

Benchmark 1: The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition. (Please refer to your PE Program)

To meet this standard, the student will:

1.1. Develop fundamental and complex movement skills, as developmentally appropriate.

By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Demonstrate physical skills (loco-motor, non-loco-motor, and manipulative) that contribute to movement proficiency.	Grade K: TE 63-64 Grade 1: TE 116-118; PA 18 Grade 2: TE 73; PA 11; EA 2 Grade 3: TE 87; PA 16 Grade 5: TE 129-131 TR 10: Benefits of Exercise	Grade K: B: Kids in Action Grade 1: B: Kids in Action Grade 2: B: Kids in Action Grade 3: B: Kids in Action

1.2. Safely participates in a variety of developmentally appropriate physical activities.

By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Follows rules and safety procedures while participating in a variety of physical activities.	Grade K: TE 61-62 Grade 3: TE 86 Grade 5: TE 132-133; EA 17,18	Grade K: V: Get Ready, Get Set, Get Fit

1.3. Understand the concepts of health-related physical fitness and develop and monitor progress on personal fitness goals.

By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Develop a fitness vocabulary and awareness of fitness concepts while participating regularly in a variety of physical activities for fitness and play.	Grade K: TE 10-13, 60-65; F: health, nutrition, sleep, exercise; SA 9,10; PA 9 Grade 3: TE 86-87 Grade 4: TE 124; SA 28; TR 4: Key Concepts Grade 5: TE 132-134; EA 17, 18; PA 16	Grade K: B: HPW Flip Chart: Keeping Healthy with Herbie; A: Herbie’s Health and Safety Songs; V: Get Ready, Get Set, Get Fit

1.4. Understand the relationship of nutrition and food nutrients to physical performance and body composition.

By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Identify the nutrients provided by a variety of foods and describe how bodily function and physical performance are affected by food consumption.	Grade K: TE 66-70; PA 10 Grade 1: TE 106-115; SA 13; EA 9; PA 15,16,17 Grade 2: TE 66-71, 74-78; SA 12, 13, 14, 15, 16, 17; PA 10, 12 Grade 3: TE 72-83; SA 11, 12, 13, 14, 15; PA 14, 15; TR 4: Nutrition & Fitness, TR 5: MyPyramid Grade 4: TE 130-139, 149, 170-171; HF: Activity 5; SA 31, 32, 33, 34, 39; EA 19, 20, 25; TR: 6 Nutrition Facts Food Label Grade 5: TE 106-118; PA 13, 14; EA 15; TR: 6 Sources of Nutrients, TR 7: Heart-Healthy Choices; HF: Nutrition & Fitness (Activities 1-6)	Grade K: G: Nutrition & Fitness Game; P: Healthy Choices Grade 2: C: Nutrition Cards; G: Refrigerator Poster with food group pieces Grade 4: B: Chocolate Fever Grade 5: V: To the Max-Eating & Exercising for Maximum Health; P: Nutrition Vision Chart; C: Nutrition Cards

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By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Recognize the physical benefits of movement, fitness, and nutrition.	<p>Grade K: TE 30-32; SA 5, 6; PA 4; F: unhealthy</p> <p>Grade 1: TE 98-105; SA 11, 12; PA 16</p> <p>Grade 2: TE 71-72; F: fitness</p> <p>Grade 3: TE 84-87; SA 16; PA 16; TR 4: Nutrition & Fitness</p> <p>Grade 4: TE 150</p> <p>Grade 5: TE 114-117, 121-124, 128-131; EA 16; HF: Activity 5, 6; TR 7: Heart-Healthy Choices, TR 8: Food Labels, TR 10: Benefits of Exercise</p>	<p>Grade K: P: Healthy Choices; C: Making Healthy Choices</p> <p>Grade 1: P: Healthy Choices; B: The Important Book</p> <p>Grade 3: B: Kids in Action</p> <p>Grade 4: G: Fountain of Fitness</p>

Benchmark 2: The student acquires the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely.

To meet this standard, the student will:

2.1. Recognize patterns of growth and development.

By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Describe the structure and function of human body systems.	<p>Grade K: TE 99, 138-142; F: growth; SA 26; PA 19</p> <p>Grade 1: TE 154-164; SA 28, 29, 30; EA 13; PA 25</p> <p>Grade 2: TE 80-82, 120-134; SA 18, 37, 39, 40</p> <p>Grade 3: TE 96-114; SA 18, 19, 20, 21, 22; PA 18; EA 9</p> <p>Grade 4: TE 154-162, 164-167, 184-185; SA 40, 41, 45; PA 21; EA 23, 24; HF: Heart Health; TR 8: The Heart, TR 9: Heart and Lungs, TR 10: Circulatory System, TRs 14-16: The Immune System</p> <p>Grade 5: TE 81, 102-105, 144-156, 181-183; SA 23, 32, 33, 38; EA 20, 21; TR: 14 Nervous System, TRs 17-18: Immune System; BLM: Nervous System; BLM: Structures of Immune System</p>	<p>Grade K: G: Body Chart w/Organs; B: I Want to be Somebody New; P: Growth Chart; A: Herbie's Health & Safety Songs</p> <p>Grade 1: P: Growth Chart, P: Body Chart with organs; B: My Five Senses, B: I'm Growing</p> <p>Grade 2: B: The Skeleton Inside You; CD: Amazing Human Body; G: Bones of the Skeletal System</p> <p>Grade 3: B: The Magic School Bus, B: What Happens to a Hamburger, B: Hear Your Heart; G: Digestive System Game</p> <p>Grade 4: CD: The Ultimate Human Body; B: Fourth Grade Rats</p> <p>Grade 5: CD: The Ultimate Human Body; B: It's Your Turn at Bat</p>
Identify hereditary factors that affect growth and development.	<p>Grade 2: TE 158-159</p> <p>Grade 5: TE 153-154</p>	<p>Grade 5: CD The Human Body</p>
Describe the influence of nutrition on health and development.	<p>Grade K: TE 12-13, 54-58, 153-155; F: nutrition, variety, balance; SA 7, 8, 28; PA 8, 21</p> <p>Grade 1: TE 94-97; F: nutrition, exercise; SA 10; PA 15</p> <p>Grade 2: TE 75-77, 83-85; SA 14, 19; PA 12, 13</p> <p>Grade 3: TE 88-94; SA 17; PA 17; EA 8; TR 6: Food Labels, TR 7: Food Safety</p> <p>Grade 4: TE 122-129, 168-169; SA 28, 29, 30, 42; PA 18; HF: Activities 2, 3, 4; TR 4: Key Concepts, TR 5: MyPyramid</p> <p>Grade 5: TE 114-117; HF: Activity 5; EA 15; PA 14</p>	<p>Grade K: B: HPW Flip Chart: Staying Healthy with Herbie, Eating Healthy with Herbie; C: Nutrition Cards; P: Healthy Choices</p> <p>Grade 1: B: Berenstain Bears and Too Much Junk Food</p> <p>Grade 3: B: Come Out, Come Out, Wherever You Are</p> <p>Grade 4: B: Gregory the Terrible Eater</p> <p>Grade 5: C: Nutrition Cards</p>

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2.2. Understand the concept of control and prevention of disease.

By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Identify and demonstrate skills that help in the prevention of non-communicable diseases.	<p>Grade K: TE 14-15, 158-164; F: disease, unhealthy, tooth, gum, cavity; SA 2, 29, 30, 31; PA 2, 22</p> <p>Grade 1: TE 165-167; F: hygiene; SA 31; PA 26; EA 14</p> <p>Grade 2: TE 86-89, 136-138, 156-158, 161; F: disease; SA 20, 21, 22, 23, 41; EA 3</p> <p>Grade 3: TE 142-145; SA 31, 32; PA 24</p> <p>Grade 4: TE 174-178; EA 27; PA 22; SA 43, 44</p> <p>Grade 5: TE 176-179; EA 23; PA 21</p>	<p>Grade K: B: HPW Flipchart: Staying Clean with Herbie; Wash Your Hands</p> <p>Grade 1: V: Healthy Teeth</p> <p>Grade 4: C: Problem Solving Cards: Disease Prevention</p>
Identify and demonstrate skills that prevent and reduce the risk of contracting and transmitting communicable diseases.	<p>Grade K: TE 166-169; SA 32; PA 23; F: germs</p> <p>Grade 1: TE 174-180; SA 32, 33; PA 27; EA 15; F: germs, bacteria, virus</p> <p>Grade 2: TE 159-169; SA 46, 47, 49; PA 23; EA 7</p> <p>Grade 3: TE 146-159; SA 34, 35; PA 25, 26; EA 11</p> <p>Grade 4: TE 181-183, 194-199; PA 25, 26; TR 11: Germs, TR 12: How Germs Are Spread, TR 13: Preventing the Spread of Germs, TR 18: HIV & the Immune System, TR 19: How HIV is Spread, TR 20: How HIV is Not Spread</p> <p>Grade 5: TE 176-193; EA 23, 24; PA 21, 22, 23; SA 38, 39, 40, 41; TRs 17-19: Immune System, TRs 20-21: HIV/AIDS</p>	<p>Grade K: A: Herbie’s Health & Safety Songs</p> <p>Grade 1: B: Germs Make Me Sick; G: Germ Game</p> <p>Grade 2: V: Common Diseases, B: My Name is Jonathan and I Have AIDS</p> <p>Grade 3: B: The Magic School Bus: Inside Ralphie, B: Yikes, Licel; P: HIV/AIDS</p> <p>Grade 4: V: Preventing Communicable Diseases; B: Alex, the Kid with AIDS, B: Parents Guide to Common Questions About HIV/AIDS</p> <p>Grade 5: B: Parents Guide to Common Questions About HIV/AIDS, B: Friends for Life</p>

2.3. Acquire skills to live safely and reduce health risks.

By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Explain one’s right to personal and physical safety.	<p>Grade K: TE 131-132; F: hurt</p> <p>Grade 1: TE 88-89</p> <p>Grade 2: TE 150-152; PA 23</p> <p>Grade 3: TE 64-67; SA 9, 10; PA 13; EA 7</p> <p>Grade 4: TE 66-70; SA 13; EA 10, 11</p> <p>Grade 5: TE 165-167; SA 36; PA 20</p>	<p>Grade 1: V: McGruff’s Guide to Personal Safety</p> <p>Grade 2: B: Berenstain Bears Learn About Strangers; CD: The McGruff Files: Dangerous Strangers</p> <p>Grade 3: B: Who is a Stranger and What Should I Do?</p> <p>Grade 4: P: School Safety</p>
Identify abusive and risky situations and demonstrate safe behaviors to prevent injury to self and others at home, school, and in the community.	<p>Grade K: TE 132-135, 124-129; SA 23, 24, 25</p> <p>Grade 1: TE 60-63, 68-86, 90-91; F: neighborhood, crosswalk, police officer, school safety, bus safety; SA 6, 7, 8, 9; PA 11, 12, 13, 14; EA 7, 8</p> <p>Grade 2: TE 140-149, 152-154; SA 42, 43, 44, 45; PA 21, 22; EA 6</p> <p>Grade 3: TE 50-62; 68-70; EA 5, 6, 7; SA 7, 8, 10; PA 11, 12, 13</p> <p>Grade 4: TE 60-65; SA 11, 12; EA 9; PA 9</p> <p>Grade 5: TE 161-162, 164-169, 171-173; SA 35, 36, 37; PA 20; EA 22; TR 15: Dangers of Guns, TR 16: Weapon Safety</p>	<p>Grade K: V: Critter Jitters; A: Herbie’s Health & Safety Songs</p> <p>Grade 1: C: Safety Signs; P: Water Safety, P: Healthy Choices; G: Bike Safety, G: Fire safety</p> <p>Grade 2: P: Water safety</p> <p>Grade 3: V: Safety Rules and You; G: Bike Safety Game</p> <p>Grade 4: G: Safety Decision Making Cards</p>

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By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Identify sources to ask for help in an emergency or crisis.	<p>Grade K: TE 118-123; SA 21, 22; PA 15; F: emergency, address</p> <p>Grade 1: TE 64-66; SA 7; EA 6; PA 10</p> <p>Grade 2: TE 166-168; F: health care provider; SA 48, 49; PA 24, 25; EA 7</p> <p>Grade 4: TE 54-57; PA 8</p> <p>Grade 5: TE 158-163; SA 34, 35; PA 19</p>	<p>Grade K: P: Emergency</p> <p>Grade 1: P: Emergency</p> <p>Grade 4: V: Emergency Services: Hotline to Help; G: Emergency Game</p>
Identify the differences between harmful and helpful stress: recognize signals of too much stress and when to ask an adult for help.	<p>Grade 4: TE 72-79; SA 14, 15; PA 10</p> <p>Grade 5: TE 50-54; EA 1 SA 11, 13; PA 9</p>	<p>Grade 4: P: Effective Coping Skills; B: Sadako and the Thousand Paper Cranes</p> <p>Grade 5: B: Maniac Magee, B: Blackberries in the Dark</p>
Identify physical, emotional, and legal consequences of using nicotine, alcohol, and other drugs, and apply skills to resist any harmful use of substances.	<p>Grade K: TE 94-103; F: poison, tobacco; SA 14, 15, 16, 17, 18; PA 13</p> <p>Grade 1: TE 120-132, 136-139; F: drug, medicine, poison, tobacco, alcohol; SA 14, 15, 16, 17, 18, 19, 20, 21 22, 23; EA 10, 11</p> <p>Grade 2: TE 92-114; PA 15, 16, 17, 18; SA 24, 25, 26, 27, 28, 29, 30</p> <p>Grade 3: TE 116-140; SA 23, 24, 25, 26, 27, 28; PA 19, 20, 21, 22</p> <p>Grade 4: TE 88-119; SA 19, 29, 21, 22, 23, 24, 25, 26, 27; PA 12, 13, 14, 15, 16; EA 14, 15</p> <p>Grade 5: TE 76-100; SA 15, 16, 17-19, 20-22; EA 11, 12, 13, 14; PA 9, 10, 11, 12; BLM: Drug Prevention Guide for Parents; BLM: Resources for Help</p>	<p>Grade K: B: Berenstain Bears and the In-Crowd; G: Disease Prevention Game; A: Herbie's Health & Safety Songs; P: Healthy Choices</p> <p>Grade 1: V: Leader of the Pack; B: Herbie Learns About Drugs</p> <p>Grade 2: G: Drug Concentration Game; CD: My Amazing Human Body; P: Body Chart with organs; C: Self-esteem Cards</p> <p>Grade 3: G: Drug Prevention Game; P: 3 Ps of Constructive Criticism</p> <p>Grade 4: P: Decision Making; C: Drug Prevention Cards; V: McGruff's Drug Alert; B: Ramona and Her Father</p> <p>Grade 5: CD: My Amazing Human Body; V: ACE (Attitude, Commitment, Excellence); G: Responsibility Board Game</p>

Benchmark 3: The student analyzes and evaluates the impact of real-life influences on health.

To meet this standard, the student will:

3.1. Understand how environmental factors affect one's health (air, water, noise, chemicals).

By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Identify environmental factors that affect health.	<p>Grade K: TE 76-82, 85-87; F: nature, pollution; SA 11, 12; PA 11</p> <p>Grade 2: TE 52-59; F: community, environment, recycle, cooperation; PA 8, 9</p> <p>Grade 4: TE 42-52; SA 9, 10; PA 7</p>	<p>Grade K: P: Healthy Choices; G: Community Health</p> <p>Grade 4: B: Every Living Thing, B: Where Does the Garbage Go?</p>

3.2. Gather and analyze health information.

By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Determine reliable sources of health information.	<p>Grade K: TE 90-93, 105, 170-173; F: medicine, drugs, helpful; SA 13, 18, 33; PA 12, 24</p> <p>Grade 1: TE 145-146, 161; PA 23, 25</p> <p>Grade 2: TE 60-64</p> <p>Grade 3: TE 90</p> <p>Grade 4: TE 32, 55-56, 101-102, 111, 132-135; TR 6: Nutrition Facts Food label</p> <p>Grade 5: TE 124-127; SA 24, 25, 26, 27; PA 15; TR 9: Marketing Strategies</p>	<p>Grade K: G: Disease Prevention Cards; B: Berenstain Bears Go to the Doctor</p> <p>Grade 4: G: Role Play Scenario Cards</p>
Identify messages about safe and unsafe behaviors such as those found in tobacco or alcohol advertising.	<p>Grade 1: TE 133-135</p> <p>Grade 2: TE 104-106; SA 28; PA 17</p> <p>Grade 3: TE 138-139; SA 29, 30</p> <p>Grade 4: TE 97-99, 113-114, 142-143; SA 22, 26, 35; TR 7: Marketing Strategies</p> <p>Grade 5: TE 4-16, 68-74; SA 1, 2, 14; PA 2; EA 2, 3, 9, 10; TR 1: Good Health, TR 5: Resolving Conflicts</p>	<p>Grade 5: B: Black Snowman, B: Maniac Magee; G: Conflict Resolution Board Game; C: Conflict Resolution Cards</p>
Demonstrate the ability to practice health-enhancing behaviors and reduce risks.	<p>Grade K: TE 4-6, 9, 70-73, 108-115; F: safe, unsafe, safety, stranger; SA 19, 20; PA 1, 10, 14</p> <p>Grade 1: TE 3-9, 134, 139-149; F: health, value, decision; PA 1, 21, 22, 24; EA 1, 11, 12; SA 24, 25, 26, 27</p> <p>Grade 2: TE 2-7, 86-89, 112, 114-118; F: health, sick; SA 20, 21, 22, 23, 32, 33, 34, 35, 36; PA 14, 18, 19; EA 4</p> <p>Grade 3: TE 4-9, 136-140; SA 29, 30; PA 23; EA 1, 2, 10</p> <p>Grade 4: TE 6-7, 12-13, 136-138, 144-145; SA 1, 2, 3, 34, 35, 36, 37; EA 19; TR 1: Components of Wellness</p> <p>Grade 5: TE 18-22, 30-47, 56-62; SA 3, 5, 6, 7, 8, 9, 10; PA 4, 5; EA 1</p>	<p>Grade K: B: Staying Healthy; G: Safety Signs; V: Critter Jitters</p> <p>Grade 1: P: Growth Chart; B: Herbie Says NO to Drugs, B: Berenstain Bears and the Double Dare</p> <p>Grade 2: C: Healthy Choices; P: Healthy Choices, P: School Safety</p> <p>Grade 3: CD: McGruff's Drug Free Kids; P: Classroom Rules</p>

3.3. Use social skills to promote health and safety in a variety of situations.

By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Express emotions constructively and form safe and respectful relationships.	<p>Grade K: TE 24-28, 38-47; F: friends, sharing, kindness; SA 4; PA 6, 7</p> <p>Grade 1: TE 16-25, 32-45; F: cooperation, sharing, family; SA 1, 2, 3; PA 3, 5, 6; EA 3, 4</p> <p>Grade 2: TE 7-8, 10-19, 30-42; F: honesty; SA 1, 2, 5, 6, 7, 8, 9; PA 1, 4, 5, 6</p> <p>Grade 3: TE 10-13, 20-31, 40-46; SA 1, 2, 3, 4, 6; PA 2, 7, 8, 10; EA 4</p> <p>Grade 4: TE 8-9, 13-15, 24-28, 34-40, 80-86; SA 4, 6, 8, 16, 17, 18; PA 2, 4, 6, 11; EA 5, 6, 12, 13</p>	<p>Grade K: B: How to be a Friend, B: Being Friends, B: David Gets in Trouble, B: The Giving Tree; P: Special People</p> <p>Grade 1: B: When Sophie Gets Angry; B: Herbie's Special Family; P: Classroom Rules, P: Feelings, P: Special People</p> <p>Grade 2: B: Knots on a Counting Rope, B: Alexander and the No...Day, B: Frog and Toad All Year, B: The Ant and the Elephant</p>

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Express emotions constructively and form safe and respectful relationships. (continued)

Grade 5: TE 20-21, 37-40; SA 6,7,8; TR 3: Improving Communication Skills

Grade 3: B: Friends of a Feather. B: Ramona Quimby, Age 8, B: Rosie and Michael, B: Today I Feel Silly, B: I Am So Mad I Could Scream
Grade 4: P: Effective Coping Skills, P: Classroom Rules; C: Problem Solving Cards, C: Conflict Resolution Cards; B: The Secret Garden, B: Tales of a Fourth Grade Nothing
Grade 5: P: Respect

Recognize social skills to keep out of trouble and resist pressure from others.

Grade K: TE 7-8, 48-51
Grade 1: TE 10-15; PA 2; EA 2
Grade 2: TE 44-49; F: personal, problem; SA 10, 11; EA 1
Grade 3: TE 32-38; SA 5; PA 9; TR 2: Conflict Resolution Skills
Grade 4: TE 25-28, 30-33; SA 7; PA 5; TR 3: Communication Skills
Grade 5: TE 42-47, 56-62, 68-74, 94-100; SA 9, 10, 12, 14, 21, 22; PA 7; EA 9; BLM: Resources for Help; TR 4: Dealing with Bullies, TR 5: Resolving Conflict

Grade K: P: Classroom Rules; B: How to Be A Friend
Grade 1: B: Quick as a Cricket; P: Special People
Grade 2: C: Problem Solving Cards; B: Stand Tall Molly Lou Mellon
Grade 3: P: 3 Ps of Constructive Criticism; B: The Ant Bully; C: Conflict Resolution Cards
Grade 4: C: Roleplay Scenario Cards
Grade 5: B: Maniac Magee, B: Sign of the Beaver; V: Bullying, V: ACE; G: Conflict Resolution Bingo Game; C: Conflict Resolution Cards

3.4. Understand how emotions influence decision-making.

By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Recognize a variety of emotions and how they affect self and others. Develop strategies about how to act in emotional situations.	<p>Grade K: TE 16-23; SA 3; PA 3 Grade 2: TE 20-21 Grade 3: TE 40-45; SA 6; EA 3; PA 10; TR 3: Handling Emotions: Coping Strategies Grade 4: TE 81-84; SA 18 Grade 5: TE 56-62; SA 12; PA 7; TR 4: Dealing with Bullies</p>	<p>Grade K: B: I'm Gonna Like Me, B: When I Feel Sad, B: When Sophie Gets Angry; P: Feelings Grade 2: B: I Was So Mad Grade 3: B: Today I feel Silly Grade 4: P: Effective Coping Skills; C: Conflict Resolution Cards Grade 5: B: Maniac Magee; V: Bullies</p>

Benchmark 4: The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.

To meet this standard, the student will:

4.1. Analyze health and safety information.

By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Identify how fitness and healthy living are required for careers and occupations.	<p>Grade 1: TE 7-9; PA 1; EA 1 Grade 2: TE 5-6</p>	<p>Grade 1: P: Growth Chart Grade 2: P: Healthy Choices</p>

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4.2. Develop a health and fitness plan and a monitoring system.

By Grade 5:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Set daily goals for improving health and fitness practices.	Grade K: TE 64-65; PA 9 Grade 2: TE 22-27, 87; PA 2, 3; SA 3, 4, 21; F: goal Grade 3: TE 14-17, 86-87; EA 1; PA 3, 4, 5, 6; SA 16 Grade 4: TE 149-151; SA 39; EA 20 Grade 5: TE 24-28, 132; SA 4; PA 3; EA 5, 6, 7, 17, 18	Grade K: B: Kids in Action

GRADES 6-8

Benchmark 1: The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition.

To meet this standard, the student will:

1.1. Develop fundamental and complex movement skills, as developmentally appropriate.

By Grade 8:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Perform fundamental movement combinations (run/catch; catch/throw; dribble pass).	(see PE Program)	

1.2. Safely participates in a variety of developmentally appropriate physical activities.

By Grade 8:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Demonstrates knowledge of rules and safety procedures while participating cooperatively in individual, dual/team, and leisure activities.	Grade 6: TE 188-190; TR 26: Exercise Precautions Grade 7: TE 208-210; TR 38: Exercise Precautions Grade 8: TE 138; TR 29: Exercise Precautions	

1.3. Understand the concepts of health-related physical fitness and develop and monitor progress on personal fitness goals.

By Grade 8:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Measure physical fitness, set fitness and activity goals, and explore a variety of activities to maintain healthy levels of cardio respiratory fitness, muscular strength-endurance-flexibility- and body composition.	Grade 6: TE 190-192; EA 26, 28 Grade 7: TE 210-212; EA 32; SA 56 Grade 8: TE 135-136, 139-140; HF: Activity 3 TR 28: Components of Fitness	

1.4. Understand the relationship of nutrition and food nutrients to physical performance and body composition.

By Grade 8:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Design nutrition goals based on national dietary guidelines and individual activity needs.	<p>Grade 6: TE 181-183, 194-197; EA 26, 27; SA 51; SRCD: Nutrition Values Chart</p> <p>Grade 7: TE 184-191; EA 30; SA 48, 49; TR 30 MyPyramid; SRCD: Anatomy of MyPyramid, SRCD: How Much Are You Eating?</p> <p>Grade 8: TE 120-130; EA 16, 17, 18; SA 42,43; TR 22: Dietary Guidelines for Americans, TR 23: MyPyramid, TR 25: Major Nutrients; HF: Activity 2; SRCD: Finding Your Way to a Healthier You, SRCD: Food Labels</p>	<p>Grade 8: P: Nutrition Vision Chart</p>
Analyze the effects of movement, fitness, and nutrition practices.	<p>Grade 6: TE 176-180; 184-188; SA 49; EA 25, 26; TR 22: MyPyramid, TR 23: Nutrition Essentials, TR 24: Benefits of Exercise, TR 25: Getting Sufficient Sleep; SRCD: Anatomy of MyPyramid, SRCD: Nutrition Values Chart</p> <p>Grade 7: TE 184-186, 206-210, 214-218; EA 30; TR 36: FIT, TR 37: Components of Fitness, TR 39: Media Myths</p> <p>Grade 8: TE 133-134, 137-151; SA 45-50; HF: Activities 4,5,6; TR 30: Are You Normal?, TR 31: Media Myths, TR 32: Striving to be Thin</p>	<p>Grade 6: V: Ten Reasons to Get and Stay in Shape; G: Nutrition Trivia Game</p> <p>Grade 7: V: Food, Health, Exercise</p>

Benchmark 2: The student acquires the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely.

To meet this standard, the student will:

2.1. Recognize patterns of growth and development.

By Grade 8:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Describe the physical, emotional, intellectual, and social changes that occur during puberty.	<p>Grade 6: TE 15-17; 212-230; SA 54, 55, 56, 57, 58; EA 3, 4, 32, 33, 36; TR 29: Am I Normal?, TR 30: Adolescence and Puberty: Common Concerns, TRs 31-33: Reproductive System</p> <p>Grade 7: TE 234-260; SA 60, 61, 62, 63, 64, 65; EA 36, 37, 38; TR 42: Discussing Sexuality, TRs 43-45: Reproductive System, TR 46: Maintaining Healthy Sexual Identity</p> <p>Grade 8: TE 209-226; EA 26; SA 80, 81, 82, 83, 84, 85, 86; TRs 42-43: Reproductive System</p>	<p>Grade 6: V: Puberty: Bodies in Progress, V: Hygiene for Boys and Girls; CD: Fun Facts: Body Systems; B: Holes</p> <p>Grades 7-8: CD: Life Begins</p>

By Grade 8:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Identify hereditary factors that affect growth, development, and health.	Grade 7: TE 226-227, 232-233; SA 59 Grade 8: TE 6-7, 238-241, 247-252; EA 28,29,31; SA 92,93,95,96; TR 1: Wellness Continuum, TR 47: Leading Causes of Death, TR 48: Risk Factors for Cancer	Grade 7: CD: Life Begins
Describe how nutrition, exercise, and rest influence physical growth and lifelong health.	Grade 6: TE 8-9; 185-188; EA 1, 2; TR 24: Benefits of Exercise, TR 25: Getting Sufficient Sleep Grade 7: TE 186-191, 205-206; SA 48, 49, 50; SRCD: How Much Are You Eating?, TRs 26-27: Functions of Nutrients, TR 28: Nutrition Essentials, TR 29: Food Labels, TR 30: MyPyramid, TR 35: Benefits of Exercise Grade 8: TE 216-219; SA 83,84; TR 30: Are You Normal?, TR 44: Getting Sufficient Sleep	Grade 7: CD: Life Begins Grade 8: CD: Life Begins

2.2. Understand the concept of control and prevention of disease.

By Grade 8:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Describe health care practices that result in early detection, treatment, and monitoring non-communicable diseases.	Grade 6: TE 232-237; SA 59, 60, 61; SRCD: Common Illnesses and Symptoms Grade 7: TE 224-233; 262-269; SA 57, 58, 59, 67, 68, 69, 70; EA 39; TR 40: Structures of the Digestive System, TR 41: Digestive Process, TR 47: Causes of Death, SRCD: Common Illnesses & Symptoms Grade 8: TE 238-245; EA 28,29,30; SA 92,93,94; SRCD: An Ounce of Prevention	Grade 8: CD: Fun Facts: Body Systems, CD: Life Begins
Describe personal and health care practices that result in prevention, detecting, and treatment of communicable diseases.	Grade 6: TE 238-251; SA 62, 63, 64, 65; EA 35; TR 34: Types of Microorganisms, TR 35: Modes of Transmission, TR 36: Body Defenses Against Disease; SRCD: An Ounce of Prevention Grade 7: TE 268-269, 274-275; SA 70, 71; EA 69; SRCD: FAQs about HIV/AIDS, SRCD: How Getting High Can Get You AIDS, SRCD: Tips for Teens: The Truth About HIV/AIDS Grade 8: TE 253-267; SA 98,99,100,101; EA 32, 33; SRCD: STDs	Grade 8: CD: Life Begins, CD: HIV/AIDS, CD: Communicable and Non-Communicable Diseases

2.3. Acquire skills to live safely and reduce health risks.

By Grade 8:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Explain the adverse physical, emotional, and economic consequences of being sexually active.	Grade 7: TE 257-259; SA 66 Grade 8: TE 228-235, 253-263; EA 33; SA 89, 90, 98, 99, 100, 101; TR 45: Reasons for Remaining Sexually Abstinent; SRCD: STDs	Grade 8: V: Sexual Abstinence: It's The Right Choice; CD: Life Begins, CD: HIV/AIDS, CD: Communicable and Non-Communicable Diseases

KEY: **TE:** Teacher Edition; **SA:** Student Activity; **EA:** Evaluation and Assessment; **TR:** Transparency; **PA:** Parent Activity; **CD:** Software; **B:** Book; **V:** Video; **P:** Poster; **G:** Game; **F:** Flashcard; **C:** Scenario Cards; **HF:** Health Flash Booklet; **PC:** Parent Connection Booklet; **SRCD:** Student Resource CD; **BLM:** Black Line Master; **A:** Audiocassette

By Grade 8:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
<p>Anticipate abuse and risky situations and demonstrate safe behavior to minimize risk and prevent injury to self and others at home, school, and in the community.</p>	<p>Grade 6: TE 100-111, 113-118; SA 23, 24, 25, 26, 27; TR 11: Preventing Handgun Violence; TR 12: Abuse Grade 7: TE 66-71, 104-109, 119-123; SA 13, 14, 15, 23, 24, 25, 26, 27, 32; TR 15: Violence Prevention, TR 16: How Violence is Portrayed in the Media, TR 17: Preventing Handgun Violence, TR 18: Abduction Prevention Tips; SRCD: Teen Dating Violence Grade 8: TE 78-103; EA 12, 13; SA 28-36; TR 10: Strategies for Preventing Violence, TR 14: Managing Anger, TR 15: Preventing Handgun Violence; SRCD: Teen Dating Violence</p>	<p>Grade 6: V: No Name Calling Grade 7: CD: Violence Prevention Grade 8: G: Decision Making Game w/ Safety Scenario Cards</p>
<p>Recognize emergency situations and respond appropriately and safely.</p>	<p>Grade 6: TE 120-129; SA 28, 29, 30, 31; EA 19; TR 13: Basic First Aid, TR 14: Bleeding Injuries, TR 15: Electrical Emergencies Grade 7: TE 124-128; SA 33; EA 21, 22; SRCD: Disaster Supply Kit Grade 8: TE 38, 105-108; SA 38; EA 14</p>	<p>Grade 7: V: American Red Cross Emergency Test</p>
<p>Demonstrate skills that help self and others in emergency or crisis.</p>	<p>Grade 6: TE 130-133; SA 32; EA 20 Grade 7: TE 124-125; SA 33; EA 21 Grade 8: TE 109-118; SA 39, 40, 41; EA 15; TR 18: Managing Shock, TR 21: Managing Burns</p>	<p>Grade 8: CD: Injury Prevention & Safety</p>
<p>Identify ways to use stress positively and develop short-term strategies to reduce harmful stress.</p>	<p>Grade 6: TE 70-98; SA 17, 18, 19, 20; EA 12, 13, 14, 15, 16; TR 5: Stressful Situations, TR 6: Factors Influencing Adolescent Stress, TR 7: Physical & Emotional Effects of Stress, TR 8: Signs of Depression; SRCD: Let's Talk About Depression Grade 7: TE 74-87; SA 16, 17, 18, 19; HF: Stress Management & Conflict Resolution Activities 1-4; TR 9: Common Reactions to Stress, TR 10: Decision Making Process Grade 8: TE 40-62; EA 5, 7, 8, 9, 10; SA 16, 17, 18, 19, 20; TR 3: The Stress Response, TR 4: Stress-Related Illness, TR 5: Symptoms of Stress-Related Illness, TR 6: Managing Stress; SRCD: Let's Talk About Depression</p>	<p>Grade 7: P: Methods of Communication Grade 8: G: Decision Making Game w/ Stress Management Scenario Cards</p>

By Grade 8:

HPW PRIMARY CITATIONS

Anticipate situations that involve pressure to abuse legal or use illegal drugs and plan how to reduce drug risks.

Grade 6: TE 137-173; SA 33 through 48; EA 21, 22, 23, 24; TR 17: Medicines are Drugs Too, TR 18: Influences on Tobacco Use, TR 19: Trends in Alcohol Use, TR 20: Strategies for Refusing Drugs, TR 21: Don't Quit; **HF:** Activities 1-6; **SRCD:** Tips for Teens: The Truth About Tobacco, **SRCD:** Alcohol, **SRCD:** Marijuana, **SRCD:** Steroids
Grade 7: TE 130-180; SA 34-37; EA 23-29; TRs 19-20: Influences & Risk Factors for Drug Use, TR 21: Drug Classifications, TR 24: Skills for Refusing Drugs; **SRCD:** Tips for Teens: The Truth About Tobacco, **SRCD:** Inhalants, **SRCD:** Alcohol, **SRCD:** Marijuana, **SRCD:** Steroids
Grade 8: TE 162-200; SA 61-79; EA 21-25; TR 37: Tobacco Myths, TR 38: Social Impact of Alcohol Abuse, TR 39: Warning Signs of Alcohol Dependence, TR 40: Effective Strategies for Refusing Drugs, TR 41: I Can Do; **SRCD:** Tips for Teens: The Truth About Tobacco, **SRCD:** Inhalants, **SRCD:** Alcohol, **SRCD:** Marijuana, **SRCD:** Steroids, **SRCD:** Smoking and Pregnancy, **SRCD:** How We Know That ETS Causes Lung Cancer

HPW SUPPORTING CITATIONS

Grade 6: P: Drug Classifications, P: Methods of Communication, P: Respect, P: Decision Making Process; **CD:** Smoking and Chewing; **V:** W.I.N.; **B:** On My Honor
Grade 7: G: Drug Prevention Trivia Game; P: Drug Classification; V: What Can I Do When I Feel Bad?; **CD:** Life Begins
Grade 8: V: The Truth About Drinking, V: The Dangers of Performance-Enhancing Drugs; **CD:** HPW Fun Facts: Drug Prevention; G: The Decision Making Game w/ Drug Prevention Scenario Cards

Benchmark 3: The student analyzes and evaluates the impact of real-life influences on health.

To meet this standard, the student will:

3.1. Understand how environmental factors affect one's health (air, water, noise, chemicals).

By Grade 8:

HPW PRIMARY CITATIONS

Describe the influence of environmental factors that positively and negatively affect health.

Grade 6: TE 52-67; SA 11, 12, 13, 14, 15, 16; EA 11
Grade 7: TE 60-64; SA 10, 11, 12; EA 17
Grade 8: TE 91-95; SA 31, 32, 33; TR 16: Water Safety Rules

HPW SUPPORTING CITATIONS

Grade 6: B: Holes

3.2. Gather and analyze health information.

By Grade 8:

HPW PRIMARY CITATIONS

Distinguish between safe and unsafe use of health-care products.

Grade 7: TE 143-147; SA 35, 36, 37; TR 22: Consumer Skills
Grade 8: TE 152-157; SA 55, 56, 57; TR 35: Consumer Purchasing Skills; **SRCD:** Tips for Healthy Thrifty Meals

HPW SUPPORTING CITATIONS

Grade 7: P: Nutrition Vision Chart

By Grade 8:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Identify ways people encourage healthy and unhealthy decisions, plan how to resist unhealthy messages, and create healthy messages.	<p>Grade 6: TE 11-15, 149, 159, 163-164, 171; 173-174, 197-210, 250; SA 2, 3, 4, 6, 42, 45, 53, 65; EA 24, 30, 31; TR 28: Nutrition Food Label; SRCD: Food Labels, SRCD: Tips for Healthy, Thrifty Meals</p> <p>Grade 7: TE 192-202; SA 51, 52, 53, 54; EA 31; TR 32: Preventing Foodborne Illnesses, TR 33: Empty vs. Nutritional Calories, TR 34: Marketing Strategies; PC: Nutrition & Fitness; SRCD: Nutrition Food Values Chart</p> <p>Grade 8: TE 148, 158-160; SA 51, 58, 59, 60; EA 20; TR 32: Striving to be Thin, TR 35: Consumer Purchasing Skills, TR 36: Expressing Consumer Complaints</p>	

Analyze health-care needs and identify sources of health care.	<p>Grade 6: TE 235-237; SA 61</p> <p>Grade 7: TE 268-269; EA 39; SA 70</p> <p>Grade 8: TE 2-9; EA 1; TR 1: Wellness Continuum</p>	Grade 8: G: Health Trivia Game
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3.3. Use social skills to promote health and safety in a variety of situations.

By Grade 8:	HPW PRIMARY CITATIONS	HPW SUPPORTING CITATIONS
Express opinions and resolve conflicts constructively while maintaining safe and respectful relationships.	<p>Grade 6: TE 26-33, 37-50, 92-98; SA 7, 8, 9, 10, 21, 22; EA 7, 8, 9; TR 3: Communication Builders/Blockers, TR 9: Common Causes of Conflict, TR 10: Conflict Resolution Checklist</p> <p>Grade 7: TE 38-44, 88-92; SA 5, 6, 20; EA 13; TR 4: Good vs. Bad Friendships, TR 5: Relationship Builders, TR 11: Dealing with Conflict, TR 12: Steps to Resolving Conflict</p> <p>Grade 8: TE 31-37; EA 4, 5; SA 14, 15</p>	<p>Grade 6: B: Holes; P: Methods of Communication; V: Solving Conflict; C: Communication Challenge, C: Conflict Resolution Cards</p>

Identify effective social skills to avoid risky situations.	<p>Grade 6: TE 44-47, 108-110, 117-118, 147-149, 154-156, 163-165, 250-251; SA 6, 26, 27, 40, 45, 65; EA 8; TR 3: Communication Builders/Blockers, TR 20: Strategies for Refusing Drugs</p> <p>Grade 7: TE 7-9, 46-49, 52-53, 84-86; SA 4, 9; EA 1, 2; HF: Activities 4, 5; TRs 6-7: Communication Skills</p> <p>Grade 8: TE 72-82; EA 11; SA 26, 27; TR 11: Giving Constructive Criticism; TR 12: Receiving Constructive Criticism, TR 13: Good Listening Skills</p>	<p>Grade 6: V: No Name Calling; P: Methods of Communication</p> <p>Grade 7: P: Methods of Communication; G: Assertiveness Training Game</p>
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3.4. Understand how emotions influence decision-making.

By Grade 8:

Describe how emotions may influence decision making and strategies about how to act in emotional situations.

HPW PRIMARY CITATIONS

Grade 6: TE 34-35, 47-49, 81, 85-87, 169; SA 20, 48; EA 9, 14
Grade 7: TE 19-22, 50-51, 94-100, 110-112, 116-118; SA 7, 8, 21, 22, 29, 30, 31; EA 6, 7, 19, 20; TR 2: Expressing Emotions, TR 13: Warning Signs of Depression; SRCD: Let's Talk About Depression
Grade 8: TE 60-76; SA 21, 22, 23, 24, 25, 26; EA 11; TR 9: Resolving Conflict

HPW SUPPORTING CITATIONS

Grade 6: P: Decision Making Process, P: Effective Coping Skills; B: Bridge to Terabithia
Grade 7: CD: Life Begins, CD: Violence Prevention
Grade 8: V: Conflicts, Communication, Relationships

Benchmark 4: The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.

To meet this standard, the student will:

4.1. Analyze health and safety information.

By Grade 8:

Identify workplace health and safety issues associated with occupational/career fields of interest.

HPW PRIMARY CITATIONS

Grade 7: TE 66-72, 170-170; SA 13, 14, 15, 46, 47; EA 26, 26; TR 20: Rights & Responsibilities
Grade 8: TE 202-205; SA 79; EA 22, 24; TR 41: I Can Do

HPW SUPPORTING CITATIONS

4.2. Develop a health and fitness plan and a monitoring system.

By Grade 8:

Develop a support system and record-keeping system to achieve health and fitness goals.

HPW PRIMARY CITATIONS

Grade 6: TE 18-24; SA 6; EA 5; TR 1 Goal Setting
Grade 7: TE 12-29, 54-57, 220-222; EA 3, 12, 14, 15, 33, 34, 35; TR 1: Total Wellness Continuum, TR 3: Goal Setting
Grade 8: TE 16-20; EA 2,3; SA 5, 6, 7

HPW SUPPORTING CITATIONS