



MYP Health Education Years 1 - 3

6th - 8th Grade

- A1 6-8.RST.8 - Distinguish among facts, reasoned judgment based on research findings, and speculation in a text.
- A2 6-8.WHST.9 - Draw evidence from informational texts to support analysis, reflection, and research.
- A3 Analyzes the dimensions of health and relates to personal health behaviors.
- A4 Describes the potential impacts of harassment, bullying, and intimidation on self and others. (sexual, sexual orientation, gender, religion, disability, ethnic, race, age)
- A5 Identify the risk factors and prevention of communicable diseases, (HIV/ AIDS through KNOW curriculum) and non- communicable and hypokinetic diseases. (Type 2 diabetes, heart disease, cancer, obesity, high cholesterol, osteoporosis, among others.
- A6 Understands components of a nutrition label to make informed decisions regarding healthy food choices and eating patterns. (serving sizes, ingredients, nutrients, calories, % daily value)
- A7 Applies nutrition goals based on dietary guidelines and individual activity needs.
- A8 Evaluate emergency situations and demonstrate first aid, CPR and A.E.D procedures.
- A9 Explains the structure and function of muscular system, skeletal system, and cardio respiratory system.
- A10 Identify and recognize ways to maintain sexual health and hygiene throughout life. (Reproductive health, risky behaviors, puberty)
- A11 Identify issues and risks related to drug use and abuse. (Tobacco, alcohol, and other drugs)