Lehighton Area School District
Curriculum Framework

Course Title:	LifeSkills Training
Content Area:	PE/Health
Grade Level(s):	6th Grade
Course Overview:	Level 1 of the LifeSkills Training program consists of 11 units that are designed to be taught in sequence. Each unit contains measurable student objectives, content, and classroom activities. LifeSkills Training is a highly interactive program and incorporates many activities to address the specific needs of students. The program not only prevents tobacco, alcohol, and drug abuse but also teaches the knowledge and skills necessary to: increase your self-esteem, increase your ability to make decisions and solve problems, communicate effectively, avoid misunderstandings, manage anxiety, make new friends, stand up for your rights, say "no" to unfair requests, resist advertising pressures, and resist pressure to use drugs. LST is part of the regular Physical Education class for 6th grade which consists of one class everyday for one semester.
PA Core Standards:	PA Academic Standards for Health, Safety, and Physical Education
Key Course Text and Materials:	Dr. Gilbert J. Botvin, LifeSkills Training Middle School, Level 1 LifeSkills Training Student Guide/Workbook Unit Canvas Quizzes
Key Assessments/Projects:	

Big Idea/Unit: Self-Image
Pacing: One class period

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.6 A 10.1.6 D	Define self-image. Discuss how self-image is formed. Identify ways to increase self-image. Identify something that makes them proud.	Self-Image Attitude Beliefs Goal Sub-Goal	Student Guide Workbook Powerpoint Self-Image	Quiz Workbook Pages

Big Idea/Unit: Making Decisions
Pacing: Two class periods

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.6 D 10.2.6 D 10.3.6 C	Demonstrate how decisions are influenced by group pressure. Discuss reasons why people are influenced by group members. Identify everyday decisions. Describe how important decisions are made. Identify a process for making decisions.	Decision Influence Pressure Persuasive Tactics	Student Guide Workbook PowerPoint Making Decisions 1 & 2	Quiz Workbook Pages

Big Idea/Unit: Smoking Myths and Realities
Pacing: One class period

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.6 A 10.1.6 D 10.1.6 E 10.3.6 C	Identify that the majority of teenagers and adults are not cigarette smokers. Discuss reasons young people have for smoking or not smoking. Discuss realities of what cigarettes can and cannot do. Discuss the immediate and long-term effects of cigarette smoking. Describe the process of becoming a smoker. Identify that smoking is becoming less socially acceptable. Discuss nonsmokers' rights.	Minority Long-term Risk Factor Addiction Socially Acceptable	Student Guide Workbook PowerPoint Smoking Myths & Realities	Quiz Workbook Pages

Big Idea/Unit: Smoking and Biofeedback
Pacing: One class period

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.6 A 10.1.6 D 10.1.6 E 10.3.6 C	Describe the effects of elevated heart rates on the body. Identify situations that can change heart rates. Discuss the purpose and procedure of the pulsemeter. Discuss the purpose and procedure of the tremor test. Discuss the reasons for the difference in pulse rates before and after smoking a cigarette. Discuss the reasons for the difference in hand steadiness before and after smoking a cigarette.	Biofeedback Carbon Monoxide Nicotine Heart Rate	Student Guide Workbook PowerPoint Smoking and Biofeedback Smoking and Biofeedback DVD Experiment with Workbook	Quiz Workbook Pages

Big Idea/Unit: Alcohol Myths & Realities
Pacing: One class period

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
	Recognize that alcohol is a drug which slows down the functioning of the brain and nervous system.			

10.1.6 D 10.1.6 E 10.3.6 C	Recognize that although many people drink, most adults drink only occasionally and in moderation. Discuss reasons why people do or do not drink. Identify the realities of what alcohol can and cannot do.	Misconception Abstinence Tolerance	Student Guide Workbook PowerPoint - Alcohol	Quiz Workbook Pages

Big Idea/Unit: Marijuana Myths & Realities

Pacing: One class period

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.6 D	Describe what marijuana is. Identify that the vast majority of teenagers and adults do not smoke marijuana. Discuss the reasons some teenagers use marijuana. Discuss the realities of what marijuana can and cannot do. Discuss the immediate and long-term effects of marijuana on the body. Discuss the legal status of marijuana.	Marijuana Euphoria Illicit Decriminalization Legalization Psychoactive THC	Student Guide Workbook PowerPoint Marijuana	Quiz Workbook Pages

Big Idea/Unit: Advertising

Pacing: One class period

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.6 D 10.1.6 C	Discuss the purpose of advertising. Identify common advertising techniques. Identify and analyze cigarette and alcohol advertisements. Discuss alternative ways of responding to cigarette and alcohol ads.	Consumer Manipulate Deceptive Target Market	Student Guide Workbook PowerPoint Advertising	Quiz Workbook Pages

Big Idea/Unit: Coping with Anxiety

Pacing: Two class periods

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.6 D 10.1.6 C	Define anxiety. Identify physical symptoms of nervousness. Discuss common situations which produce nervousness. Discuss alternative ways of dealing with anxiety-inducing situations. Demonstrate the techniques for coping with anxiety (relaxation exercise, mental rehearsal, deep breathing).	Anxiety Coping Relaxation	Student Guide Workbook PowerPoint Coping With Anxiety 1 PowerPoint Coping With Anxiety 2 Stress Management Techniques CD	Quiz Workbook Pages

Big Idea/Unit: Communication Skills

Pacing: One class period

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.6 D 10.2.6 C 10.3.6 A	Define communication. Discuss verbal and nonverbal communication. Define misunderstanding. Discuss how misunderstandings develop.	Communiucation Interpersonal Message Response Effective Communication Verbal Nonverbal Misunderstanding Ambiguous Contradictory	Student Guide Workbook PowerPoint Communication Skills	Quiz

	Discuss how misunderstandings can be avoided.	Paraphrase		#REF!

Big Idea/Unit:	**Social Skills**			
Pacing:	**Two class periods**			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.1.6 A 10.1.6 D 10.3.6 C	Recognize that many peopple feel shy or uncomfortable in social situations. Discuss how shyness can be overcome. Practice making social contact. Practice giving and receiving compliments. Practice initiating, sustaining, and ending conversations.	Self-Confident Initiating Sustain Compliment Characteristics Interaction Relationship	Student Guide Workbook PowerPoint Social Skills (A) PowerPoint Social Skills (B)	Quiz Workbook Pages

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Big Idea/Unit:	**Assertiveness**			
Pacing:	**One class period**			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.1.6 D 10.2.6 D 10.3.6 A 10.3.6 C	Identify common situations in which people often fail to be assertive. Identify persuasive tactics. Identify and practice verbal assertive skills. Identify and practice nonverbal assertive skills. Discuss alternative ways for dealing with situations in which teens are pressured to smoke, drink, or use marijuana.	Assertive Aggressive Passive	Student Guide Workbook PowerPoint Assertiveness Appendix (14.13) Refusal Skills Activity (page 14.10)	Quiz Workbook Pages