

6th Grade Units	Standard Based Grading	Illinois State Standards:	National Health Standards: (NHES)
<p><b>Body Systems Overview (Skeletal System)</b></p> <p><b>Personal Health and Hygiene</b></p> <p><b>Injury Prevention and Safety</b></p> <p><b>First Aid</b></p> <p><b>Fire Safety</b></p> <p><b>Hands Only CPR</b></p> <p><b>Fitness For Life</b></p>	<p><b>HE.6.1</b> - Explain the basic principles of illness prevention and safety</p> <p><b>HE.6.2</b> - Explain routine safety precautions in practical situations</p> <p><b>HE.6.3</b> - Understand body systems and factors that influence growth/development</p> <p><b>HE.6.4</b> - Identify how positive health practices reduce health risks</p>	<p>STATE GOAL 19: Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment</p> <p>STATE GOAL 21: Develop skills necessary to become a successful member of a team by working with others during physical activity.</p> <p>STATE GOAL 22: Understand principles of health promotion and the prevention and treatment of illness and injury</p> <p>STATE GOAL 23. Understand human body systems and factors that influence growth and development</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	<p><b>Standard 1</b> Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p><b>Standard 2</b> Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p> <p><b>Standard 3</b> Students will demonstrate the ability to access valid information, products, and services to enhance health.</p> <p><b>Standard 4</b> Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p> <p><b>Standard 5</b> Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p><b>Standard 6</b> Students will demonstrate the ability to use goal-setting skills to enhance health.</p> <p><b>Standard 7</b> Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p> <p><b>Standard 8</b> Students will demonstrate the ability to advocate for personal, family, and community health.</p>

7th Grade Units	Standard Based Grading	Illinois State Standards:	National Health Standards: (NHES)
<p><b>Body Systems Breakdown</b></p> <p><b>Diseases</b></p> <p><b>Family and Social Health</b></p> <p><b>Growth and Development</b></p> <p><b>Alcohol, Tobacco, and other Drugs</b></p> <p><b>Relationships / Teen Dating</b></p> <p><b>Violence</b></p> <p><b>Fitness for Life</b></p>	<p><b>HE.7.1</b> - Explain the factors that influence health among individual</p> <p><b>HE.7.2</b> - Describe the structure and functions of the human body systems</p> <p><b>HE.7.3</b> - Explain effects of health-related actions on the body systems</p> <p><b>HE.7.4</b> - Describe factors that affect growth and development</p>	<p>STATE GOAL 19: Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment</p> <p>STATE GOAL 21: Develop skills necessary to become a successful member of a team by working with others during physical activity.</p> <p>STATE GOAL 22: Understand principles of health promotion and the prevention and treatment of illness and injury</p> <p>STATE GOAL 23. Understand human body systems and factors that influence growth and development</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	<p><b>Standard 1</b> Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p><b>Standard 2</b> Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p> <p><b>Standard 3</b> Students will demonstrate the ability to access valid information, products, and services to enhance health.</p> <p><b>Standard 4</b> Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p> <p><b>Standard 5</b> Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p><b>Standard 6</b> Students will demonstrate the ability to use goal-setting skills to enhance health.</p> <p><b>Standard 7</b> Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p> <p><b>Standard 8</b> Students will demonstrate the ability to advocate for personal, family, and community health.</p>

8th Grade Units	Standard Based Grading	Illinois State Standards:	National Health Standards: (NHES)
<p><b>Mental Health</b></p> <p><b>Diseases</b></p> <p><b>Alcohol, Tobacco, and other Drugs</b></p> <p><b>Relationships / Teen Dating Violence</b></p> <p><b>Suicide/Suicide Prevention</b></p> <p><b>Stress, Stress Management</b></p> <p><b>Nutrition</b></p> <p><b>Fitness for Life</b></p>	<p><b>HE.8.1</b> - Explain how positive communication builds relationships</p> <p><b>HE.8.2</b> - Identify methods for addressing interpersonal differences</p> <p><b>HE.8.3</b> - Demonstrate strategies for prevention of communicable diseases</p> <p><b>HE.8.4</b> - Apply refusal and negotiation skills to potentially harmful situations</p>	<p>STATE GOAL 19: Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.</p> <p>STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment</p> <p>STATE GOAL 21: Develop skills necessary to become a successful member of a team by working with others during physical activity.</p> <p>STATE GOAL 22: Understand principles of health promotion and the prevention and treatment of illness and injury</p> <p>STATE GOAL 23. Understand human body systems and factors that influence growth and development</p> <p>STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	<p><b>Standard 1</b> Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p><b>Standard 2</b> Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p> <p><b>Standard 3</b> Students will demonstrate the ability to access valid information, products, and services to enhance health.</p> <p><b>Standard 4</b> Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p> <p><b>Standard 5</b> Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p><b>Standard 6</b> Students will demonstrate the ability to use goal-setting skills to enhance health.</p> <p><b>Standard 7</b> Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p> <p><b>Standard 8</b> Students will demonstrate the ability to advocate for personal, family, and community health.</p>

<b>Consumer Health</b>			
------------------------	--	--	--