

Michigan Model For Comprehensive School Health Education - Grade Six

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<p>Phase I Resolving Conflicts and Having Friends</p> <p>Lesson 1 Health and Risks</p>	<p>1-3-a Analyze health care requirements and policies which affect safety and well-being</p> <p>3-2-a Explore personal health and well-being on a regular basis</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health</p> <p>4-2-b Determine behaviors/situations which create bridges and barriers to effective communication</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts</p> <p>2-4-a Write to clarify what is known about various topics</p> <p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p>
<p>Lesson 2 The Challenges and Hazards of Friendships</p>	<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>3-2-a Explore personal health and well-being on a regular basis</p> <p>3-2-b Compare different health plans for achieving and maintaining good health</p> <p>3-2-c Analyze personal health progress and adjust behaviors as needed</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts</p> <p>2-4-a Write to clarify what is known about various topics</p>

	4-1-b Choose appropriate communication techniques when interacting with family, peers, and community	
--	--	--

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<p>Lesson 3 (Cont.)</p> <p>Lesson 3 Checking Out Emotions</p>	<p>4-2-b Determine behaviors/situations which create bridges and barriers to effective communication</p> <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>3-2-a Explore personal health and well-being on a regular basis</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships</p> <p>4-1-c Model effective interpersonal communication skills</p> <p>4-2-a Demonstrate healthy ways to express, needs, wants, and feelings</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from</p>
<p>Lesson 4 Expressing Emotions in a Positive Way</p>	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy</p> <p>4-2-1 Demonstrate healthy ways to express, needs, wants, and feelings</p>		<p>2-4-b Write to synthesize, interpret, and use new information</p> <p>3-3-b Use specific questioning strategies to comprehend oral/ visual information</p> <p>4-1-b Present oral information in a logical and coherent manner</p> <p>4-3-c Use auxiliary resources to enhance oral presentations, e.g., visual aids,</p>

Lesson 5 When You're Mad...	4-3-c Demonstrate communication skills used to avoid potentially harmful situations	2-4-b Write to synthesize, interpret, and use new information
------------------------------------	---	---

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 5 (Cont.)	<p>1-3-b Analyze health care requirements and policies which affect safety and well-being</p> <p>3-1-a Distinguish short- and long-term consequences of risky and harmful</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems</p> <p>4-3-b Demonstrate effective conflict resolution strategies</p>		3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television
Lesson 6 Gaining POWER in Positive Ways-Part I	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-1-a Distinguish short- and long-term consequences of risky and harmful behavior</p> <p>4-2-a Demonstrate healthy ways to express, needs, wants, and feelings</p> <p>4-3-b Demonstrate effective conflict resolution</p> <p>4-3-c Demonstrate communication skills used to avoid potentially harmful situations</p>		<p>2-4-b Write to synthesize, interpret, and use new information</p> <p>3-3-c Use various organizing strategies to recall oral/visual information</p>
Lesson 7 Gaining POWER in Positive Ways-Part II	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations		3-3-c Use various organizing strategies to recall oral/visual information

	1-2-b Examine practices which enhance personal, emotional, social, and physical well-being		
--	--	--	--

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 7 (Cont.)	<p>3-1-a Distinguish short- and long-term consequences of risky and harmful behaviors (sic)</p> <p>4-2-a Demonstrate healthy ways to express, needs, wants, and feelings</p> <p>4-3-b Demonstrate effective conflict resolution strategies</p> <p>4-3-c Demonstrate communication skills used to avoid potentially harmful situations</p>		
Lesson 8 Using Positive POWER between Two People	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-1-a Distinguish short- and long-term consequences of risky and harmful behaviors (sic)</p> <p>4-2-a Demonstrate healthy ways to express, needs, wants, and feelings</p> <p>4-3-b Demonstrate effective conflict resolution strategies</p> <p>4-3-c Demonstrate communication skills used to avoid potentially harmful situations</p>		<p>2-4-b Write to synthesize, interpret, and use new information</p> <p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p>
Lesson 9 But It's Just Teasing-Part I	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from</p>

	1-3-b Analyze health care requirements and policies which affect safety and well-being		2-4-a Write to clarify what is known about various topics
--	--	--	---

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 10 (Cont.)	<p>3-2-a Explore personal health and well-being on a regular basis</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health</p> <p>3-3-b Demonstrate individual responsibility in health-related decisions/choices</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships</p>		<p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p>
Lesson 10 But It's Just Teasing! - Part II	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self</p> <p>1-3-b Analyze health care requirements and policies which affect safety and well-being</p> <p>3-2-a Explore personal health and well-being on a regular basis</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health</p> <p>3-3-b Demonstrate individual responsibility in health-related decisions/choices</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships</p>		<p>2-4-a Apply appropriate conventions of language in written work</p> <p>3-3-b Use specific questioning strategies to comprehend oral/ visual information</p> <p>4-1-b Present oral information in a logical and coherent manner</p> <p>4-3-c Use auxiliary resources to enhance oral presentations, e.g., visual aids, special effects</p>

Lesson 11 Only One Me...Only One You!

4-3-a Analyze the positive and negative aspects of conflict in everyday situations

4-3-b Demonstrate effective conflict resolution strategies

2-4-a Write to clarify what is known about various topics

3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 11 (Cont.)	4-3-3 Demonstrate communication skills used to avoid potentially harmful situations		
Phase II Having Fun and Staying Safe Lesson 1 Remembering Safety around Wheels, Sun, and Water	3-2-a Explore personal health and well-being on a regular basis 4-2-a Demonstrate healthy ways to express, needs, wants, and feelings		3-3-b Use specific questioning strategies to comprehend oral/ visual information 4-1-b Present oral information in a logical and coherent manner 4-3-c Use auxiliary resources to enhance oral presentations, e.g., visual aids, special effects
Lesson 2 Safety in Public Places	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations 1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors 2-2-c Investigate the availability of health products and services at the local, state, and regional levels 2-3-a Analyze various personal situations to determine when professional health services are necessary		1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts 1-4-c Collect and summarize information to make reasonable and informed decisions 2-4-b Write to synthesize, interpret, and use new information 4-1-b Present oral information in a logical and coherent manner
Lesson 3 Getting Out of a Tight Spot	1-1-c Analyze how appropriate and inappropriate health practices affect self and family 3-2-a Explore personal health and well-being on a regular basis 3-2-b Compare different health plans for achieving and maintaining good health		3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television 4-1-b Present oral information in a logical and coherent manner

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 3 (Cont.)	<p>3-2-c Analyze personal health progress and adjust behaviors as needed</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships</p> <p>4-2-c Use relevant and appropriate terminology when discussing health issues</p> <p>4-3-c Demonstrate communication skills used to avoid potentially harmful situations</p>		
Lesson 4 Practicing Getting Out of a Tight Spot	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family</p> <p>3-2-a Explore personal health and well-being on a regular basis</p> <p>3-2-b Compare different health plans for achieving and maintaining good health</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health</p>		4-1-b Present oral information in a logical and coherent manner
Lesson 5 Avoiding Fights and Resisting Gangs	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family</p> <p>3-2-a Explore personal health and well-being on a regular basis</p> <p>3-2-b Compare different health plans for achieving and maintaining good health</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health</p>		<p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p> <p>4-1-b Present oral information in a logical and coherent manner</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 6 Weapons and Safety	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors</p> <p>2-2-c Investigate the availability of health products and services at the local, state, and regional levels</p> <p>2-3-a Analyze various personal situations to determine when professional health services are necessary</p>		<p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p> <p>3-3-b Use specific questioning strategies to comprehend oral/ visual information</p>
Lesson 7 Personal Safety	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors</p> <p>1-3-b Analyze health care requirements and policies which affect safety and well-being</p> <p>2-2-c Investigate the availability of health products and services at the local, state, and regional levels</p> <p>2-3-a Analyze various personal situations to determine when professional health services are necessary</p> <p>3-1-b Analyze how social pressures can influence participation in risk-taking behaviors</p>		<p>2-4-1 Write to clarify what is known about various topics</p> <p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p>

	3-2-a Explore personal health and well-being on a regular basis		
--	---	--	--

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 7 (Cont.)	3-3-a Describe how personal choices can impact (sic) long-rang health 3-3-b Demonstrate individual responsibility in health-related decisions/choices 4-3-c Demonstrate communication skills used to avoid potentially harmful situations		
Lesson 8 Helping Others Stay Safe	2-3-a Analyze various personal situations to determine when professional health services are necessary 3-1-c Analyze personal practices which promote lifelong health and well-being		2-4-a Write to clarify what is known about various topics
Lesson 9 Caring for Others	1-3-a Determine how medical research influences health care and disease prevention 2-2-a Investigate the role and organization of various community, state, and regional health agencies/services 2-2-c Investigate the availability of health products and services at the local, state, and regional levels		2-2-b Determine and use appropriate writing style based on the established purpose and intended audience 3-3-b Use specific questioning strategies to comprehend oral/ visual information 4-1-b Present oral information in a logical and coherent manner 4-3-c Use auxiliary resources to enhance oral presentations, e.g., visual aids, special effects

Phase III <u>Drugs</u> <u>Make the News-Bad News</u> Lesson 1 <u>Drugs in the News-Part I</u>	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations		2-4-a Write to clarify what is known about various topics
--	---	--	---

	1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors		3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television
--	---	--	---

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 1 (Cont.)	5-1-b Analyze information/data to support or refute the cause/effect of various health issues		3-3-b Use specific questioning strategies to comprehend oral/ visual information 4-1-b Present oral information in a logical and coherent manner 4-3-c Use auxiliary resources to enhance oral presentations, e.g., visual aids, special effects
Lesson 2 Drugs in the News-Part II	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations 1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors 5-1-b Analyze information/data to support or refute the cause/effect of various health issues		2-1-c Revise and edit written work using appropriate conventions of language 2-4-a Apply appropriate conventions of language in written work
Lesson 3 Alcohol on the Screen	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations 1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors 1-3-c Examine health practices which may cause and/or spread / prevent diseases 4-2-b Determine behaviors/situations which create bridges and barriers to effective communication		2-4-b Write to synthesize, interpret, and use new information 3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television 4-1-b Present oral information in a logical and coherent manner

Lesson 4 Advertising Tactics	1-3-b Analyze health care requirements and policies which affect safety and well-being		1-4-b Analyze the validity and/or appropriateness of various technical and practical materials
-------------------------------------	--	--	--

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 4 (Cont.)	2-1-a Describe the influence of cultural beliefs on health behaviors and practices 2-1-b Analyze the media impact on personal and family health decisions and practices 2-2-a Investigate the role and organization of various community, state, and regional health agencies/services		3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television
Lesson 5 Advertising for Healthy, Drug-free Activities and Products	1-3-b Analyze health care requirements and policies which affect safety and well-being 2-1-a Describe the influence of cultural beliefs on health behaviors and practices 2-1-b Analyze the media impact on personal and family health decisions and practices 2-2-a Investigate the role and organization of various community, state, and regional health agencies/services		3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television
Lesson 6 Standing Up to Pressure to Use Drugs	1-1-c Analyze how appropriate and inappropriate health practices affect self and family 3-2-a Explore personal health and well-being on a regular basis		1-4-b Analyze the validity and/or appropriateness of various technical and practical materials 2-4-b Write to synthesize, interpret, and use new information

	<p>3-2-b Compare different health plans for achieving and maintaining good health</p> <p>3-2-c Analyze personal health progress and adjust behaviors as needed</p>	<p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p>
--	--	--

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 6 (Cont.)	<p>3-3-a Describe how personal choices can impact (sic) long-range health</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships</p> <p>4-2-c Use relevant and appropriate terminology when discussing health issues</p> <p>4-3-c Demonstrate communication skills used to avoid potentially harmful situations</p>		
Lesson 7 Getting Out of a Jam	<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>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>2-2-c Investigate the availability of health products and services at the local, state, and regional levels</p> <p>3-1-b Analyze how social pressures can influence participation in risk-taking behaviors</p>		<p>2-4-b Write to synthesize, interpret, and use new information</p> <p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p> <p>3-3-c Use various organizing strategies to recall oral/visual information</p> <p>4-1-b Present oral information in a logical and coherent manner</p>
Lesson 8 Helping Others Out	<p>1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors</p>		<p>3-3-b Use specific questioning strategies to comprehend oral/ visual information</p>

	<p>1-2-a Explain how health is influenced by the interaction of body systems</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems</p>		<p>4-1-b Present oral information in a logical and coherent manner</p> <p>4-3-c Use auxiliary resources to enhance oral presentations, e.g., visual aids, special effects</p>
--	--	--	---

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 8 (Cont.)	<p>2-1-b Analyze the media impact on personal and family health decisions and practices</p> <p>2-2-a Investigate the role and organization of various community, state, and regional health agencies/services</p> <p>3-1-a Distinguish short- and long-term consequences of risky and harmful behaviors (sic)</p> <p>3-3-a Describe how personal choices can impact (sic) long-rang health</p> <p>4-1-c Model effective interpersonal communication skills</p> <p>3-2-a Explore personal health and well-being on a regular basis</p>		

<p>Phase IV Becoming You</p> <p>Lesson 1 Heredity and Environment</p>	<p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>1-3-a Determine how medical research influences health care and disease prevention</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts</p> <p>2-4-b Write to synthesize, interpret, and use new information</p>
---	---	--	--

	<p>1-3-c Examine health practices which may cause and/or spread / prevent diseases</p> <p>5-1-a Describe and rank (sic) community and environmental health issues</p> <p>5-1-b Analyze information/data to support or refute the cause/effect of various health issues</p>		<p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p>
Lesson 2 Hereditary Diseases	<p>1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors</p>		<p>2-4-b Write to synthesize, interpret, and use new information</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 2 (Cont.)	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family</p> <p>1-3-a Determine how medical research influences health care and disease prevention</p> <p>2-2-b Analyze the effectiveness of local, state, and regional health resources</p> <p>5-1-b Analyze information/data to support or refute the cause/effect of various health issues</p> <p>5-3-c Collaborate with others to investigate the need for equitable health care for all</p>		<p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p>
Lesson 3 Environmental Factors That Affect Health	<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>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems</p>		<p>2-4-b Write to synthesize, interpret, and use new information</p>

	<p>2-1-c Analyze the impact of technology on personal and family health decisions and practices</p> <p>3-3-b Demonstrate individual responsibility in health-related decisions/choices</p>		
Lesson 4 Living with Disabilities	1-2-a Explain how health is influenced by the interaction of body systems		2-2-b Determine and use appropriate writing style based on the established purpose and intended audience

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 4 (Cont.)	<p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems</p> <p>3-2-a Explore personal health and well-being on a regular basis</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health</p> <p>4-2-b Determine behaviors/situations which create bridges and barriers to effective communication</p>		3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television

Phase V The Beat of Life			
Lesson 1 What's So Important about the Circulatory System?	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors</p>		<p>2-4-b Write to synthesize, interpret, and use new information</p> <p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p>

	<p>1-3-a Determine how medical research influences health care and disease prevention</p> <p>1-3-c Examine health practices which may cause and/or spread / prevent diseases</p> <p>5-3-a Investigate methods used to influence others in making healthy choices</p> <p>5-3-c Collaborate with others to investigate the need for equitable health care for all</p>		
Lesson 2 The Circulatory System	2-1-a Describe the influence of cultural beliefs on health behaviors and practices		2-4-b Write to synthesize, interpret, and use new information

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 2 (Cont.)	5-1-b Analyze information/data to support or refute the cause/effect of various health issues		3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television
Lesson 3 The Heart	<p>2-1-a Describe the influence of cultural beliefs on health behaviors and practices</p> <p>5-1-b Analyze information/data to support or refute the cause/effect of various health issues</p>	<p>1-1-a Analyze science as a body of knowledge and an investigative process</p> <p>1-2-a Conduct systematic scientific investigations that can be replicated</p> <p>1-2-b Describe the benefits and potential of scientific investigations</p> <p>1-2-c Describe and demonstrate various safety factors associated with different types of scientific activity</p>	<p>1-4-b Analyze the validity and/or appropriateness of various technical and practical materials</p> <p>2-4-b Write to synthesize, interpret, and use new information</p> <p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p> <p>3-3-b Use specific questioning strategies to comprehend oral/ visual information</p>
Lesson 4 Blood Flow through the Heart	2-2-2 Analyze the effectiveness of local, state, and regional health resources		<p>1-4-b Analyze the validity and/or appropriateness of various technical and practical materials</p> <p>2-4-b Write to synthesize, interpret, and use new information</p> <p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p>
Lesson 5 Pulse and Blood Pressure	<p>1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors</p> <p>2-2-b Analyze the effectiveness of local, state, and regional health resources</p> <p>5-1-b Analyze information/data to support or refute the cause/effect of various health issues</p>	<p>1-2-a Conduct systematic scientific investigations that can be replicated</p> <p>1-2-b Describe the benefits and potential of scientific investigations</p> <p>1-2-c Describe and demonstrate various safety factors associated with different types of scientific activity</p>	<p>2-2-b Determine and use appropriate writing style based on the established purpose and intended audience</p> <p>2-4-b Write to synthesize, interpret, and use new information</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 5 (Cont.)	5-3-a Investigate methods used to influence others in making healthy choices		
Lesson 6 Cardiovascular Disease	1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors 2-2-b Analyze the effectiveness of local, state, and regional health resources 5-1-b Analyze information/data to support or refute the cause/effect of various health issues 5-3-a Investigate methods used to influence others in making healthy choices		1-4-b Analyze the validity and/or appropriateness of various technical and practical materials 2-4-b Write to synthesize, interpret, and use new information
Lesson 7 Risk Factors for Cardiovascular Disease	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations 1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors 1-3-a Determine how medical research influences health care and disease prevention 1-3-c Examine health practices which may cause and/or spread / prevent diseases 5-3-a Investigate methods used to influence others in making healthy choices 5-3-c Collaborate with others to investigate the need for equitable health care for all		1-4-b Analyze the validity and/or appropriateness of various technical and practical materials
Lesson 8 Harmful Substances	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations		1-4-b Analyze the validity and/or appropriateness of various technical and practical materials

	1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors		2-4-b Write to synthesize, interpret, and use new information
--	---	--	---

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 8 (Cont.)	5-1-b Analyze information/data to support or refute the cause/effect of various health issues		3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television
Lesson 9 Heart Dissection	2-2-b Analyze the effectiveness of local, state, and regional health resources	1-2-a Conduct systematic scientific investigations that can be replicated 1-2-b Describe the benefits and potential of scientific investigations 1-2-c Describe and demonstrate various safety factors associated with different types of scientific activity 3-1-a Explain relationships between structure and function at various levels in organisms	1-4-b Analyze the validity and/or appropriateness of various technical and practical materials 3-3-b Use specific questioning strategies to comprehend oral/ visual information 3-3-c Use various organizing strategies to recall oral/visual information

Phase VI Important Considerations: Nutrition, Exercise, and Stress Lesson 1 Fitness Balance	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations 1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors 2-2-a Investigate the role and organization of various community, state, and regional health agencies/services 2-2-b Analyze the effectiveness of local, state, and regional health resources		3-3-b Use specific questioning strategies to comprehend oral/ visual information 4-1-b Present oral information in a logical and coherent manner 4-3-c Use auxiliary resources to enhance oral presentations, e.g., visual aids, special effects
--	--	--	--

	<p>5-1-b Analyze information/data to support or refute the cause/effect of various health issues</p> <p>5-3-a Investigate methods used to influence others in making healthy choices</p>		
--	--	--	--

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 1 (Cont.)	5-3-c Collaborate with others to investigate the need for equitable health care for all		
Lesson 2 The Basic Facts	<p>1-1-1 Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors</p> <p>2-2-a Investigate the role and organization of various community, state, and regional health agencies/services</p> <p>2-2-b Analyze the effectiveness of local, state, and regional health resources</p> <p>5-1-b Analyze information/data to support or refute the cause/effect of various health issues</p> <p>5-3-a Investigate methods used to influence others in making healthy choices</p> <p>5-3-c Collaborate with others to investigate the need for equitable health care for all</p>		<p>2-4-2 Write to synthesize, interpret, and use new information</p> <p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p>
Lesson 3 What's in the Food?	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors</p>		3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television

	<p>1-2-a Explain how health is influenced by the interaction of body systems</p> <p>2-2-a Investigate the role and organization of various community, state, and regional health agencies/services</p>		
--	--	--	--

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 3 (Cont.)	<p>2-2-b Analyze the effectiveness of local, state, and regional health resources</p> <p>3-2-b Compare different health plans for achieving and maintaining good health</p> <p>3-2-c Analyze personal health progress and adjust behaviors as needed</p>		
Lesson 4 Food for Growth	<p>1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being</p> <p>3-2-a Explore personal health and well-being on a regular basis</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health</p>		<p>1-4-b Analyze the validity and/or appropriateness of various technical and practical materials</p> <p>2-4-b Write to synthesize, interpret, and use new information</p> <p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p> <p>4-1-b Present oral information in a logical and coherent manner</p>
Lesson 5 Handling Stress Positively	<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>3-2-a Explore personal health and well-being on a regular basis</p> <p>3-2-c Analyze personal health progress and adjust behaviors as needed</p>		<p>2-4-b Write to synthesize, interpret, and use new information</p> <p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p>

	<p>3-3-a Describe how personal choices can impact (sic) long-range health</p> <p>3-3-b Demonstrate individual responsibility in health-related decisions/choices</p>		
--	--	--	--

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 6 Energize with Exercise	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-1-b Engage in a variety of positive, personal, hygienic (sic) behaviors</p> <p>2-1-a Describe the influence of cultural beliefs on health behaviors and practices</p> <p>5-1-b Analyze information/data to support or refute the cause/effect of various health issues</p> <p>5-3-b Choose and model health advocacy strategies for families, schools, and communities</p>	<p>1-2-a Conduct systematic scientific investigations that can be replicated</p> <p>1-2-b Describe the benefits and potential of scientific investigations</p> <p>1-2-c Describe and demonstrate various safety factors associated with different types of scientific activity</p>	<p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television</p>
Lesson 7 Putting Knowledge into Practice	<p>3-1-c Analyze personal practices which promote lifelong health and well-being</p> <p>3-2-a Explore personal health and well-being on a regular basis</p> <p>3-2-c Analyze personal health progress and adjust behaviors as needed</p>		
Lesson 8 Setting Goals	<p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts</p> <p>2-4-b Write to synthesize, interpret, and use new information</p>

3-3-a Describe how personal choices can impact (sic) long-range health		
--	--	--