

## Grade 6 - Health Targets 23-24

<b>Date Completed or Revised:</b> 8/16/23			
<b>Contacts:</b> Ryan Neubling (WL) & Ben Leven (TG)			
<b>4.0 Target</b>	<b>3.0 Target</b>	<b>2.0 Target</b>	Trimester
<b>Decision Making/Conflict Management</b>			
Apply the decision-making model to solve a health related problem.	Discuss the components of a decision-making process.	Recognize the need for a decision-making process.	1
Not Applicable	Describe the consequences of bullying.	Recognize that there are negative effects of bullying.	1
Evaluate behaviors/choices that may increase/decrease risks to one's health.	Explain behaviors/choices that may increase/decrease risks to one's health.	Indicate behaviors/choices that may increase/decrease risks to one's health.	1,2,3
Not Applicable	Define interpersonal and sexual violence (e.g., sexual harassment, sexual assault, incest, rape, domestic violence, coercion, and dating violence) and describe their impacts on sexual health.	Define interpersonal and sexual violence	1
Not Applicable	Identify community resources and/or other sources of support, such as trusted adults, including parents and caregivers, that students can go to if they are or someone they know is being sexually harassed, abused, assaulted, exploited, or trafficked	List community resources and/or other sources of support	1
Not Applicable	Recognize the symptoms of depression as a treatable condition that may precede suicide.	List the symptoms of depression.	1,2
Not Applicable	Apply the ACT technique (Acknowledge, Care, Tell) to a variety of real life scenarios	Define ACT (Acknowledge, Care, Tell)	1,2
Not Applicable	Describe strategies a student might use to end an unhealthy relationship, including involving a trusted adult who can help.	Describe strategies a student might use to end an unhealthy relationship	1
Not Applicable	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing	Patterns of errors in mechanics are distracting or occasionally interfere with understanding	1,2,3
<b>RESOURCES</b>	<a href="#">Sexual Harassment</a> , <a href="#">Bully Comic</a> .		
<b>Injury Prevention/Safety</b>			
Not Applicable	Create a fire safety plan that includes exit routes from each room in their home.	Create a fire safety plan that includes exit routes from one room in their home.	2
Not Applicable	Describe the signs and symptoms of illness that indicate a person should seek medical treatment.	Recognize the signs and symptoms of a health related emergency.	2
Not Applicable	Demonstrate an appropriate response when a person is choking.	Recognize when a person is choking.	2
Analyze a situation to determine the appropriate first aid response.	Explain basic first aid to injuries.	Recognize the need for treatment of specific injuries.	2
Not Applicable	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing	Patterns of errors in mechanics are distracting or occasionally interfere with understanding	1,2,3
<b>Human Growth and Development</b>			
Not Applicable	Explain the process of growth and development from conception to birth.	Recognize that growth and development occur from conception to birth.	3
Describe the interrelationship between physical, mental, emotional, and social changes that occur during adolescence.	Discuss physical, mental, emotional, and social changes that occur during adolescence.	Recognize that changes occur during adolescence.	3
Not Applicable	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing	Patterns of errors in mechanics are distracting or occasionally interfere with understanding	1,2,3
<b>RESOURCES</b>	Puberty Brainpop Quiz, <a href="#">Human Growth Folder</a>		
<b>Human Body Systems</b>			
Describe how all the body's systems interrelate and impact each other	Identify the structure of the skeletal, muscular, nervous, and integumentary systems.	Understand the function of major systems of the human body.	3
	Describe human reproductive systems, including the external and internal body parts and their functions, and that there are naturally occurring variations in human bodies (e.g., intersex, vulvas, circumcised and intact penises)	List the human reproductive systems, including the external and internal body parts and their functions, and that there are naturally occurring variations in human bodies (e.g., intersex, vulvas, circumcised and intact penises)	3
Not Applicable	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing	Patterns of errors in mechanics are distracting or occasionally interfere with understanding	1,2,3

## Grade 7 - Health Targets 23-24

Date Completed or Revised:		8/16/2023		
Contacts:		Ryan Neubling (WL)& Ben Leven (TG)		
4.0 Target		3.0 Target	2.0 Target	Rotation
Personal Health and Wellness				
Analyze the factors affecting physical, mental/emotional, and social health and their impact on an individual's wellness.	Explain the relationship between physical, mental/emotional, and social health in determining an individual's level of wellness.	Identify the three parts of the health triangle.		1
Analyze scenarios to determine the factors that influence a person's self-esteem.	Examine factors that influence self-esteem.	Define self-esteem.		1
Not Applicable	Analyze situations that are considered sexual harassment.	Define sexual harassment.		1
Evaluate behaviors/choices that may increase/decrease risks to one's health.	Explain behaviors/choices that may increase/decrease risks to one's health.	Indicate behaviors/choices that may increase/decrease risks to one's health.		1,2,3
Not Applicable	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing	Patterns of errors in mechanics are distracting or occasionally interfere with understanding		1,2,3
RESOURCES		<a href="#">Sexual Harassment</a> , <a href="#">Pear Deck</a> , <a href="#">Tolerance</a>		
Depression Screening Survey in Tri 1				
Mental/Emotional Health				
Analyze what works best for oneself in response to a stressful situation and recommend ways to eliminate/reduce one's stressors.	Identify possible stressors in one's life and strategies on how to manage them.	Recognize that stress is different for each individual		2
Analyze scenarios to determine the factors that cause stress and their consequences	Explain the short-term/long-term effects of stress on physical, mental/emotional, and social health.	Define the word stress.		2
Not Applicable	Recognize the symptoms of depression as a treatable condition that may precede suicide.	Indicate some signs/symptoms of depression.		2
Not Applicable	Apply the ACT technique (Acknowledge, Care, Tell) to a variety of real life scenarios	Define ACT (Acknowledge, Care, Tell)		2
Not Applicable	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing	Patterns of errors in mechanics are distracting or occasionally interfere with understanding		1,2,3
Substance Abuse				
Defend the positive/negative effects of drug use, misuse, and abuse on health status.	Analyze how alcohol and other substances can influence sexual decision-making	Identify commonly abused drugs in our society.		3
Not Applicable	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing	Patterns of errors in mechanics are distracting or occasionally interfere with understanding		1,2,3
RESOURCES		<a href="#">Drug Research Project</a>		
Consumer Health				
Not Applicable	Evaluate the reliability of health-related information	Identify various sources of health information.		3
Evaluate the effects on the body and the environment of substances found in electronic cigarettes.	Explain some effects on the body and the environment of substances found in electronic cigarettes.	Recognize that there are effects on the body and the environment of substances found in electronic cigarettes.		3
Not Applicable	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing	Patterns of errors in mechanics are distracting or occasionally interfere with understanding		1,2,3

## Grade 8 - Health Targets 23-24

Date Completed or Revised:		8/16/2023	
Contacts:		Ryan Neubling (WL)& Ben Leven (TG)	
4.0 Target	3.0 Target	2.0 Target	Rotation
Sexuality and Family Life			
Evaluate at least four risks of early sexual involvement.	Identify at least four risks of early sexual involvement.	Recognize early sexual involvement as a risky behavior.	1
Evaluate the best contraceptive choice in certain situations.	Describe the steps to using barrier methods correctly (e.g., external and internal condoms, dental dams)	List various methods of contraception.	1
Not Applicable	Identify medically accurate sources of information about STDs, including HIV, such as local STD/ HIV prevention, testing, and treatment resources	List medically accurate sources of information about STDs, including HIV, such as local STD/ HIV prevention, testing, and treatment resources	1
Evaluate the health impact of sexually transmitted infections.	Explain short and long-term consequences of sexually transmitted infections.	Recognize short and long-term consequences of sexually transmitted infections.	1
Not Applicable	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing	Patterns of errors in mechanics are distracting or occasionally interfere with understanding	1,2,3
Not Applicable	Define sexual identity and explain a range of identities related to sexual orientation (e.g., heterosexual, bisexual, lesbian, gay, queer, twospirit, asexual, pansexual)	Define sexual orientation and explain that most people have a sexual orientation	1
Not Applicable	Define vaginal, oral, and anal sex	List the three different types of sexual activity	1
Not Applicable	Define interpersonal and sexual violence (e.g., sexual harassment, sexual assault, incest, rape, domestic violence, coercion, and dating violence) and describe their impacts on sexual health*	Define interpersonal and sexual violence	1
RESOURCES	<a href="#">Quizlet Human Growth 8th grade Folder</a> , <a href="#">Contraceptive Infomercial</a> , <a href="#">Contraceptive Chart</a> , <a href="#">STI Hunt</a> , <a href="#">STI Info</a> , <a href="#">Gender Quizlet</a> , Alternative assignment (Abstinence): Please go to kidshealth.org and click for teens sexual health. Then click on birthcontrol and ABSTINENCE. Read the article in full and write a paragraph on why you think abstinence is the best choice for teens. Provide text evidence to support your claim. ( <a href="#">LINK</a> ).		
Mental/Emotional Health			
Not Applicable	Apply knowledge of sexual harassment to a real life situation.	Define sexual harassment.	1
Evaluate behaviors/choices that may increase/decrease risks to one's health.	Explain behaviors/choices that may increase/decrease risks to one's health.	Indicate behaviors/choices that may increase/decrease risks to one's health.	1,2,3
Not Applicable	Apply knowledge of sexual consent and sexual agency	Define sexual consent and sexual agency	1
Not Applicable	Demonstrate communication skills that will support healthy relationships	Compare and contrast good vs bad communication skills that support healthy relationships	1
RESOURCES	<a href="#">Sexual Harassment CQurt Case</a>		
Nutrition			
Analyze a food plan to determine if the nutrient requirements are being met.	Explain the role of basic nutrients in maintaining health.	Identify the basic nutrients.	2
Design a diet and activity routine that meets current national guidelines for diet and exercise and will result in healthy body weight and composition.	Use the principles of energy balance, calorie intake, and expenditure to plan a diet and activity routine that will result in healthy body weight and composition.	Explain the principle of energy balance.	2
Not Applicable	Explain why sustained moderate to vigorous physical activities can reduce symptoms of depression and anxiety	Understand what sustained moderate to vigorous physical activities are and define anxiety.	2
Not Applicable	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing	Patterns of errors in mechanics are distracting or occasionally interfere with understanding	1,2,3
Disease Prevention/Control			
Evaluate the causes and impacts of various communicable, non-communicable, acute, chronic, and degenerative diseases on a person's health.	Distinguish the differences between communicable, non-communicable, acute, chronic, and degenerative diseases.	Recognize certain diseases.	3
Evaluate the health impact of three major chronic diseases (heart disease, cancer, diabetes) on a person's health.	Determine the signs and symptoms of the top three chronic diseases (heart disease, cancer, diabetes).	Identify three major chronic diseases (heart disease, cancer, diabetes).	3
Not Applicable	Recognize the symptoms of depression as a treatable condition that may precede suicide.	Indicate some signs/symptoms of depression.	3
Not Applicable	Apply the ACT technique (Acknowledge, Care, Tell) to a variety of real life scenarios	Define ACT (Acknowledge, Care, Tell)	3
Not Applicable	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing	Patterns of errors in mechanics are distracting or occasionally interfere with understanding	1,2,3