



MIDDLE SCHOOL COORDINATED HEALTH 6-8 NATIONAL HEALTH CORRELATIONS

Unit 1 – Personal Fitness

The Components of Fitness

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Aerobic and Anaerobic Exercises

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Playing Sports

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Eating for Sports and Physical Activity

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

National Health Standard (5) – Students will demonstrate the ability to use decision-making skills to enhance health.

Unit 2 - Nutrition and Health

MyPyramid.gov

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Personalized MyPyramid.gov – Steps to a Healthier You

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Balance, Variety, and Moderation

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

National Health Standard (5) – Students will demonstrate the ability to use decision-making skills to enhance health.

Breaking Bad Food Habits

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

National Health Standard (5) – Students will demonstrate the ability to use decision-making skills to enhance health.

National Health Standard (6) – Students will demonstrate the ability to use goal-setting skills to enhance health.

Unit 3 - Body Systems

The Human Body

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

The Body's Major Systems

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

National Health Standard (7) – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

The Importance of Diet and Exercise

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

National Health Standard (5) – Students will demonstrate the ability to use decision-making skills to enhance health.

National Health Standard (7) – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

Preventive Medicine

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

National Health Standard (3) – Students will demonstrate the ability to access valid information and products and services to enhance health.

National Health Standard (8) – Students will demonstrate the ability to advocate for personal, family and community health.

Unit 4 - Growth and Development

Physical Changes During Growth and Development

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Growing Up

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention.

National Health Standard (7) Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

Are You a Responsible Teenager?

National Health Standard (5) – Students will demonstrate the ability to use decision-making skills to enhance health.

Nutrition and Exercise During Adolescence

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

National Health Standard (5) – Students will demonstrate the ability to use decision-making skills to enhance health.

National Health Standard (6) – Students will demonstrate the ability to use goal-setting skills to enhance health.

Unit 5 - Avoidance of High Risk Behaviors

Tobacco and Your Health

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health

National Health Standard (7) – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

Alcohol and Drug Prevention

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

National Health Standard (7) – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

Supplements and Scams

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

National Health Standard (7) – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

National Health Standard (2) – Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

You Can Make Healthy Choices

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention.

National Health Standard (7) – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

National Health Standard (5) – Students will demonstrate the ability to use decision-making skills to enhance health.

Teenage Pregnancy

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention.

National Health Standard (5) – Students will demonstrate the ability to use decision-making skills to enhance health.

Choosing Abstinence

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

National Health Standard (7) - Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

National Health Standard (5) – Students will demonstrate the ability to use decision-making skills to enhance health.

National Health Standard (8) – Students will demonstrate the ability to advocate for personal, family and community health.

Abuse, Neglect, and Domestic Violence

National Health Standard (7) – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

National Health Standard (5) – Students will demonstrate the ability to use decision-making skills to enhance health.

National Health Standard (8) – Students will demonstrate the ability to advocate for personal, family and community health.

Relationships

National Health Standard (4) – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

National Health Standard (2) – Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

National Health Standard (8) – Students will demonstrate the ability to advocate for personal, family and community health.

Unit 6 - Using Health Information and the Influence of Media and Technology

Accessing, Analyzing, and Using Health Information

National Health Standard (3) – Students will demonstrate the ability to access valid information and products and services to enhance health.

Influence of Media and Technology on Health

National Health Standard (2) – Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Unit 7 - Environmental and Social Factors Affecting Health

The Environment and Health

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

National Health Standard (7) – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

Environmental Factors Related to Exercise

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

National Health Standard (7) – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

Unit 8 - Safety

Preventing Accidents

National Health Standard (7) – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

A Safe and Healthy School Environment

National Health Standard (7) – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Unit 9 - Social and Mental Health

Self-Esteem and Peer Pressure

National Health Standard (4) – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

National Health Standard (2) – Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

National Health Standard (5) – Students will demonstrate the ability to use decision-making skills to enhance health.

The Benefits of Healthy Lifestyle Choices

National Health Standard (1) – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

National Health Standard (7) – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

National Health Standard (5) – Students will demonstrate the ability to use decision-making skills to enhance health.