

Michigan Model For Comprehensive School Health Education - Grade Five

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<p>PHASE I Becoming an Effective Team</p> <p>Lesson 1 Becoming a Team</p>	<p>Understand the importance and effect of good personal hygiene. 1:1: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>Explore how personal choices can affect one's health. 3:3:a</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p>		<p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>
<p>Enhancer Lesson 1 How Teams Benefit From Four Types of Control</p>	<p>Understand the importance and effect of good personal hygiene. 1:1: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>Use prior knowledge to interpret unfamiliar information/materials /text. 1:1:c</p>
<p>Lesson 2 Teamwork in Friendship and Families</p>	<p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:c</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p>		<p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>

	Describe behaviors which create bridges and barriers to effective communication. 4:2:b		Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c
--	--	--	--

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 3 Communication As a Team	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe how social, emotional, and physical, health are interrelated. 1:2: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>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p>		<p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
Lesson 4 Feelings-A Basic Ingredient for All People	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe how social, emotional, and physical, health are interrelated. 1:2:b</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p>

	Describe ways to communicate care, consideration, and respect for self and others. 4:1:a		
--	--	--	--

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 4 (Cont.)	<p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>		
Lesson 5 Relationships and Teeter-Totters (Part 1)	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe how social, emotional, and physical, health are interrelated. 1:2:b</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:2:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p>
Lesson 6 Relationships and Teeter-Totters (Part II)	<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>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>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Present oral information in a clear and organized manner. 4:3:c</p> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>

	Describe healthy ways to express needs, wants, and feelings. 4:2:a	
--	--	--

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 7 Resolving Conflicts With a Secret Formula	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe how social, emotional, and physical, health are interrelated. 1:2:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</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>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>
Lesson 8 Negotiation- A Skill to Help Us Solve Conflicts	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe how social, emotional, and physical, health are interrelated. 1:2:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</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>Determine ways to organize oral / visual information for later recall. 3:3:c</p>

Lesson 9 Making Decisions and Solving Problems	Explore and problem-solve ways to properly express feelings. 1:1:a Describe how social, emotional, and Describe examples of risky and harmful behavior. 3:1:a		Write to interpret and use new or unfamiliar information. 2:4:b Determine ways to organize oral / visual
---	---	--	---

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 9 (Cont.)	Describe healthy ways to express needs, wants, and feelings. 4:2:a Describe appropriate conflict resolution strategies. 4:3:b Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		
Lesson 10 Using What We Know to Deal With Bullies	Understand the importance and effect of good personal hygiene. 1:1:b Describe ways to avoid or reduce common childhood health problems. 1:2:c Determine the role of personal responsibility in health-related decision making. 3:3:b Describe healthy ways to express needs, wants, and feelings. 4:2:a		Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a Determine ways to organize oral / visual information for later recall. 3:3:c
Lesson 11 Growing and Changing	Describe how social, emotional, and physical, health are interrelated. 1:2:b		Write to explain prior knowledge about various topics. 2:4:a Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a
PHASE II Healthy Habits to Grow By Lesson 1 Stress: What is It?	Understand the importance and effect of good personal hygiene. 1:1:b		Write to explain prior knowledge about various topics. 2:4:a

	<p>Describe how social, emotional, and physical, health are interrelated. 1:2: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>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Present information in a clear and organized manner. 4:1:b</p>
--	---	--	--

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 1 (Cont.)	<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>		
Lesson 2 Stress: Friend or Foe?	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe how social, emotional, and physical, health are interrelated. 1:2: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>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>
Lesson 3 Exercise, Sleep, and Rest	<p>1-1-2</p> <p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p>		<p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>

	<p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p> <p>Explore how culture influences personal health behaviors. 2:1:a</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>		
--	--	--	--

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 3 (Cont.)	Explore how personal choices can affect one's health. 3:3:a		
Lesson 4 Making Decisions to Manage Stress	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe how social, emotional, and physical, health are interrelated. 1:2:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</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>	Demonstrate safety when engaged in scientific activity. 1:2:c	Determine ways to organize oral / visual information for later recall. 3:3:c
Lesson 5 Snack Facts and Artifacts	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a

	<p>Identify significant community health issues. 5:1:a</p> <p>Explore ways to advocate good health in families, schools, and communities. 5:3:b</p>		
Lesson 6 Classifying Snacks	<p>Describe how social, emotional, and physical, health are interrelated. 1:2:b</p> <p>Describe the characteristics of good personal health. 3:2:a</p>		<p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 6 (Cont.)	<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>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>
Lesson 7 Don't Be Fooled by Snack Quacks!	<p>Examine the media's impact on personal health decisions and practices. 2:1:b</p>		
Lesson 8 Your Own Snack Habits	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe how social, emotional, and physical, health are interrelated. 1:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p>	<p>Engage in various systematic scientific investigations. 1:2:a</p> <p>Explain the reasons for and expectations of scientific investigations. 1:2:b</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Use various resources to increase the effect of oral presentations, e.g., visual</p>

<p>PHASE III How My Body Works and Grows</p> <p>Lesson 1 Ten Body systems</p>	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>
---	--	--	---

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<p>Lesson 2 Systems Working Together</p>	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>
<p>Lesson 3 The Integumentary System</p>	<p>1-2-1</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p>		<p>Determine the usefulness of specific factual and technical information. 1:4:b</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>
<p>Lesson 4 Introduction to the Respiratory System</p>	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p>		<p>Use prior knowledge to interpret unfamiliar information/materials /text. 1:1:c</p>

	Describe how social, emotional, and physical, health are interrelated. 1:2:b Examine ways medical research has improved the prevention and control of health problems. 1:3:a		Determine the usefulness of specific factual and technical information. 1:4:b Write to interpret and use new or unfamiliar information. 2:4:b Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a
Lesson 5 More About the Respiratory System	Describe the basic structure and functions of the human body systems. 1:2:a Describe how social, emotional, and physical, health are interrelated. 1:2:b	Engage in various systematic scientific investigations. 1:2:a Explain the reasons for and expectations of scientific investigations. 1:2:b	Use prior knowledge to interpret unfamiliar information/materials /text. 1:1:c Determine the usefulness of specific factual and technical information. 1:4:b

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 5 (Cont.)	Examine ways medical research has improved the prevention and control of health problems. 1:3:a	Demonstrate safety when engaged in scientific activity. 1:2:c Identify relationships between structures and functions within an organism. 3:1:a	Write to interpret and use new or unfamiliar information. 2:4:b Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a
Lesson 6 Preparing for a Dissection	Understand the importance and effect of good personal hygiene. 1:1:b Describe ways to avoid or reduce common childhood health problems. 1:2:c		Determine the usefulness of specific factual and technical information. 1:4:b Write to interpret and use new or unfamiliar information. 2:4:b Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a
Lesson 7 Lung Dissection	1-1-2 Understand the importance and effect of good personal hygiene. 1:1:b 1-2-3 Describe ways to avoid or reduce common childhood health problems. 1:2:c	Engage in various systematic scientific investigations. 1:2:a Explain the reasons for and expectations of scientific investigations. 1:2:b	Write to explain prior knowledge about various topics. 2:4:a

		Demonstrate safety when engaged in scientific activity. 1:2:c	
PHASE IV <u>Resisting Pressures to Use Drugs</u> Lesson 1 Drugs and the Respiratory System	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe how social, emotional, and physical, health are interrelated. 1:2:b</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Consider purpose of an oral presentation when deciding appropriate language. 4:2:b</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 2 Tobacco Products: Smoked	<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 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>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>	<p>Engage in various systematic scientific investigations. 1:2:a</p> <p>Explain the reasons for and expectations of scientific investigations. 1:2:b</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Examine oral/visual information for usefulness. 3:3:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Consider purpose of an oral presentation when deciding appropriate language. 4:2:b</p> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>

Lesson 3 Tobacco Products: Smokeless	<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>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		<p>Determine the usefulness of specific factual and technical information. 1:4:b</p> <p>Gather and sort specific information /sources to make informed decisions. 1:4: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> <p>Use appropriate conventions of language in personal communication. 4:2:c</p>
Lesson 4 Inhalants and Crack Cocaine	<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>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>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 4 (Cont.)	<p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		
Lesson 5 Marijuana	<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>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		<p>Determine ways to organize oral / visual information for later recall. 3:3:c</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
Lesson 6 Influences and Advertising	<p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>
Lesson 7 Advertising Doesn't Fool Me!	<p>Describe examples of risky and harmful behavior. 3:1:a</p>		<p>Write to explain prior knowledge about various topics. 2:4:a</p>

	Describe how social pressure can influence risk-taking behaviors. 3:1:b		
Lesson 8 The Many Faces of Peer Pressure	Describe healthy ways to express needs, wants, and feelings. 4:2:a Describe appropriate conflict resolution strategies. 4:3:b Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		Use prior knowledge to interpret unfamiliar information/materials /text. 1:1:c Write to interpret and use new or unfamiliar information. 2:4:b Present oral information in a clear and organized manner. 4:1:b
Lesson 9 The Positive 'NO'	Describe healthy ways to express needs, wants, and feelings. 4:2:a Describe appropriate conflict resolution strategies. 4:3:b Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		Write to interpret and use new or unfamiliar information. 2:4:b Describe the basic and/or hidden meaning of various oral and visual messages, e.g.,
Lesson 10 Ways to Resist Pressure	Describe healthy ways to express needs, wants, and feelings. 4:2:a		

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 10 (Cont.)	Describe appropriate conflict resolution strategies. 4:3:b Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		
Lesson 11 Refusal Skills Practice	Describe healthy ways to express needs, wants, and feelings. 4:2:a Describe appropriate conflict resolution strategies. 4:3:b Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		Use various questioning approaches to clarify oral/visual information. 3:3:b 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
<u>PHASE V The Respiratory System, the Environment, and Disease</u>			

Lesson 1 My Environment	Describe how social, emotional, and physical, health are interrelated. 1:2:b	Describe how scientific investigations create new knowledge. 1:1:a Engage in various systematic scientific investigations. 1:2:a Explain the reasons for and expectations of scientific investigations. 1:2:b Demonstrate safety when engaged in scientific activity. 1:2:c	Use prior knowledge to interpret unfamiliar information/materials /text. 1:1:c Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b Write to explain prior knowledge about various topics. 2:4:a Use various questioning approaches to clarify oral/visual information. 3:3:b Present oral information in a clear and organized manner. 4:1:b
Lesson 2 Polluting the Environment	Understand the importance and effect of good personal hygiene. 1:1:b Describe how social, emotional, and physical, health are interrelated. 1:2:b Describe ways to avoid or reduce common childhood health problems. 1:2:c		Write to interpret and use new or unfamiliar information. 2:4:b Present oral information in a clear and organized manner. 4:1:b

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 2 (Cont.)	Describe ways technology influences personal health decisions and practices. 2:1:c Determine the role of personal responsibility in health-related decision making. 3:3:b		
Lesson 3 Learning About Pollutants	Understand the importance and effect of good personal hygiene. 1:1:b Describe how social, emotional, and physical, health are interrelated. 1:2:b	Engage in various systematic scientific investigations. 1:2:a Explain the reasons for and expectations of scientific investigations. 1:2:b Demonstrate safety when engaged in scientific activity. 1:2:c	Write to interpret and use new or unfamiliar information. 2:4:b Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a

Lesson 4 Learning About Radon	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe how social, emotional, and physical, health are interrelated. 1:2:b</p>	<p>Describe how scientific investigations create new knowledge. 1:1:a</p> <p>Engage in various systematic scientific investigations. 1:2:a</p> <p>Explain the reasons for and expectations of scientific investigations. 1:2:b</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Use prior knowledge to interpret unfamiliar information/materials /text. 1:1:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
Lesson 5 Clearing the Air!	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe how social, emotional, and physical, health are interrelated. 1:2:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p>		<p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:2:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 5 (Cont.)	<p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		
Lesson 6 Respiratory Diseases	<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>Determine how to choose and access health products and services at the local and state levels. 2:2:c</p> <p>Identify significant community health issues. 5:1:a</p>	<p>Engage in various systematic scientific investigations. 1:2:a</p> <p>Explain the reasons for and expectations of scientific investigations. 1:2:b</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Use prior knowledge to interpret unfamiliar information/materials /text. 1:1:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Use examples from selected print and electronic media to support personal interpretations. 2:4:c</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>

Lesson 7 Signs and Symptoms of Illness	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1: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> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p>		<p>Use prior knowledge to interpret unfamiliar information/materials /text. 1:1:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>
Lesson 8 Fighting Disease	<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>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p>	<p>Engage in various systematic scientific investigations. 1:2:a</p> <p>Explain the reasons for and expectations of scientific investigations. 1:2:b</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 8 (Cont.)	<p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Explore how medical advances affect personal and family health. 5:1:c</p>		
Enhancer Lesson 8 Immunizations	<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>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>

	Describe health practices related to the prevention of disease. 1:3:c Explore how medical advances affect personal and family health. 5:1:c		
Lesson 9 Breaking the Chain of Infection	Describe ways to avoid or reduce common childhood health problems. 1:2:c Examine ways medical research has improved the prevention and control of health problems. 1:3:a Compare health care requirements and policies which affect safety and well-being. 1:3:b Describe health practices related to the prevention of disease. 1:3:c Explore how medical advances affect personal and family health. 5:1:c	Engage in various systematic scientific investigations. 1:2:a Explain the reasons for and expectations of scientific investigations. 1:2:b Demonstrate safety when engaged in scientific activity. 1:2:c	Write to interpret and use new or unfamiliar information. 2:4:b Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a
PHASE VI Safety Is for Everyone Lesson 1	Understand the importance and effect of good personal hygiene. 1:1:b Describe how social, emotional, and physical, health are interrelated. 1:2:b		Write to interpret and use new or unfamiliar information. 2:4:b

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 1 (Cont.)	Examine ways medical research has improved the prevention and control of health problems. 1:3:a Examine the media's impact on personal health decisions and practices. 2:1:b Describe examples of risky and harmful behavior. 3:1:a		
Lesson 2 On My Own	Understand the importance and effect of good personal hygiene. 1:1:b		Write to explain prior knowledge about various topics. 2:4:a

	<p>Determine how to choose and access health products and services at the local and state levels. 2:2:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>
<p>Lesson 3 Making Decisions When Traveling Alone</p>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe how social, emotional, and physical, health are interrelated. 1:2:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p>		<p>Determine ways to organize oral / visual information for later recall. 3:3:c</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<p>Lesson 3 (Cont.)</p>	<p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		
<p>Lesson 4 Trouble, Trouble Everywhere</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>Present oral information in a clear and organized manner. 4:1:b</p>

	<p>Describe how social pressure can influence risk-taking behaviors. 3:1: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>		
Lesson 5 Avoiding Violence	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe how social, emotional, and physical, health are interrelated. 1:2:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</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>Use prior knowledge to interpret unfamiliar information/materials /text. 1:1:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
Lesson 6 Keeping My Body Safe	<p>Determine how to choose and access health products and services at the local</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p>		<p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g.,</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 6 (Cont.)	<p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		

	Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		
Lesson 7 Biking by the Rules	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p> <p>Describe examples of risky and harmful behavior. 3:1:a</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>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Describe how attributes of an audience influence presentation language. 4:2:a</p>
Lesson 8 Enjoying Water, Ice, and Sun	<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>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Describe how attributes of an audience influence presentation language. 4:2:a</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 9 Rescue Breathing	Examine ways medical research has improved the prevention and control of health problems. 1:3:a	Engage in various systematic scientific investigations. 1:2:a	Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a

	<p>Describe the role and organization of various community, state, and regional health agencies/services. 2:2:a</p> <p>Determine how to choose and access health products and services at the local and state levels. 2:2:c</p>	<p>Explain the reasons for and expectations of scientific investigations. 1:2:b</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	
<p>Lesson 10 Putting Health Into Practice</p>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Examine the media's impact on personal health decisions and practices. 2:1:b</p> <p>Describe the role and organization of various community, state, and regional health agencies/services. 2:2:a</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Develop effective interpersonal communication skills. 4:1:c</p>		<p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>