lessons	Health Benchmarks	Language Arts Benchmarks
<b><u>Lesson 3: How HIV Is Passed / Not Passed</u></b>	Describe ways to communicate care, consideration, and respect for self and others. 4:1:a  Define age-appropriate health-related vocabulary. 4:2:c	
<b><u>Lesson 4: Taking Risks vs. Practicing Prevention</u></b>	Describe examples of risky and harmful behavior. 3:1:a  Describe practices which promote lifelong health and well-being. 3:1:c  Explore how personal choices can affect one's health. 3:3:a  Determine the role of personal responsibility in health-related decision making. 3:3:b  Define age-appropriate health-related vocabulary. 4:2:c	

Science Benchmarks

**Science Benchmarks**

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<b>Science Benchmarks</b>
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Describe the relationships between parents and offspring in organisms. 3:2:a
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**Science Benchmarks**

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**Science Benchmarks**

Describe how scientific investigations create new knowledge. 1:1:a

Explain how science is both a body of knowledge and an investigation. 1:1:c

### **Science Benchmarks**

Engage in various systematic scientific investigations. 1:2:a

Explain the reasons for and expectations of scientific investigations. 1:2:b

Describe the effects of chemical changes on common materials. 2:2:c

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<b>Science Benchmarks</b>
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<p>Describe the impact of ways scientific discoveries in historical and social perspectives. 5:1:b</p>
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Design solutions to human and/or environmental problems. 5:2:c

### **Science Benchmarks**

Describe how scientific investigations create new knowledge. 1:1:a

Explain how science is both a body of knowledge and an investigation. 1:1:c

Engage in various systematic scientific investigations. 1:2:a

Explain the reasons for and expectations of scientific investigations. 1:2:b

Identify how environmental factors affect all living things within ecosystems. 3:3:c

Describe situations that illustrate the impact of human activity on the environment. 5:2:a

Design solutions to human and/or environmental problems. 5:2:c

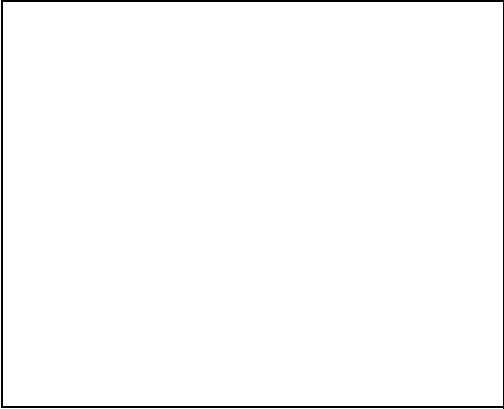
Describe situations that illustrate the impact of human activity on the environment. 5:2:a

Design solutions to human and/or environmental problems. 5:2:c

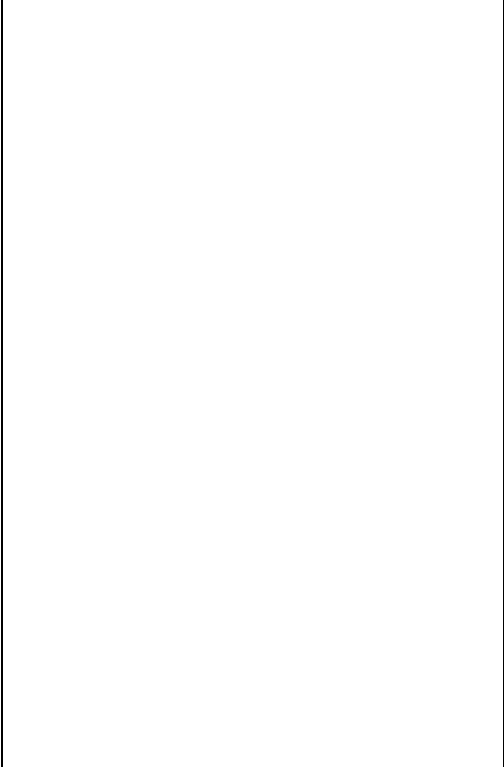
Identify factors that can cause change in a population. 3:2:b

Describe situations that illustrate the impact of human activity on the environment. 5:2:a

### **Science Benchmarks**



**Science Benchmarks**



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<b>Science Benchmarks</b>
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