

10.1. Concepts of Health		
10.1.3. GRADE 3		
<i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
By Grade 3	HPW: Primary Source	HPW Secondary Source
<p>A. Identify and describe the stages of growth and development.</p> <ul style="list-style-type: none"> • infancy • childhood • adolescence • adulthood • late adulthood 	<p>Kindergarten: TE 138-151 SA 26,27 PA 19,20 Grade 1: TE 163-164, 168-172 FI SA 30 Grade 2: TE 120-123 SA 37, 38 Grade 3: TE 100-103 SA 18 PA 18</p>	<p>Kindergarten B I Want to be Somebody New A Herbie’s Health and Safety Songs P Growth Chart G Creating New Life Grade 1: B I am Growing P Growth Chart G Creating New Life</p>
<p>B. Identify and know the location and function of the major body organs and systems.</p> <ul style="list-style-type: none"> • circulatory • respiratory • muscular • skeletal • digestive 	<p>Kindergarten TE 99, 147 Grade 1: TE 132, 154-161 SA 28-29 EA 13 Grade 2: TE 80-85, 97-99, 130-134 SA 18, 19, 39, 40 PA 13 Grade 3: TE 96-99, 106-113 SA 19, 20, 21 ,22 PA 18</p>	<p>Kindergarten G Body Chart with Attachable Organs Grade 1: G Body Chart with Attachable Organs B My Five Senses Grade 2: P Healthy Choices CD My Amazing Human Body B The Skeleton Inside You G Bones of the Skeletal System Grade 3: B The Magic School Bus: Inside the Human Body, What Happens to a Hamburger, Hear Your Heart CD My Amazing Human Body P Respiratory System G The Digestive System Game</p>
<p>C. Explain the role of the food guide pyramid in helping people eat a healthy diet.</p> <ul style="list-style-type: none"> • food groups • number of servings • variety of food • nutrients 	<p>Kindergarten TE 54-58, 67-69 SA 7,8 PA 8 Grade 1: TE 95-115 FI SA 10-13 PA 15-17 Grade 2: TE 68-71, 74-79, 88 SA 14-17 PA 12 Grade 3: TE 72-82 SA 12, 13, 14, 15 PA 14, 15 Tr 5 MyPyramid</p>	<p>Kindergarten C Nutrition Cards, Nutrition & Fitness Cards B HPW Flipchart P Healthy Choices Grade 1: B Berenstain Bears and Too Much Junk Food, The Important Book P Healthy Choices Grade 2: P Healthy Choices G Refrigerator Poster with food group pieces</p>
<p>D. Know age appropriate drug information.</p> <ul style="list-style-type: none"> • definition of drugs • effects of drugs • proper use of medicine • healthy/unhealthy risk-taking (e.g. inhalant use, smoking) • skills to avoid drugs 	<p>Kindergarten TE 90-106 SA 13-18 PA 12, 13 FI Grade 1: TE 120-151 FI SA 14-27 PA 19-24 EA 10-12 Grade 2: TE 92-118 SA 24-36 PA 15-19 Grade 3: TE 116-140 SA 23, 24, 25, 26, 27, 28, 29, 30 PA 19, 20, 21, 22, 23</p>	<p>Kindergarten G Drug Prevention A Herbie’s Health and Safety Songs B Berenstain Bears and the In-Crowd P Healthy Choices Grade 1: B HPW Storybook, Berenstain Bears Double Dare V Leader of the Pac Grade 2: G Drug Concentration Game CD My Amazing Human Body Grade 3: CD McGruff’s Drug-Free Kids</p>

<p>E. Identify types and causes of common health problems of children.</p> <ul style="list-style-type: none"> infectious diseases (e.g., colds, flu, chickenpox) noninfectious diseases (e.g., asthma, hay fever, allergies, lyme disease) germs pathogens heredity 	<p>Kindergarten TE 10-15, 158-169 SA 1,2,29,30,31 PA 2,22 Grade 1: TE 162-167, 174-181 FI bacteria, virus, hygiene, germs SA 30,31,32,33 PA 26,27 Grade 2: TE 156-161 SA 46,47 PA 23 FI disease Grade 3: TE 142-151 SA 31,32,33,34 PA 24,25</p>	<p>Kindergarten A Herbie’s Health and Safety Songs B Wash Your Hands, Keeping Healthy with Herbie P Healthy Choices Grade 1: B Germs Make Me Sick V Healthy Teeth Grade 2: V Growing Up Healthy CD My Amazing Human Body Grade 3: B: Yikes, Lice!; Magic School Bus: Inside Ralphie</p>
<p>10.2. Healthful Living</p> <p>10.2.3. GRADE 3</p> <p><i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i></p>		
<p>By Grade 3</p>		
<p>HPW: Primary Source</p>		
<p>HPW Secondary Source</p>		
<p>A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.</p>	<p>Kindergarten TE 11-23, 70-72, 160-164 SA 1-3 PA 2 Grade 1: TE 2-9, 32-45, 165-167, 178-180 PA 1, 26, 27 SA 31 EA 15 FL Grade 2: TE 5-6, 30-35, 56-64, 137 SA 5-7, 41 PA 4, 5, 9 Grade 3: TE 4-6, 10-17, 20-27 SA 1, 2, 3 EA 1, 2 PA 2, 3, 4, 5, 6, 7, 8</p>	<p>Kindergarten B HPW Flipchart, I’m Gonna Like Me, When I Feel Sad, Wash Your Hands P Feelings A Herbie’s Health and Safety Songs Grade 1: P Healthy Choices V Healthy Teeth G Germ Game Grade 2: G Healthy Choices Grade 3: B Friends of a Feather, Ramona Quimby, Age 8</p>
<p>B. Identify health-related information.</p> <ul style="list-style-type: none"> signs and symbols terminology products and services 	<p>Kindergarten TE 4, 11, 14, 31, 35, 41, 55, 112-114, 153-155, 170-173 SA 28, 33 PA 21 Grade 1: TE 4, 17, 61-62, 126, 138, 161, 165, 176 FI SA 6 PA 25 Grade 2: TE 10-21, 23, 53, 67, 94-95, 166-169 FI SA 1, 24, 48, 49 PA 24 Grade 3: TE 72-74, 92-93, 117-119, 135, 143 SA 11, 23 PA 19, 22 Tr 4 Nutrition & Fitness Tr 6 Food Labels; Tr 7 Food Safety</p>	<p>Kindergarten C Safety Cards A Herbie’s Health and Safety Songs P Healthy Choices B Berenstain Bears Go to The Doctor Grade 1: C Safety Signs Grade 2: B I Was So Mad Grade 3: G Drug Prevention Concentration Game</p>
<p>C. Identify media sources that influence health and safety.</p>	<p>Grade 1: TE 133 Grade 2: TE 105 Grade 3: TE 88-91, 94, 138 SA 17, 29 PA 17</p>	<p>Grade 1: B HPW Storybook: Herbie Says No Grade 3: B Come Out, Come Out G Refrigerator Poster with Food Group Pieces</p>

<p>D. Identify the steps in a decision-making process.</p>	<p>Grade 1: TE 142-145 FI SA 25 PA 23 Grade 2: TE 46, 116-117 SA 33</p>	
<p>E. Identify environmental factors that affect health.</p> <ul style="list-style-type: none"> • pollution (e.g., air, water, noise, soil) • waste disposal • temperature extremes • insects/animals 	<p>Grade K: TE 76-87 SA 11,12 PA 11 Grade 2: TE 52-64 PA 8,9 Grade 3: TE 48-59 SA 7,8 PA12</p>	<p>Grade K: G Community Health Game Grade 2: FL Community, environment, interaction, cooperation P School Safety Rules Grade 3: V Safety Rules and You</p>
<p>10.3. Safety and Injury Prevention 10.3.3. GRADE 3</p>		
<p><i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i></p>		
<p>By Grade 3</p>	<p>HPW Primary Source</p>	<p>HPW Secondary Source</p>
<p>A. Recognize safe/unsafe practices in the home, school and community.</p> <ul style="list-style-type: none"> • general (e.g., fire, electrical, animals) • modes of transportation (e.g., pedestrian, bicycle, vehicular) • outdoor (e.g., play, weather, water) • safe around people (e.g., safe/ unsafe touch, abuse, stranger, bully) 	<p>Kindergarten TE 108-117, 124-129 SA 19-20, 23-25 PA 14, 17 Grade 1: TE 68-81, 83-86, 88-92 EA 7, 8 SA 8, 9 PA 11-14 Grade 2: TE 47-48, 140-147, 150-154 SA 42-44 PA 7, 21 Grade 3: TE 36, 50-69 SA 7, 8, 9, 10 EA 5, 6, 7 PA 11, 12, 13</p>	<p>Kindergarten V Safety Rules and You G Fire Safety A Herbie’s Health and Safety Songs Grade 1: P Water Safety, School Safety, Bus Safety G Fire Safety V McGruff’s Guide to Personal Space Grade 2: P Water Safety B Stand Tall Molly Lou Mellon, Berenstain Bears Learn About Strangers CD: The McGruff Files- Dangerous Strangers Grade 3: B The Ant Bully V Safety Rules and You P School Safety G Bicycle Safety</p>
<p>B. Recognize emergency situations and explain appropriate responses.</p> <ul style="list-style-type: none"> • importance of remaining calm • how to call for help • simple assistance procedures • how to protect self 	<p>Kindergarten TE 118-123, 130-136 SA 21, 22 PA 15, 16, 18 Grade 1: TE 60-65, 145 FI SA 6,7 EA 6 PA 10, 23 Grade 2: TE 148-149 SA 45 PA 21</p>	<p>Kindergarten P Emergency V Critter Jitters Grade 1: P Emergency</p>
<p>C. Recognize conflict situations and identify strategies to avoid or resolve.</p> <ul style="list-style-type: none"> • walk away • I-statements • refusal skills • adult intervention 	<p>Kindergarten TE 22-23, 48-51 PA 3 Grade 1: TE 46-51 SA 4 PA 8 Grade 2: TE 44 FI SA 10,11 PA 7 EA 1 Grade 3: TE 32-38, 40-45 SA 5, 6 EA 4 Tr 1 Communication Skills; Tr 3 Handling Emotions: Coping Skills</p>	<p>Kindergarten B When Sophie Gets Angry, How to be a Friend Grade 1: B Berenstain Bears Get in a Fight, The Recess Queen Grade 2: C Problem Solving Grade 3: P 3 Ps of Constructive Criticism C Conflict Resolution Cards B I’m So Angry, I Could Scream</p>

<p>D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).</p>	<p>Kindergarten TE 61 Grade 2: Grade 3: TE 86</p>	<p>Kindergarten V Get Ready, Get Set, Get Fit, B Kids in Action Grade 2:</p>
<p>10.4. Physical Activity 10.4.3. GRADE 3</p>		
<p><i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i></p>		
<p>By Grade 3</p>	<p>HPW Primary Source</p>	<p>HPW Secondary Source</p>
<p>A. Identify and engage in physical activities that promote physical fitness and health</p>	<p>Kindergarten TE 62-34 SA 9 PA 9 Grade 1: TE 117-118 PA 18 Grade 2: TE 25-27, 73 SA 4 PA 3 Grade 3: TE 85 Tr 4 Nutrition and Fitness</p>	<p>Grade 1: B Kids in Action Grade 2: B Kids in Action Grade 3:</p>
<p>B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p>	<p>Kindergarten TE 61-62 Grade 1: Grade 2: TE 71-72</p>	<p>Kindergarten V Get Ready, Get Set, Get Fit Grade 1:</p>
<p>C. Know and recognize changes in body responses during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • heart rate • breathing rate 	<p>Kindergarten TE 61-62 Grade 1: TE 118 Grade 2: TE 71-72, 85 FI PA 13 Grade 3: TE 86-87 PA 16</p>	<p>Kindergarten V Get Ready, Get Set, Get Fit Grade 1: B Kids in Action Grade 2:</p>
<p>D. Identify likes and dislikes related to participation in physical activities.</p>	<p>Kindergarten TE 63 SA 10 Grade 1: Grade 2: TE 87 SA 21 Grade 3: TE 87 PA 16</p>	<p>Grade 1: Grade 3: B Kids in Action</p>
<p>E. Identify reasons why regular participation in physical activities improves motor skills.</p>	<p>Kindergarten TE 63 Grade 1: Grade 2: Grade 3:</p>	<p>Kindergarten B Kids in Action Grade 1: Grade 2:</p>
<p>F. Recognize positive and negative interactions of small group activities.</p> <ul style="list-style-type: none"> • roles (e.g., leader, follower) • cooperation/sharing on task participation 	<p>Kindergarten TE 7-8, 24-28, 38-47 SA 4 PA 6, 7 Grade 1: TE 16-25, 52-58 FI SA 1,2,5 EA 3, 5 PA 3, 9 Grade 2: TE 7-8, 36-42 SA 8, 9 PA 6 Grade 3: TE 7-9 PA 1</p>	<p>Kindergarten P Classroom Rules, Special People B Being Friends, David Gets in Trouble, The Giving Tree, Why Am I Different? Grade 1: P Classroom Rules, Feelings CD Travel the World with Timmy B Berenstain Bears and the Messy Room, When I Get Angry, The Bravest Mouse Grade 2: P Classroom Rules B Frog and Toad All Year Grade 3: CD Arthur’s Teacher Troubles P Classroom Rules</p>
<p>10.5. Concepts, Principles and Strategies of Movement **See PE Curriculum**</p>		

10.1. Concepts of Health		
10.1.6. GRADE 6		
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
By Grade 6	HPW: Primary Source	HPW Secondary Source
<p>A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.</p> <ul style="list-style-type: none"> education socioeconomic 	<p>Grade 4: TE 154-162 PA 21 SA 40, 41, 45 EA 23, 24</p> <p>Grade 5: TE 136-140, 144-151 SA 29, 30, 31 PA 18 Tr 11 The Life Cycle</p> <p>Grade 6: TE 8, 24, 30-41, 70-83, 216-221 SA 2-9, 17, 18, 19, 55, 58, 59 EA 2-5, 12, 13 TR 5-8, Stress; 29, Am I Normal?, 30, Adolescent Concerns PC Stress Management</p>	<p>Grade 4: B Fourth Grade Rats G Problem Solving Cards: Human Growth</p> <p>Grade 5: V Honesty Counts</p> <p>Grade 6: V Hygiene for Boys Hygiene for Girls B Holes</p>
<p>B. Identify and describe the structure and function of the major body systems.</p> <ul style="list-style-type: none"> nervous muscular integumentary urinary endocrine reproductive immune 	<p>Grade 4: TE 165-168 184-185 TR 8-10 The Heart and Circulatory System 14-16 The Immune System</p> <p>Grade 5: TE 103-104, 146-156, 180-183 SA 30, 31, 32, 33, 38, 39 PA 18, 22 EA 32, 33 TR 13 Ovulation & Menstruation TR 14 The Nervous System TR 17-18 The Immune System</p> <p>Grade 6: TE 212-215, 222-229 SA 54, 57 EA 32 TR 31,32 Reproductive System 33 Ovulation & Menstruation</p>	<p>Grade 4: CD The Ultimate Human Body</p> <p>Grade 5: CD The Human Body</p> <p>Grade 6: B How Your Body Works CD Fun Facts: Body Systems V Puberty: Bodies in Progress</p>
<p>C. Analyze nutritional concepts that impact health.</p> <ul style="list-style-type: none"> caloric content of foods relationship of food intake and physical activity (energy output) nutrient requirements label reading healthful food selection 	<p>Grade 4: TE 123-124, 127-137, 144-148, 168-169 SA 28, 30-34, 36-38, 42 PA 18 EA 19 TR 4 Key Concepts, 6 Nutrition Food Labels</p> <p>Grade 5: TE 107-108, 111-112, 115 117-118, 121-122 HF Act 4 EA 15 PA 14 TR 6 Sources of Nutrients TR 8 Food Labels</p> <p>Grade 6: TE 176-183, 209 SA 49 EA 25, 26, 27 Tr 22 MyPyramid 23 Nutrition Essentials 28 Food Labels SRCD Nutritional Values Chart, Food Labels</p>	<p>Grade 5: V To the Max: Eating and Exercising for Good Health C Nutrition Cards</p> <p>Grade 6: G Nutrition Trivia Game</p>
<p>D. Explain factors that influence childhood and adolescent drug use.</p> <ul style="list-style-type: none"> peer influence body image (e.g., steroids, enhancers) social acceptance stress media influence decision-making/refusal skills 	<p>Grade 4: TE 89-92, 95-97, 108-109 SA 19, 20 PA 12, 15 EA 15</p> <p>Grade 5: TE 11, 77-79, 88-93 SA 20 EA 11, 12 PA 9, 11</p> <p>Grade 6: TE 137-174 SA 33-48 EA 21-24 HF Drug Prevention TR 16 Trends in Drug Use</p>	<p>Grade 4: V McGruff's Drug Alert G Drug Prevention Trivia Game B Ramona and Her Father</p> <p>Grade 6: V WIN (Work, Integrity, Never Give Up) P Drug Classifications</p>

<ul style="list-style-type: none"> rules, regulations and laws consequences 	<p>17 Medicines are Drugs Too 18 Influences on Tobacco Use</p>	
<p>E. Identify health problems that can occur throughout life and describe ways to prevent them.</p> <ul style="list-style-type: none"> diseases (e.g., cancer, diabetes, STD/HIV/AIDS, cardiovascular disease) preventions (i.e. do not smoke, maintain proper weight, eat a balanced diet, practice sexual abstinence, be physically active) 	<p>Grade 4: TE 94-103, 110-115, 180-183, 188-192 SA 21, 22, 23, 26, 27 PA 13, 14, 16, 24 EA 14, 16, 28 TR 11-13 Germs, 17 HIV/AIDS Grade 5: TE 80-99, 115-124, 176-179, 184-197 SA 15, 16, 17, 18, 19, 21, 22, 40 PA 10, 21 EA 16, 21, 23 HF Act 6 Grade 6: TE 6, 84-89, 145-149, 163-168, 232-251 SA 19, 36, 37, 40, 41, 45, 60, 61, 62, 63, 64, 65 EA 15, 16 TR 20 Strategies for Refusing Drugs 34-35 Microorganisms 36 Body Defenses Against Disease 37-38 HIV/AIDS SRCD Tips for Teens: The Truth about Tobacco, Alcohol Common Illnesses and Symptoms An Ounce of Prevention-Keeping the Germs Away HF Activity 3, 4</p>	<p>Grade 4: V Preventing Communicable Diseases Grade 5: CD The Human Body V ACE (Attitude, Commitment, Excellence) G Responsibility Board Game Grade 5: CD Smoking and Chewing P Effective Coping Skills</p>

10.2. Healthful Living

10.2.6. GRADE 6

Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:

By Grade 6	HPW: Primary Source	HPW Secondary Source
<p>A. Explain the relationship between personal health practices and individual well-being.</p> <ul style="list-style-type: none"> immunizations health examinations 	<p>Grade 4: TE 4-21, 24-39, 73-78, 174-175 PA 1, 2, 3, 10 SA 1-4, 5-7, 14, 15 EA 1, 2, 3, 4, 27 TR 1 Components of Health, 2 Goal Setting 3, Communication Skills Grade 5: TE 5-15, 18-27, 30-47, 83, 176 SA 1, 2, 3 EA 1, 2, 3, 4, 5 PA 1,2, 4 TR 1 Good Health 3 Communication Skills Grade 6: TE 10-17, 42, 235-237 SA 2, 3, 4, 5, 10, 60, 61 EA 8, 9, 10 TR 3a-b Communication Builders, Blockers 4 Communication Essentials</p>	<p>Grade 4: P 3 Ps of Constructive Criticism, Effective Coping Skills B Chang’s Paper Pony, Tales of a Fourth Grade Nothing, Sadako and the 1000 Paper Cranes C Problem Solving Grade 5: B Black Snowman, Number the Stars, Sign of the Beaver P Respect Grade 6: P Methods of Communication G Communication Challenge B Holes</p>
<p>B. Explain the relationship between health-related information and consumer choices.</p> <ul style="list-style-type: none"> dietary guidelines/food selection 	<p>Grade 4: TE 124-126, 146 SA 29, 38 TR 5 MyPyramid Grade 5: TE 50-54, 108, 124-127 SA 11, 24, 25, 26, 27 PA 13, 15 EA 8 HF Act 2 TR 9 Marketing Strategies</p>	<p>Grade 5: B Maniac Magee P Nutritional Vision Chart</p>

<ul style="list-style-type: none"> universal precautions 	<p>SA 28, 29, 30, 31, 32 EA 19, 20 TR 13 Basic First Aid 14 Managing Bleeding Injuries 15 Electrical Emergencies</p>	
<p>C. Describe strategies to avoid or manage conflict and violence.</p> <ul style="list-style-type: none"> anger management peer mediation reflective listening negotiation 	<p>Grade 4: TE 80-86 SA 16, 17, 18 EA 12, 13 PA 11 Grade 5: TE 56-62, 68-72 SA 12, 14 PA 9, 10 TR 4 Dealing with Bullies TR 5 Resolving Conflicts Grade 6: TE 46-48, 92-98 SA 21, 22 EA 9 Tr 3 Communication Builders and Blockers 9 Common Causes of Conflict 10 Conflict Resolution Checklist</p>	<p>Grade 4: P Effective Coping Skills C Conflict Resolution Cards Grade 5: V Bullying B Maniac Magee G Conflict Resolution Bingo Game C Conflict Resolution Cards Grade 6: V Solving Conflicts with Teachers, Parents and Peers C Conflict Resolution Cards Communication Challenge</p>
<p>D. Analyze the role of individual responsibility for safety during physical activity.</p>	<p>Grade 4: Grade 6: TE 188-189 TR 26 Exercise Precautions</p>	<p>Grade 4:</p>

10.4. Physical Activity **** Please Refer to Your PE Curriculum****
10.4.6. GRADE 6

Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:

By Grade 6	HPW Primary Source	HPW Secondary Source
<p>A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p>	<p>Grade 4: TE 149-150 SA 39 Grade 5: TE 107-108, 132-134 EA 17, 18 PA 16 Grade 6: TE 187, 191 EA 28</p>	<p>Grade 4: B Grade 5: V To The Max- Eating & Exercising for Good Health Grade 6: V Ten Reasons to Exercise</p>
<p>B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p>	<p>Grade 4: 149-150, 152, 170-171 EA 20, 22, 25 HF Heart Health Grade 5: TE 128-130 TR 10 Benefits of Exercise Grade 6: TE 185-186 EA 26 TR 24 Benefits of Exercise</p>	<p>Grade 4: G Fountain of Fitness</p>
<p>C. Identify and apply ways to monitor and assess the body’s response to moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> heart rate monitoring checking blood pressure fitness assessment 	<p>Grade 4: TE 151 PA 20 EA 20 Grade 5: TE PA Grade 6: TE 188-190, 192 EA 28 TR 26 Exercise Precautions</p>	
<p>D. Describe factors that affect childhood physical activity preferences.</p>	<p>** Please Refer to Your PE Curriculum**</p>	

<ul style="list-style-type: none"> • enjoyment • personal interest • social experience 		
<p>E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.</p>	<p>** Please Refer to Your PE Curriculum**</p>	
<p>F. Identify and describe positive and negative interactions of group members in physical activities.</p>	<p>** Please Refer to Your PE Curriculum**</p>	
<p>10.5. Concepts, Principles and Strategies of Movement ** Please Refer to Your PE Curriculum**</p>		

10.1. Concepts of Health		
10.1.9. GRADE 9		
<i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
By Grade 9	HPW: Primary Source	HPW Secondary Source
<p>A. Analyze factors that impact growth and development between adolescence and adulthood.</p> <ul style="list-style-type: none"> relationships (e.g., dating, friendships, peer pressure) interpersonal communication risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns) abstinence STD and HIV prevention community 	<p>Grade 7: TE 19-23, 39-51, 94-100, 105-107, 110-114, 130-136, 157-159, 163-164, 184-191, 255-259, 262-267, 271-275 SA 4-8, 21,22, 24, 25, 28, 34, 43, 48-50, 65-69, 71, 72 EA 6, 7, 8, 9, 13, 20, 23, 24, 30, 40 HF Act 1-4 TR 4 Good vs. Bad Friendships 5-7 Communication Builders 9 Common Reactions to Stress 19-20 Influences on Drug Use 26-28 Functions of Nutrients 30 Food Labels 47 Maintaining a Healthy Sexual Identity 47 Actual Causes of Death SRCD Tips for Teens: Tobacco, Alcohol, Inhalants; Food Labels; How Much Are You Eating?; Common Illnesses and Symptoms; Frequently Asked Questions About HIV/AIDS</p> <p>Grade 8: TE 17-20, 25-36, 41-48, 89-91, 123-126, 162-173, 177-180, 185-193, 220-224, 228-234, 240-243, 247-263 SA 5-7, 9-12, 13-18, 30,42, 61-69, 72-78, 85, 86, 89, 90, 92-100 EA 2, 3, 4, 7, 8, 21, 22, 29, 31 TR 3-5 Stress 25-26 Major Nutrients 37 Tobacco Myths 38-39 Alcohol Abuse 45 Reasons for Remaining Sexually Abstinent 47 Leading Causes of Death 48 Risk Factors for Cancer SRCD Tips for Teens: Tobacco, Alcohol, Inhalants; Food Labels; How Much Are You Eating?; Common Illnesses and Symptoms; Frequently Asked Questions About HIV/AIDS</p>	<p>Grade 7: V Bad Friendships: Doing More Harm than Good V Food, Health & Exercise CD Violence Prevention; Life Begins; Communicable and Non-Communicable Diseases</p> <p>Grade 8: V The Truth About Drinking V Dangers of Enhancing Drugs V Abstinence: It’s the Right Choice</p>
<p>B. Analyze the interdependence existing among the body systems.</p>	<p>Grade 7: TE 224-260 SA 57-60, 62, 63, 64, 65, 66 EA 36, 37 TR 40 Structures of the Digestive System TR 41 Digestive System Process TR 43-45 Reproductive System</p> <p>Grade8: TE 209-219 SA 80, 81, 82, 83, 84 EA 26 TR 42-43 The Reproductive System 30 Are You Normal? 44 Getting Sufficient Sleep</p>	<p>Grade 7: CD Fun Facts: Body Systems; Life Begins B The Human Body</p> <p>Grade 8: CD Life Begins</p>

<p>C. Analyze factors that impact nutritional choices of adolescents.</p> <ul style="list-style-type: none"> • body image • advertising • dietary guidelines • eating disorders • peer influence • athletic goals 	<p>Grade 7: TE 199-200, 214-218 TR 34 Marketing Strategies TR 39 Media Myths</p> <p>Grade 8: TE 122-123, 126-131, 146-151 HF Nutrition & Fitness: Acts 1, 5, 6 EA 16-18, 48, 49, 50-53 TR 22 Dietary Guidelines 23 MyPyramid 31 Media Myths 32 Striving to Be Thin 33 Unique and Beautiful 34 Eating Disorders SRCD Nutritional Values Chart, Food Labels</p>	
<p>D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.</p> <ul style="list-style-type: none"> • decision-making/refusal skills • situation avoidance • goal setting • professional assistance (e.g., medical, counseling, support groups) 	<p>Grade 7: TE 154-155, 160-161, 165, 170-177 SA 46 EA 25, 26, 27 TR 24 Skills for Refusing Drugs 25 Rights and Responsibilities</p> <p>Grade 8: TE 165-167, 174-175, 181-183, 198-205 SA 61, 62, 63, 67, 70, 79 EA 22, 23, 24, 25 TR 40 Effective Strategies for Resisting Drugs 41 I Can Do</p>	<p>Grade7: V What Can I Do When I Feel Bad?</p> <p>Grade 8: CD Fun Facts: Drugs Prevention G Decision Making Game: Drug Prevention Scenario Cards</p>
<p>E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p>	<p>Grade 7: TE 4-15 EA 1, 2, 3 TR 1 Total Wellness Continuum</p> <p>Grade 8: TE 5-9, 60-62, 121-122, 126-131, 225-226, 262-264 SA 1, 87, 88, 101 EA 1, 9, 16 TR 1 Wellness Continuum HF Nutrition & Fitness: Act 1</p>	<p>Grade 7: CD Fun Facts: Body Systems</p>

10.2. Healthful Living 10.2.9. GRADE 9		
<i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
By Grade 9	HPW: Primary Source	HPW Secondary Source
A. Identify and describe health care products and services that impact adolescent health practices.	<p>Grade 7: TE 26-29, 147 , 247, 268-269 SA 36, 37, 70 EA 11, 12, 39</p> <p>Grade 8: TE 84, 58-59, 148, 165-167,157, 219, 244-245 SA 29, 51, 5793 EA 30 TR Warning Signs of Depression SRCD An Ounce of Prevention; Let’s Talk About Depression</p>	
B. Analyze the relationship between health-related information and adolescent consumer choices. <ul style="list-style-type: none"> tobacco products weight control products 	<p>Grade 7: TE 139-147, 149-153, 192-202 SA 35, 36, 37, 38, 39, 40, 41, 51, 52, 53, 54 TR 21 Drug Classifications TR 22 Consumer Skills TR 33 Empty vs. Nutritional Calories TR 34 Marketing Strategies PC Nutrition and Fitness</p> <p>Grade 8: TE 148-149, 152-160, 166 SA 51, 54 - 59, 60, 62, 63 TR 35 Consumer Purchasing Skills SRCD Tips for Healthy Thrifty Meals Nutritional Food Values Chart</p>	Grade 7: P Nutritional Vision Chart Drug Classification
C. Analyze media health and safety messages and describe their impact on personal health and safety.	<p>Grade 7: TE 108-109, 153-154, 159, 171-172 SA 26, 27 EA 24 TR 16 How Violence is Portrayed in the Media; Influences on Drug Use</p> <p>Grade 8: TE 69-71, 95-96, 147-148, 223, 181 SA 23, 24, 25, 49, 50, 65, 70, 86 PC Violence Prevention</p>	Grade 8: G Decision Making Game P Nutrition Vision Chart
D. Analyze and apply a decision-making process to adolescent health and safety issues.	<p>Grade 7: TE 83-84, 257-259 SA 10, 11, 12 TR 10 The Decision Making Process SRCD Teen Dating Violence</p> <p>Grade 8: TE 55-56, 143-144, 199-202 SA 20, 47, 48 EA 23 HF Act 4 TR 26 Nutrition Facts Label 40 Effective Strategies for Resisting Drugs</p>	Grade 8: G Decision Making Game P Nutrition Vision Chart
E. Explain the interrelationship between the environment and personal health. <ul style="list-style-type: none"> ozone layer/skin cancer availability of health care/ individual health air pollution/respiratory disease 	<p>Grade 7: TE 61-64 EA 17 SA 10, 11, 12</p>	
10.3. Safety and Injury Prevention		

10.3.9. GRADE 9		
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
By Grade 9	HPW Primary Source	HPW Secondary Source
A. Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community. <ul style="list-style-type: none"> modes of transportation (e.g., pedestrian, bicycle, vehicular, passenger, farm vehicle, all-terrain vehicle) violence prevention in school self-protection in the home self-protection in public places 	Grade 7: TE 66-71, 116-123 SA 13, 14, 15, 29, 30, 31, 32 TR 17 Preventing Handgun Violence TR 18 Abduction Prevention Tips SRCD Teen Dating Violence Grade 8: TE 83-87, 91-94, 99-103 SA 29, 31, 32, 33, 34, 35, 36 EA 12, 13 TR 14 Managing Stress 15 Preventing Handgun Violence 16 Water Safety	
B. Describe and apply strategies for emergency and long-term management of injuries. <ul style="list-style-type: none"> rescue breathing water rescue self-care sport injuries 	Grade 7: TE 124-128 SA 33 EA 21 SRCD Disaster Supply Kit Grade 8: TE 104-117 SA 37, 38, 39, 40, 41 EA 14, 15 TR 17 Shock 18 Managing Shock 19 Bleeding Injuries 20-21 Burns	Grade 7: V American Red Cross Emergency Test Grade 8: CD Injury Prevention and Safety
C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence. <ul style="list-style-type: none"> effective negotiation assertive behavior 	Grade 7: TE 52-54, 85-93 SA 9, 19, 20 HF 4Act 4, 5, 6 TR 11 Dealing With Conflict TR 12 Steps to resolving Conflict Grade 8: TE 64-68, 73-76, 79-82 SA 21, 22, 26, 27, 28 EA 11 TR 8 Violence Among Youth TR 9 Resolving Conflict 10 Strategies for Preventing Violence 11-12 Giving/Receiving Constructive Criticism	Grade 7: G Assertiveness Training Game; Conflict Resolution Board Game P Methods of Communication CD Violence Prevention Grade 8: V Conflicts, Communication, Relationships
D. Analyze the role of individual responsibility for safety during organized group activities.	**See PE Curriculum**	
10.4. Physical Activity ** Please Refer to Your PE Curriculum** 10.4.9. GRADE 9		

<i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
By Grade 9	HPW Primary Source	HPW Secondary Source
A. Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.	Grade 7: TE 18, 201-202, 221-222 EA 5, 33, 34, 35 PC Nutrition & Fitness Grade 8: TE 139-140 SA 46 HF Act 3	
B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. <ul style="list-style-type: none"> • stress management • disease prevention • weight management 	Grade 7: TE 204-207 SA 55 TR 35 Benefits of Exercise TR 36 F.I.T. Grade 8: TE 133-134 EA 19 SA 44 TR 27 Benefits of Exercise	
C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities. <ul style="list-style-type: none"> • exercise (e.g., climate, altitude, location, temperature) • healthy fitness zone 	Grade 7: TE 208-212 SA 56 EA 32 TR 37 Components of Fitness TR 38 Exercise Precautions Grade 8: TE 135-138 EA 46 TR 28 Components of Fitness 29 Exercise Precautions	
D. Analyze factors that affect physical activity preferences of adolescents. <ul style="list-style-type: none"> • skill competence • social benefits 	Grade 7: TE 17 SA 4 TR 1 Total Wellness Continuum	
E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement. <ul style="list-style-type: none"> • personal choice • developmental diff 	**See PE Curriculum**	
F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities. <ul style="list-style-type: none"> • group dynamics • social pressure 	**See PE Curriculum**	
10.5. Concepts, Principles and Strategies of Movement ** Please Refer to Your PE Curriculum**		

10.1. Concepts of Health		
10.1.12. GRADE 12		
<i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
By Grade 12	HPW: Primary Source	HPW Secondary Source
<p>A. Evaluate factors that impact growth and development during adulthood and late adulthood.</p> <ul style="list-style-type: none"> acute and chronic illness communicable and non- communicable disease health status relationships (e.g., marriage, divorce, loss) 	<p>TE 2-6, 8-15, 40-44, 46-55, 240-246, 286-338 SA 1,2,8,9,10,11,71,72,81,82,83,84,85,86,87 EA 1,2,5,51,52,53,54,55 TR 64-69: Cancer 70-75 Cardiovascular Disease 76-77 STDs 78-82 HIV/AIDS SRCD Adventures in Parenting; Common Illnesses and Symptoms; Frequently Asked Questions About HIV/AIDS; Tips for Teens: The Truth about HIV/AIDS; How getting High Can Get you AIDS</p>	<p>V Lest We Forget</p>
<p>B. Evaluate factors that impact the body systems and apply protective/preventive strategies.</p> <ul style="list-style-type: none"> fitness level environment (e.g., pollutants, available health care) health status (e.g., physical, mental, social) nutrition 	<p>TE 16-24, 26-37, 64-77, 79-96, 152-158, 180-185, 220-239, 248-253 SA 4,5,6,7,14,15,16,17,18,19,20,21,22,23,24,52,53,57, 58,59,67-70, 73-75 EA 6,7,8,9,10,11,27,28,32,33,34,35,36,43,44,45 TR 2-5 Emotional Well-Being 15 Stress Response 16-18 Stress-Related Illness 19-21 Common Stressors 24-25 Depression/Suicide SRCD Let’s Talk About Depression</p>	<p>CD Fun Facts: Body Systems; CD Life Begins V The Truth About Body Image V Setting Goals for Healthy Living V Handling Stress V I Don’t Really Want to Leave</p>
<p>C. Analyze factors that impact nutritional choices of adults.</p> <ul style="list-style-type: none"> cost food preparation (e.g., time, skills) consumer skills (e.g., understanding food labels, evaluating fads) nutritional knowledge changes in nutritional requirements (e.g., age, physical activity level) 	<p>TE 186-195, 197-207 SA 60,61,62,63,64 EA 37,38,39,41 TR 35-39 Dietary Guidelines/MyPyramid 40 Nutrition Facts Food Label 41 Preventing Foodborne Illness 42-43 Vegetarian Diets 44 Health Consequences of eating Disorders SRCD Nutritional Values Chart, Food Labels, Finding a Way to a Healthier You, Anatomy of MyPyramid, What Counts as a Cup/Oz Equivalent?</p>	

<p>D. Evaluate issues relating to the use/non-use of drugs.</p> <ul style="list-style-type: none"> • psychology of addiction • social impact (e.g., cost, relationships) • chemical use and fetal development • laws relating to alcohol, tobacco and chemical substances 	<p>TE 98-1100, 102-108, 110-116, 118-126, 128-140, 142-149 SA 25-51 EA 12-26 TR 26-34 SRCD HPW Drug Trivia Game; Prescription Pain and Other Medications; Tips for Teens: The Truth about Tobacco; Smoking and Pregnancy; Tips for Teens: The Truth about Alcohol; FAQs about Alcohol Use and Alcoholism; Tips for Teens: The Truth about Marijuana; Marijuana Facts for Teens; Club Drugs</p>	<p>CD Fun Facts: Drugs Prevention CD Smoking and Chewing</p>
<p>E. Identify and analyze factors that influence the prevention and control of health problems.</p> <ul style="list-style-type: none"> • research • medical advances • technology • government policies/regulations 	<p>TE 2-6, 8-15, 104-108, 123-127, 138-141 SA 1,2,3,27,28,29,36,37,38,41 EA 1,2 TR 1 Wellness Continuum TR 34 The Decision Making Process SRCD HPW Health Trivia Game</p>	<p>CD Smoking and Chewing</p>
<p>10.2. Healthful Living 10.2.12. GRADE 12</p>		
<p><i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i></p>		
<p>By Grade 12</p>	<p>HPW: Primary Source</p>	<p>HPW Secondary Source</p>
<p>A. Evaluate health care products and services that impact adult health practices.</p>	<p>TE 114-117, 214-215, 248-250, 310-311 SA 32,33,65,66,73 TR 47 Buying Health Care Products & Services SRCD Nutritional Values Chart</p>	
<p>B. Assess factors that impact adult health consumer choices.</p> <ul style="list-style-type: none"> • access to health information • access to health care • cost • safety 	<p>TE 110-113, 123-127, 212-216, 296-299 SA 32,33,34,36,37,38 TR 47 Buying Health Care Products & Services TR 68 Warning Signs of cancer TR 69 Medical Tests for Early Detection SRCD 6 Major Conclusions of the Surgeon Generals Report on Secondhand Smoke; Prescription Pain and Other Medications</p>	
<p>C. Compare and contrast the positive and negative effects of the media on adult personal health and safety.</p>	<p>TE 104-106, 123-124, 129-130, 143-144, 183-185, 264-265 SA 27,28,46,47,59 EA 15,20,24,25 TR 55 Violence in the Media TR 44 Health Consequences of Eating Disorders TR 31 Social Impact of Alcohol Abuse</p>	

<p>D. Examine and apply a decision-making process to the development of short and long-term health goals.</p>	<p>TE 34-37, 48, 60-62, 81-85, 88, 108, 117, 125-126, 139-141, 193-199 SA 7,9,13,18,19,20,34,37,41,42,43,60,61,63 EA 10,39,40 TR 14 Resolving Conflicts TR 34 The Decision Making Process SRCD Teen Dating Violence; Nutritional Values Chart</p>	<p>C Resolving Conflicts</p>
<p>E. Analyze the interrelationship between environmental factors and community health.</p> <ul style="list-style-type: none"> • public health policies and laws/health promotion and disease prevention 	<p>TE 160-171, 172-177 SA 1054,55,56 EA 27,28,29,30,31</p>	<p>C Community Health Problem Solving Cards</p>

10.3. Safety and Injury Prevention

10.3.12. **GRADE 12**

Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:

By Grade 12	HPW Primary Source	HPW Secondary Source
<p>A. Assess the personal and legal consequences of unsafe practices in the home, school or community.</p> <ul style="list-style-type: none"> • loss of personal freedom • personal injury • loss of income • impact on others • loss of motor vehicle operator’s license 	<p>TE 56-62, 124, 132-137, 160-165,256-269 SA 12,13,39,40,76,77 EA 29,46,47,48 TR 13,14, Dealing with/Resolving Conflict TR 53-59 Preventing Violence SRCD Teen Dating Violence</p>	<p>C Responding to Conflict. Resolving Conflicts V The Truth About Violence; V Acquaintance Rape; V In Real Life: Sexual Harassment</p>
<p>B. Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> • CPR • advanced first aid 	<p>TE 270-284 SA 78,79,80 EA 49,50 TR 60-61 CPR TR 62-63 Common Causes of Emergencies SRCD Disaster Supply Kit</p>	<p>V The Truth about Violence</p>
<p>C. Analyze the impact of violence on the victim and surrounding community.</p>	<p>TE 256-259 EA 46 TR 53 Violence in America</p>	
<p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p>	<p>TE 208-211 SA 64 TR 45 Benefits of Exercise TR 46 Components of Fitness</p>	
<p>10.4. Physical Activity</p>		

****PLEASE REFER TO YOUR PE CURR****