



COURSE
2
**Teen
Health**

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STANDARDS	PAGE REFERENCES
<p style="text-align: center;">STANDARD 2.1 Wellness <i>ALL STUDENTS WILL LEARN AND APPLY HEALTH PROMOTION CONCEPTS AND SKILLS TO SUPPORT A HEALTHY, ACTIVE LIFESTYLE.</i></p>	
<p>Descriptive Statement: This standard aims to increase student knowledge about the physical, social, emotional, and intellectual dimensions of wellness, thus enabling them to make informed choices about their health now and in the future. Wellness can be defined as a way of life that emphasizes health promotion measures such as healthy eating, learning to manage stress, reducing one’s risk of contracting a disease, and preventing and treating simple injuries. Taking responsibility for one’s own health is an essential step towards developing and maintaining a healthy, active lifestyle.</p>	
<p style="text-align: center;">Strands and Cumulative Progress Indicators <i>Building upon knowledge and skills gained in preceding grades, by the end of Grade 8, students will</i></p>	
<p>2.1.8 A. Personal Health</p>	
<p>1. Describe the appropriate selection and use of healthcare and personal hygiene products.</p>	<p>Student Edition: Chapter 11 Lessons 1, 2, 4, <i>Building Health Skills</i> Teacher Wraparound Edition: Chapter 11 Lessons 1, 2, 4, <i>Building Health Skills</i></p>

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2. Evaluate the impact of health behaviors and choices on personal and family wellness.	Student Edition: Chapter 1 Lessons 1, 3 Chapter 9 Lessons 3, 4 Chapter 10 Lessons 1, 3 Teacher Wraparound Edition: Chapter 9 Lesson 4 Chapter 10 Lesson 3
3. Interpret health data to make predictions about wellness.	Student Edition: Chapter 1 Opener, Lesson 4, <i>Hands-On Health</i> Chapter 3 Opener, Lesson 1 Chapter 4 Lessons 1, 5 Teacher Wraparound Edition: Chapter 1 Opener, <i>Hands-On Health</i> Chapter 3 Opener, 1 Chapter 4 Lessons 1, 5
4. Investigate how technology and medical advances impact wellness.	Student Edition: Chapter 1 Lesson 3 Chapter 11 <i>Building Health Skills</i> Chapter 13 Lesson 2 Teacher Wraparound Edition: Chapter 1 Lesson 3 Chapter 5 Lesson 4 Chapter 12 Lessons 2, 4
2.1.8 B. Growth and Development	
1. Discuss how body systems are interdependent and interrelated.	Student Edition: Chapter 2 Lessons 2, 3 Chapter 4 Lesson 4 Chapter 8 Lesson 2 Chapter 12 Lessons 2, 3, 4 Chapter 13 Lesson 2 Teacher Wraparound Edition: Chapter 2 Lessons 2, 3 Chapter 4 Lesson 4 Chapter 8 Lesson 2 Chapter 12 Lessons 2, 3, 4 Chapter 13 Lesson 2

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2. Investigate the physical, social, emotional, and intellectual changes that occur at each life stage and how those changes impact wellness.	Student Edition: Chapter 12 Lessons 1, 5, 6 Teacher Wraparound Edition: Chapter 12 Lessons 1, 5, 6
3. Discuss how heredity, physiological changes, environmental influences, and varying social experiences contribute to an individual's uniqueness.	Student Edition: Chapter 1 Lesson 3 Chapter 5 Lesson 1 Chapter 12 Lesson 5, <i>Hands-On Health</i> Teacher Wraparound Edition: Chapter 1 Lesson 3 Chapter 5 Lesson 1 Chapter 12 Lesson 5
2.1.8 C. Nutrition	
1. Analyze how culture, health status, age, and eating environment influence personal eating patterns and discuss ways to improve nutritional balance.	Student Edition: Chapter 1 Lesson 3 Chapter 3 Lesson 5 Chapter 4 Lessons 1, 2, 3, 5, 6, <i>Building Health Skills, Hands-On Health</i> Teacher Wraparound Edition: Chapter 1 Lesson 3 Chapter 4 Lessons 1, 2, 3, 5, 6
2. Describe healthy ways to lose, gain, or maintain weight.	Student Edition: Chapter 4 Lesson 6 Teacher Wraparound Edition: Chapter 4 Lesson 6
3. Describe the impact of nutrients on the functioning of human body systems.	Student Edition: Chapter 3 Lessons 2, 3, 5 Chapter 4 Lessons 1, 4 Teacher Wraparound Edition: Chapter 4 Lessons 1, 4
4. Analyze how healthy eating patterns throughout life can reduce the risk of heart disease and high cholesterol, cancer, osteoporosis, and other health conditions.	Student Edition: Chapter 3 Lessons 2, 3 Chapter 4 Lessons 1, 4, 6 Chapter 14 Lessons 2, 3, 4, <i>Building Health Skills</i> Teacher Wraparound Edition: Chapter 4 Lessons 1, 4 Chapter 14 Lessons 2, 3, 4

STANDARDS	PAGE REFERENCES
2.1.8 D. Diseases and Health Conditions	
<p>1. Investigate current and emerging methods to diagnose and treat diseases and health conditions.</p>	<p>Student Edition: Chapter 12 Lesson 2 Chapter 13 Lesson 2, <i>Building Health Skills</i> Chapter 14 Lessons 1, 2, 3, 4</p> <p>Teacher Wraparound Edition: Chapter 12 Lesson 2 Chapter 14 Lessons 2, 3, 4</p>
<p>2. Classify diseases and health conditions as communicable, noncommunicable, acute, chronic, or inherited.</p>	<p>Student Edition: Chapter 12 Lesson 2 Chapter 13 Lessons 1, 3, 5 Chapter 14 Lessons 1, 2, 3, 4</p> <p>Teacher Wraparound Edition: Chapter 12 Lesson 2 Chapter 12 Lesson 5 Chapter 13 Lessons 1, 3, 5 Chapter 14 Lessons 1, 2, 3, 4</p>
<p>3. Compare and contrast diseases and health conditions, including hepatitis, STDs, HIV/AIDS, breast cancer, and testicular cancer.</p>	<p>Student Edition: Chapter 12 Lessons 3, 4 Chapter 13 Lessons 3, 5, 6 Chapter 14 Lessons 1, 2, 3, 4</p> <p>Teacher Wraparound Edition: Chapter 13 Lessons 3, 5, 6 Chapter 14 Lessons 2, 3, 4</p>
<p>4. Analyze local and state public health efforts to prevent and control diseases and health conditions.</p>	<p>Student Edition: Chapter 5 Lesson 6 Chapter 8 Lessons 3, 4 Chapter 11 Lesson 5</p> <p>Teacher Wraparound Edition: Chapter 5 Lesson 6 Chapter 8 Lesson 4 Chapter 9 Lesson 5 Chapter 11 Lesson 5</p>

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5. Investigate various forms of mental illness including impulse disorders such as gambling or shopping, depression, eating disorders, and bipolar disorders.	Student Edition: Chapter 4 Lesson 6 Chapter 5 Lessons 5, 6 Teacher Wraparound Edition: Chapter 4 Lesson 6 Chapter 5 Lessons 5, 6
2.1.8 E. Safety	
1. Assess situations in the home, school, and community for perceived vs. actual risk of injuries.	Student Edition: Chapter 3 Lesson 6 Chapter 7 Lesson 2 Chapter 15 Lessons 1, 2, 3, 4, <i>Building Health Skills</i> Teacher Wraparound Edition: Chapter 3 Lesson 6 Chapter 15 Lessons 1, 2, 3, 4
2. Investigate the short- and long-term impacts of injuries on the individual, the family and the community.	The following lessons can be used to meet this standard. Student Edition: Chapter 3 Lesson 6 Chapter 7 Lesson 2 Chapter 15 Lesson 5 Teacher Wraparound Edition: Chapter 3 Lesson 6 Chapter 15 Lesson 5
3. Describe and demonstrate first aid procedures including, situation and victim assessment, Basic Life Support, and the care of bleeding and wounds, burns, fractures, shock, and poisoning.	Student Edition: Chapter 3 Lesson 6 Chapter 15 Lesson 5 Teacher Wraparound Edition: Chapter 3 Lesson 6 Chapter 15 Lesson 5
4. Discuss the short- and long-term physical, social, and emotional impacts of all forms of abuse.	Student Edition: Chapter 7 Lessons 3, 4 Teacher Wraparound Edition: Chapter 7 Lessons 3, 4

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5. Describe and demonstrate strategies to increase personal safety while in public places and discuss what to do if one's safety is compromised.	Student Edition: Chapter 7 Lessons 2, 3 Chapter 15 Lesson 3 Teacher Wraparound Edition: Chapter 7 Lessons 2, 3 Chapter 15 Lesson 3
2.1.8 F. Social and Emotional Health	
1. Analyze how personal assets, resiliency, and protective factors support healthy social and emotional development.	Student Edition: Chapter 1 Lessons 1, 3 Chapter 5 Lessons 1, 2, 3, 4 Teacher Wraparound Edition: Chapter 5 Lessons 1, 2, 3, 4
2. Discuss the developmental tasks of adolescence, including the development of mature relationships, gender identification, a healthy body image, emotional independence, and life skills.	Student Edition: Chapter 4 Lesson 5 Chapter 5 Lessons 1, 2, 3 Chapter 6 Lesson 2 Chapter 12 Lessons 1, 6 Teacher Wraparound Edition: Chapter 4 Lesson 5 Chapter 5 Lessons 2, 3 Chapter 6 Lesson 2 Chapter 12 Lessons 1, 6
3. Investigate factors and choices that contribute to the incidence of conflict, harassment, bullying, vandalism, and violence and demonstrate strategies to deal with each.	Student Edition: Chapter 1 Lesson 2 Chapter 7 Lessons 1, 2, 3, <i>Building Health Skills, Time</i> Chapter 15 Lesson 3 Teacher Wraparound Edition: Chapter 7 Lessons 1, 2, 3 Chapter 15 Lesson 3
4. Analyze the effectiveness of home, school, and community efforts to prevent conflict, harassment, vandalism, and violence.	Student Edition: Chapter 7 Lessons 1, 2, 3, 4, <i>Building Health Skills, Time</i> Teacher Wraparound Edition: Chapter 7 Lessons 1, 2, 3

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<p>5. Debate the consequences of conflict and violence on the individual, the family, and the community.</p>	<p>Student Edition: Chapter 7 Lessons 1, 2, 3, 4 Chapter 15 Lesson 3</p> <p>Teacher Wraparound Edition: Chapter 7 Lessons 1, 2, 3, 4</p>
<p>6. Describe situations that may produce stress, describe the body's responses to stress, and demonstrate healthy ways to manage stress.</p>	<p>Student Edition: Chapter 1 Lesson 2 Chapter 5 Lesson 4, <i>Building Health Skills, Time</i> Chapter 12 Lesson 6 Chapter 9 Lesson 3</p> <p>Teacher Wraparound Edition: Chapter 1 Lesson 2 Chapter 5 Lesson 4, <i>Time</i> Chapter 9 Lesson 3 Chapter 12 Lesson 6</p>
<p>7. Analyze how culture influences the ways families and groups cope with crisis and change.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 6 Lesson 2, <i>Building Health Skills</i></p> <p>Teacher Wraparound Edition: Chapter 6 Lesson 2</p>

STANDARDS	PAGE REFERENCES
<p style="text-align: center;">STANDARD 2.2 Integrated Skills</p> <p style="text-align: center;"><i>ALL STUDENTS WILL USE HEALTH-ENHANCING PERSONAL, INTERPERSONAL, AND LIFE SKILLS TO SUPPORT A HEALTHY, ACTIVE LIFESTYLE.</i></p>	
<p>Descriptive Statement: This standard seeks to foster responsible health behaviors through the enhancement of critical thinking, decision making, problem solving, and communication skills used in situations impacting personal, family, and community health. It enables students to locate and evaluate health information and resources and to develop character, leadership, and advocacy skills so they can become more active participants in the promotion of wellness. Competency in these skills enables and empowers students to resist destructive behaviors and seek out positive opportunities for growth and learning. These skills may be cross-disciplinary and should be integrated into each Comprehensive Health and Physical Education Standard.</p>	
<p style="text-align: center;">Strands and Cumulative Progress Indicators</p> <p style="text-align: center;"><i>Building upon knowledge and skills gained in preceding grades, by the end of Grade 8, students will</i></p>	
<p>2.2.8 A. Communication</p>	
<p>1. Analyze health ideas, opinions, and issues from a variety of valid and reliable health sources.</p>	<p>Student Edition: Chapter 1 Lesson 2 Chapter 2 Lesson 3 Chapter 4 Lesson 3 Chapter 5 Lesson 6 Chapter 8 Lesson 3 Chapter 10 Lesson 2 Chapter 12 Lesson 2 Chapter 13 Lesson 5 Chapter 16 <i>Building Health Skills</i></p> <p>Teacher Wraparound Edition: Chapter 1 Lesson 2 Chapter 2 Lesson 3 Chapter 5 Lesson 6 Chapter 8 Lesson 3</p>

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<p>2. Present health information using a multimedia approach, adapting the wording and delivery method for various topics and audiences.</p>	<p>Student Edition: Chapter 1 <i>Assessment</i> Chapter 2 Lesson 3 Chapter 5 Lesson 6 Chapter 8 Lesson 3 Chapter 12 Lesson 2 Chapter 13 <i>Assessment</i> Chapter 14 <i>Assessment</i></p> <p>Teacher Wraparound Edition: Chapter 2 Lesson 3 Chapter 4 Lesson 3 Chapter 8 Lesson 3 Chapter 12 Lesson 2 Chapter 13 <i>Time</i> Chapter 16 Lesson 2</p>
<p>3. Assess the use of refusal, negotiation, and assertiveness skills and recommend strategies for improvement.</p>	<p>Student Edition: Chapter 1 Lesson 2 Chapter 6 Lessons 3, 4 Chapter 8 Lesson 5 Chapter 9 Lesson 5, <i>Building Health Skills</i> Chapter 10 Lesson 4 Chapter 12 <i>Building Health Skills</i></p> <p>Teacher Wraparound Edition: Chapter 1 Lesson 2 Chapter 6 Lessons 3, 4 Chapter 8 Lesson 5 Chapter 9 Lesson 5 Chapter 10 Lesson 4</p>
<p>4. Assess the use of active and reflective listening.</p>	<p>Student Edition: Chapter 1 Lesson 2 Chapter 6 Lessons 1, 2, <i>Building Health Skills</i></p> <p>Teacher Wraparound Edition: Chapter 6 Lessons 1, 2</p>

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<p>5. Analyze the economic and political purposes and impacts of health messages found in the media.</p>	<p>Student Edition: Chapter 1 Lessons 2, 3 Chapter 4 Lesson 2, <i>Building Health Skills</i> Chapter 8 Lesson 3, <i>Building Health Skills</i> Chapter 9 Lesson 3 Chapter 10 Lesson 3 Chapter 11 Lesson 3 Chapter 13 Lesson 6</p> <p>Teacher Wraparound Edition: Chapter 1 Lessons 2, 3 Chapter 8 Lesson 3 Chapter 9 Lesson 3 Chapter 11 Lesson 3</p>
<p>2.2.8 B. Decision Making</p>	
<p>1. Demonstrate and assess the use of decision-making skills in health and safety situations.</p>	<p>Student Edition: Chapter 1 Lessons 2, 3 Chapter 2 Lesson 1, <i>Hands-On Health</i> Chapter 3 Lesson 6 Chapter 8 Lesson 5 Chapter 9 Lessons 4, 5 Chapter 10 Lesson 1 Chapter 11 <i>Building Health Skills</i></p> <p>Teacher Wraparound Edition: Chapter 2 Lesson 1, <i>Hands-On Health</i> Chapter 3 Lesson 6 Chapter 9 Lessons 4, 5 Chapter 10 Lesson 1</p>
<p>2. Compare and contrast the influence of peers, family, the media, and past experiences on the use of decision-making skills and predict how these influences may change or conflict as one ages.</p>	<p>Student Edition: Chapter 1 Lessons 2, 3, 4 Chapter 2 Lesson 1 Chapter 6 Lessons 2, 3 Chapter 12 Lesson 1</p> <p>Teacher Wraparound Edition: Chapter 1 Lessons 3, 4 Chapter 2 Lessons 1, 3 Chapter 12 Lesson 1</p>

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<p>3. Predict social situations and conditions that may require adolescents and young adults to use decision making skills.</p>	<p>Student Edition: Chapter 1 Lesson 3 Chapter 2 Lesson 1, <i>Hands-On Health</i> Chapter 6 Lessons 3, 4 Chapter 9 Lesson 2, <i>Building Health Skills</i> Chapter 11 <i>Building Health Skills</i></p> <p>Teacher Wraparound Edition: Chapter 2 Lesson 1 Chapter 6 Lesson 4 Chapter 9 Lesson 2</p>
<p>4. Discuss how ethical decision making requires careful thought and action.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 2 Lesson 1, <i>Hands-On Health</i> Chapter 2 Lessons 1, 3 Chapter 5 Lesson 1</p> <p>Teacher Wraparound Edition: Chapter 2 Lesson 1</p>
<p>5. Critique significant health decisions and discuss how the outcome(s) might have changed if the appropriate communication and decision-making skills had been employed.</p>	<p>Student Edition: Chapter 1 <i>Building Health Skills</i> Chapter 6 <i>Hands-On Health</i> Chapter 7 <i>Building Health Skills</i></p> <p>Teacher Wraparound Edition: Chapter 6 <i>Hands-On Health</i></p>
<p>2.2.8 C. Planning and Goal Setting</p>	
<p>1. Analyze factors that support or hinder the achievement of personal health goals.</p>	<p>Student Edition: Chapter 2 Lesson 2, <i>Building Health Skills</i> Chapter 3 Lesson 4, <i>Building Health Skills</i> Chapter 5 Lesson 2</p> <p>Teacher Wraparound Edition: Chapter 2 Lesson 2</p>

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2.2.8 D. Character Development	
<p>1. Analyze how character development can be enhanced and supported by individual, group, and team activities.</p>	<p>Student Edition: Chapter 2 Lesson 3 Chapter 3 Lessons 1, 5 Chapter 9 Lessons 4, 5</p> <p>Teacher Wraparound Edition: Chapter 2 Lesson 3 Chapter 3 Lessons 1, 5 Chapter 9 Lessons 4, 5</p>
<p>2. Compare and contrast the characteristics of various role models and the core ethical values they represent.</p>	<p>Student Edition: Chapter 2 Lesson 3</p> <p>Teacher Wraparound Edition: Chapter 2 Lesson 3</p>
<p>3. Explain how community and public service supports the development of core ethical values.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 2 Lesson 3 Chapter 7 <i>Time</i> Chapter 9 Lessons 4, 5 Chapter 10 Lesson 3, <i>Building Health Skills</i></p> <p>Teacher Wraparound Edition: Chapter 2 Lesson 3 Chapter 7 Lessons 2, 3 Chapter 9 Lessons 4, 5 Chapter 10 Lesson 3 Chapter 16 Lesson 2</p>
<p>4. Analyze personal and group adherence to student codes of conduct.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 2 Lesson 3 Chapter 3 Lesson 5 Chapter 6 Lesson 4 Chapter 7 Lesson 3 Chapter 8 Lesson 4 Chapter 9 Lesson 3 Chapter 10 Lesson 4</p> <p>Teacher Wraparound Edition: Chapter 3 Lesson 5</p>

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2.2.8 E. Leadership, Advocacy, and Service	
1. Demonstrate the ability to function effectively in both leadership and supportive roles.	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 9 Lesson 5 Chapter 10 Opener, Lesson 3, <i>Building Health Skills</i></p> <p>Teacher Wraparound Edition: Chapter 7 Lesson 2 Chapter 9 Lesson 5</p>
2. Discuss motivational techniques used to improve personal and group achievement and develop rewards and sanctions for group accomplishments.	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 9 Lesson 5 Chapter 10 Lesson 3, <i>Building Health Skills</i></p> <p>Teacher Wraparound Edition: Chapter 7 Lesson 2 Chapter 9 Lesson 5</p>
3. Develop and articulate a group's goals, shared values, and vision.	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 9 Lessons 4, 5 Chapter 10 Lesson 3, <i>Building Health Skills</i></p> <p>Teacher Wraparound Edition: Chapter 7 Lesson 2 Chapter 9 Lessons 4, 5</p>
4. Plan and implement volunteer activities to benefit a health organization or cause.	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 2 Lesson 3 Chapter 7 <i>Time</i> Chapter 9 Lessons 4, 5 Chapter 10 Lesson 3, <i>Building Health Skills</i></p> <p>Teacher Wraparound Edition: Chapter 2 Lesson 3 Chapter 7 Lessons 2, 3 Chapter 9 Lessons 4, 5 Chapter 10 Lesson 3 Chapter 16 Lesson 2</p>

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<p>5. Develop and defend a position or opinion on a health issue or problem and educate students and parents about the health issue or cause.</p>	<p>Student Edition: Chapter 1 Lesson 2, <i>Building Health Skills</i> Chapter 2 Lesson 3 Chapter 8 Lesson 5 Chapter 9 Lesson 5 Chapter 10 Lesson 3 Chapter 12 Lesson 4 Chapter 14 Lesson 3</p> <p>Teacher Wraparound Edition: Chapter 8 Lesson 5 Chapter 9 Lesson 5 Chapter 10 Lesson 3 Chapter 12 Lesson 4 Chapter 14 Lesson 3</p>
<p>2.2.8 F. Health Services and Careers</p>	
<p>1. Compare and contrast health and fitness services available in the school and community, demonstrate how to access them, and evaluate each comparing benefits and costs.</p>	<p>Student Edition: Chapter 2 <i>Time</i> Chapter 5 Lesson 6</p> <p>Teacher Wraparound Edition: Chapter 2 <i>Time</i> Chapter 5 Lesson 6</p>
<p>2. Compare and contrast preparation and job requirements for health and fitness careers.</p>	<p>Student Edition: Chapter 1 Lesson 3 Chapter 6 Lesson 3 Chapter 11 Lesson 5 Chapter 12 Lesson 5</p> <p>Teacher Wraparound Edition: Chapter 1 Lesson 3 Chapter 6 Lesson 3 Chapter 11 Lesson 5 Chapter 12 Lesson 5</p>

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STANDARD 2.3

Drugs and Medicines

ALL STUDENTS WILL LEARN AND APPLY INFORMATION ABOUT ALCOHOL, TOBACCO, OTHER DRUGS AND MEDICINES TO MAKE DECISIONS THAT SUPPORT A HEALTHY, ACTIVE LIFESTYLE.

Descriptive Statement: This standard aims to provide students with information on the responsible use of medicines as well as the effects of alcohol, tobacco, and other drugs. The appropriate use of medicines can prevent serious health problems, reduce absenteeism from work and school, and enhance the quality of life. Conversely, the misuse or abuse of substances such as alcohol, tobacco, and other drugs can impair judgment and lead to illness and injury. Helping students to acknowledge the internal and external pressures that influence them to use substances enables and empowers them to make choices that support a healthy, active lifestyle.

Strands and Cumulative Progress Indicators

Building upon knowledge and skills gained in preceding grades, by the end of Grade 8, students will

2.3.8 A. Medicines

1. Compare and contrast commonly used over-the-counter medicines.	Student Edition: Chapter 10 Lesson 1 Chapter 11 Lesson 3 Teacher Wraparound Edition: Chapter 11 Lesson 3
2. Classify commonly administered medicines and describe the potential side effects of each classification.	Student Edition: Chapter 11 Lesson 4 Teacher Wraparound Edition: Chapter 11 Lesson 4
3. Recommend safe practices for the use of prescription medicines.	Student Edition: Chapter 11 Lesson 4 Teacher Wraparound Edition: Chapter 11 Lesson 4
4. Compare and contrast the benefits and dangers of naturally occurring substances, such as herbs, organics, and supplements.	Student Edition: Chapter 3 Lesson 5 Chapter 4 Lesson 3 Teacher Wraparound Edition: Chapter 4 Lesson 3

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2.3.8 B. Alcohol, Tobacco, and Other Drugs	
1. Investigate the relationship between tobacco use and respiratory diseases, cancer, heart disease, stroke, and injuries.	Student Edition: Chapter 3 Lesson 3 Chapter 6 Lesson 4 Chapter 8 Lessons 1, 2, 3 Chapter 8 <i>Hands-On Health</i> Chapter 14 Lesson 2 Teacher Wraparound Edition: Chapter 8 Lessons 1, 2, 3
2. Investigate the health risks posed to nonsmokers by second hand/passive smoking.	Student Edition: Chapter 8 Lesson 4 Teacher Wraparound Edition: Chapter 8 Lesson 4
3. Investigate how the use and abuse of alcohol contributes to illnesses such as cancer, liver disease, heart disease, and injuries.	Student Edition: Chapter 6 Lesson 4 Chapter 9 Lessons 1, 2, 4 Chapter 9 <i>Time</i> Chapter 14 Lesson 2 Teacher Wraparound Edition: Chapter 9 Lessons 1, 4
4. Analyze how the use and abuse of alcohol impacts thinking, reaction time, and behavior.	Student Edition: Chapter 7 Lesson 3 Chapter 9 Lessons 1, 2, 4 Chapter 9 <i>Time</i> Teacher Wraparound Edition: Chapter 9 Lessons 1, 4
5. Describe sudden sniffing syndrome and the resultant brain, nerve, and vital organ damage that can result from the use of inhaled substances.	Student Edition: Chapter 10 Lesson 2 Teacher Wraparound Edition: Chapter 10 Lesson 2
6. Compare and contrast the physical and behavioral effects of each classification of drugs.	Student Edition: Chapter 9 Lesson 1 Chapter 10 Lesson 2 Teacher Wraparound Edition: Chapter 9 Lesson 1 Chapter 10 Lesson 2

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7. Analyze health risks associated with injecting drug use.	Student Edition: Chapter 10 Lesson 2 Chapter 13 Lesson 6 Teacher Wraparound Edition: Chapter 13 Lesson 6
8. Investigate the legal and financial consequences of the use, sale, and possession of illegal substances.	Student Edition: Chapter 6 Lesson 4 Chapter 10 Lessons 3, 4 Teacher Wraparound Edition: Chapter 10 Lessons 3, 4
9. Discuss how the use of alcohol and other drugs influences decision-making and places one at risk for sexual assault, pregnancy, and STDs.	Student Edition: Chapter 6 Lesson 4 Chapter 7 Lesson 3 Chapter 9 Lessons 1, 3 Chapter 10 Lesson 1 Chapter 13 Lesson 5 Teacher Wraparound Edition: Chapter 6 Lesson 4 Chapter 10 Lesson 1
2.3.8 C. Dependency/Addiction and Treatment	
1. Analyze the physical, social, and emotional indicators and stages of dependency.	Student Edition: Chapter 8 Lesson 3 Chapter 9 Lesson 1 Chapter 10 Lesson 1, 2 Teacher Wraparound Edition: Chapter 8 Lesson 3
2. Discuss ways to quit using substances and discuss factors that support the ability to quit.	Student Edition: Chapter 8 Lessons 3, 5 Chapter 9 Lessons 1, 5 Teacher Wraparound Edition: Chapter 8 Lessons 3, 5 Chapter 9 Lesson 1

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<p>3. Analyze factors that influence the use and abuse alcohol, tobacco, and other drugs.</p>	<p>Student Edition: Chapter 8 Lesson 3 Chapter 9 Lesson 3 Chapter 10 Lesson 3 Teacher Wraparound Edition: Chapter 8 Lesson 3 Chapter 9 Lesson 3 Chapter 10 Lesson 3</p>
<p>4. Describe how substance abuse affects the individual, the family, and the community.</p>	<p>Student Edition: Chapter 7 Lessons 3, 4 Chapter 8 Lesson 4 Chapter 9 Lessons 1, 4 Chapter 10 Lesson 3 Teacher Wraparound Edition: Chapter 8 Lesson 4 Chapter 9 Lessons 1, 4 Chapter 10 Lesson 3</p>
<p>5. Discuss how tolerance, synergistic effects, and antagonistic effects have an impact on the use of drugs and medicines.</p>	<p>The following lessons can be used to meet this standard. Student Edition: Chapter 10 Lesson 2 Chapter 11 Lesson 4 Teacher Wraparound Edition: Chapter 10 Lesson 2</p>
<p>6. Discuss theories about dependency, such as genetic predisposition, gender-related predisposition, and multiple risks.</p>	<p>The following lessons can be used to meet this standard. Student Edition: Chapter 8 Lessons 3, 4 Chapter 9 Lesson 3 Chapter 10 Lesson 3</p>

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STANDARD 2.4

Human Relationships and Sexuality

ALL STUDENTS WILL LEARN THE PHYSICAL, EMOTIONAL, AND SOCIAL ASPECTS OF HUMAN RELATIONSHIPS AND SEXUALITY AND APPLY THESE CONCEPTS TO SUPPORT A HEALTHY, ACTIVE LIFESTYLE.

Descriptive Statement: This standard seeks to provide students with an understanding of the physical, emotional and social aspects of human relationships and sexuality and how they support a healthy, active lifestyle. Students learn how to develop and maintain healthy relationships with friends and family. Additionally, students learn medically-accurate information about both abstinence and contraception and learn the skills to enact behaviors to reduce or eliminate the occurrence of sexually transmitted diseases, HIV/AIDS, and unintended pregnancy.

Strands and Cumulative Progress Indicators

Building upon knowledge and skills gained in preceding grades, by the end of Grade 8, students will

2.4.8 A. Relationships

<p>1. Compare and contrast the current and historical role of marriage and the family in community and society.</p>	<p>The following lessons can be used to meet this standard. Student Edition: Chapter 6 Lesson 2 Chapter 12 Lesson 6 Teacher Wraparound Edition: Chapter 6 Lesson 2</p>
<p>2. Discuss changes in family structures and the forces that influence change.</p>	<p>Student Edition: Chapter 6 Lesson 2 Chapter 12 Lessons 5, 6 Teacher Wraparound Edition: Chapter 6 Lesson 2 Chapter 12 Lesson 6</p>
<p>3. Analyze how relationships evolve over time, focusing on changes in friendships, family, dating relationships, and lifetime commitments such as marriage.</p>	<p>Student Edition: Chapter 6 Lessons 2, 3 Chapter 12 Lessons 5, 6 Teacher Wraparound Edition: Chapter 6 Lessons 2, 3 Chapter 12 Lesson 6</p>

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4. Discuss factors that enhance and sustain loving, healthy relationships.	Student Edition: Chapter 6 Lessons 1, 2, 3, <i>Building Health Skills</i> Chapter 12 Lesson 5 Teacher Wraparound Edition: Chapter 6 Lesson 2, 3
5. Describe how various cultures date or select life partners.	The following lessons can be used to meet this standard. Student Edition: Chapter 6 Lesson 2 Chapter 12 Lesson 6
6. Differentiate among affection, love, commitment, and sexual attraction.	The following lessons can be used to meet this standard. Student Edition: Chapter 6 Lesson 4 Chapter 12 Lesson 6 Chapter 13 Lesson 5 Teacher Wraparound Edition: Chapter 12 Lesson 6
7. Describe the signs of an unhealthy relationship and develop strategies to end it.	Student Edition: Chapter 7 Lessons 3, 4 Teacher Wraparound Edition: Chapter 7 Lesson 3, 4
8. Develop standards for dating situations, such as dating in groups, setting limits, or only dating someone of the same age.	Student Edition: Chapter 6 Lesson 4 Chapter 12 Lesson 1, <i>Building Health Skills</i> Chapter 13 Lesson 5 Teacher Wraparound Edition: Chapter 6 Lesson 4 Chapter 13 Lesson 5
2.4.8 B. Sexuality	
1. Discuss the influence of hormones, heredity, nutrition, and the environment on the physical, social, and emotional changes that occur at puberty.	Student Edition: Chapter 12 Lessons 1, 2, 6 Teacher Wraparound Edition: Chapter 12 Lesson 1

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<p>2. Analyze internal and external pressures to become sexually active.</p>	<p>Student Edition: Chapter 1 Lessons 3, 4 Chapter 6 Lessons 3, 4 Chapter 12 Lesson 1, <i>Building Health Skills</i> Chapter 13 Lessons 5, 6</p> <p>Teacher Wraparound Edition: Chapter 6 Lesson 3 Chapter 12 Lesson 1 Chapter 13 Lessons 5, 6</p>
<p>3. Describe the physical, emotional, and social benefits of sexual abstinence and develop strategies to resist pressures to become sexually active.</p>	<p>Student Edition: Chapter 1 Lesson 4 Chapter 6 Lesson 4 Chapter 12 Lessons 1, 6, <i>Building Health Skills</i> Chapter 13 Lesson 5</p> <p>Teacher Wraparound Edition: Chapter 6 Lesson 4 Chapter 12 Lesson 1 Chapter 13 Lesson 5</p>
<p>4. Discuss the potential short- and long-term physical, emotional, and social impacts of adolescent sexual activity.</p>	<p>Student Edition: Chapter 1 Lesson 4 Chapter 6 Lesson 4 Chapter 12 Lesson 6 Chapter 13 Lessons 5, 6</p> <p>Teacher Wraparound Edition: Chapter 1 Lesson 4 Chapter 6 Lesson 4 Chapter 13 Lessons 5, 6</p>
<p>5. Analyze how certain behaviors place one at greater risk for HIV/AIDS, STDs, and unintended pregnancy.</p>	<p>Student Edition: Chapter 6 Lesson 4 Chapter 9 Lesson 3 Chapter 10 Lesson 3 Chapter 12 Lesson 6 Chapter 13 Lessons 5, 6</p> <p>Teacher Wraparound Edition: Chapter 6 Lesson 4 Chapter 13 Lessons 5, 6</p>

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6. Compare and contrast methods of contraception, risk reduction, and risk elimination and explain how reliability, religious beliefs, age, gender, health history, and cost may influence their use.	Student Edition: Chapter 1 Lesson 4 Chapter 6 Lesson 4 Chapter 12 Lesson 6 Chapter 13 Lesson 5 Teacher Wraparound Edition: Chapter 6 Lesson 4
7. Discuss topics regarding sexual orientation.	The following lesson can be used to meet this standard. Student Edition: Chapter 12 Lesson 1
8. Discuss the importance of routine healthcare procedures such as breast self examination and testicular examination.	Student Edition: Chapter 12 Lessons 3, 4 Teacher Wraparound Edition: Chapter 12 Lessons 3, 4
2.4.8 C. Pregnancy and Parenting	
1. Describe fertilization and each stage of embryonic and fetal development.	Student Edition: Chapter 12 Lessons 4, 5 Teacher Wraparound Edition: Chapter 12 Lessons 4, 5
2. Discuss the signs and symptoms of pregnancy and explain how pregnancy is confirmed.	The following lessons can be used to meet this standard. Student Edition: Chapter 12 Lessons 4, 5 Teacher Wraparound Edition: Chapter 12 Lessons 4, 5
3. Analyze the physical and emotional changes that occur during each stage of pregnancy, including the stages of labor and childbirth.	Student Edition: Chapter 12 Lessons 5, 6 Teacher Wraparound Edition: Chapter 12 Lesson 5
4. Discuss the importance of regular prenatal care to help prevent complications that may occur during pregnancy and childbirth.	Student Edition: Chapter 12 Lesson 5 Teacher Wraparound Edition: Chapter 12 Lesson 5

STANDARDS	PAGE REFERENCES
<p>5. Describe the potential impact of alcohol, tobacco, other drugs, medicines, diseases, and environmental hazards on pre-natal and post-natal development.</p>	<p>Student Edition: Chapter 8 Lesson 4 Chapter 9 Lesson 1 Chapter 10 Lesson 2 Chapter 12 Lesson 5</p> <p>Teacher Wraparound Edition: Chapter 8 Lesson 4 Chapter 10 Lesson 2 Chapter 12 Lesson 5</p>
<p>6. Describe the physical, economic, emotional, social, cultural and intellectual responsibilities of parenthood.</p>	<p>Student Edition: Chapter 6 Lesson 2 Chapter 12 Lesson 5</p> <p>Teacher Wraparound Edition: Chapter 6 Lesson 2</p>
<p>7. Describe effective parenting strategies and resources for help with parenting.</p>	<p>Student Edition: Chapter 6 Lesson 2 Chapter 12 Lesson 5</p> <p>Teacher Wraparound Edition: Chapter 6 Lesson 2 Chapter 7 Lesson 4</p>
<p>8. Analyze the challenges and responsibilities of being a teen mother and/or teen father.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 6 Lesson 2 Chapter 12 Lesson 5</p>

STANDARDS	PAGE REFERENCES
<p>STANDARD 2.5 Motor Skill Development <i>ALL STUDENTS WILL UTILIZE SAFE, EFFICIENT, AND EFFECTIVE MOVEMENT TO DEVELOP AND MAINTAIN A HEALTHY, ACTIVE LIFESTYLE.</i></p>	
<p>Descriptive Statement: This standard enables students to understand how to move and why it is necessary. When individuals learn to move safely, effectively, and efficiently, and feel comfortable and confident in the performance of motor skills, they are more likely to participate in health-enhancing forms of physical activity throughout life. In order to meet this standard, students must participate in a wide range of developmentally-appropriate games, sports, dance, and lifetime recreational activities that will help students develop and maintain a healthy, active lifestyle.</p>	
<p>Strands and Cumulative Progress Indicators <i>Building upon knowledge and skills gained in preceding grades, by the end of Grade 8, students will</i></p>	
<p>2.5.8 A. Movement Skills</p>	
<p>1. Demonstrate mechanically correct form and control when using and combining movement skills in applied settings.</p>	<p>The following lessons can be used to meet this standard. Student Edition: Chapter 3 Lessons 2, 5, 6 <i>Fitness Zone Handbook</i> Teacher Wraparound Edition: Chapter 3 Lesson 4, 5</p>
<p>2. Demonstrate how equilibrium, rotation, and range of motion impact performance</p>	<p>The following lessons can be used to meet this standard. Student Edition: Chapter 3 Lessons 5, 6 <i>Fitness Zone Handbook</i> Teacher Wraparound Edition: Chapter 3 Lesson 4, 5</p>
<p>3. Apply the impact of various applications of force and motion during physical activity.</p>	<p>The following lessons can be used to meet this standard. Student Edition: Chapter 3 Lessons 5, 6 <i>Fitness Zone Handbook</i> Teacher Wraparound Edition: Chapter 3 Lesson 4, 5</p>

STANDARDS	PAGE REFERENCES
<p>4. Perform and assess the quality of movement flow in response to dynamic, interactive environments.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 3 Lessons 5, 6 <i>Fitness Zone Handbook</i></p> <p>Teacher Wraparound Edition: Chapter 3 Lesson 4, 5</p>
<p>5. Compare and contrast the use of movement skills across various forms of physical activity and transfer a movement skill from one activity to another.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 3 Lessons 5, 6 <i>Fitness Zone Handbook</i></p> <p>Teacher Wraparound Edition: Chapter 3 Lesson 4, 5</p>
<p>6. Detect and correct errors in personal movement performance and modify it in response to internal and external feedback.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 3 Lessons 5, 6 <i>Fitness Zone Handbook</i></p> <p>Teacher Wraparound Edition: Chapter 3 Lesson 4, 5</p>
<p>7. Create and perform movement activities that combine movement skills into smooth flowing sequences (e.g., gymnastic routine, interpretative dance, tai chi).</p>	<p>The following lesson can be used to meet this standard.</p> <p>Student Edition: Chapter 3 Lesson 5</p>
<p>2.5.8 B. Movement Concepts</p>	
<p>1. Describe how equilibrium, rotation, and range of motion impact performance.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 3 Lessons 5, 6 <i>Fitness Zone Handbook</i></p> <p>Teacher Wraparound Edition: Chapter 3 Lesson 4, 5</p>

STANDARDS	PAGE REFERENCES
<p>2. Analyze the application of balance and counterbalance when performing or observing movement skills.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 3 Lessons 5, 6 <i>Fitness Zone Handbook</i></p> <p>Teacher Wraparound Edition: Chapter 3 Lesson 4, 5</p>
<p>3. Compare and contrast the use of space and flow in physical activities.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 3 Lessons 5, 6 <i>Fitness Zone Handbook</i></p> <p>Teacher Wraparound Edition: Chapter 3 Lesson 4, 5</p>
<p>4. Summarize how movement can be made more interesting, creative, or effective.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 3 Lessons 5, 6 <i>Fitness Zone Handbook</i></p> <p>Teacher Wraparound Edition: Chapter 3 Lesson 4, 5</p>
<p>5. Discuss the stages of movement skill development and the importance of practice.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 3 Lessons 5, 6 <i>Fitness Zone Handbook</i></p> <p>Teacher Wraparound Edition: Chapter 3 Lessons 4, 5</p>
<p>6. Describe the influence of history and culture on games, sports, and dance.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 1 Lesson 3 Chapter 3 Lesson 5</p>

STANDARDS	PAGE REFERENCES
2.5.8 C. Strategy	
1. Compare and contrast offensive, defensive, and cooperative strategies and use them effectively in applied settings.	The following lessons can be used to meet this standard. Student Edition: Chapter 3 Lesson 5 <i>Fitness Zone Handbook</i> Teacher Wraparound Edition: Chapter 3 Lesson 5
2.5.8 D. Sportsmanship, Rules, and Safety	
1. Analyze participant and observer behaviors for evidence of good sportsmanship.	Student Edition: Chapter 2 Lesson 3 Chapter 3 Lesson 5 Teacher Wraparound Edition: Chapter 3 Lesson 5
2. Employ general- and activity-specific rules and analyze their impact on participation.	Student Edition: Chapter 3 Lesson 5 Teacher Wraparound Edition: Chapter 3 Lesson 5
2.5.8 E. Sport Psychology	
1. Use specific strategies, including visualization and positive self-talk, to prepare for physical activity and assess their effectiveness.	Student Edition: Chapter 3 Lesson 5 Teacher Wraparound Edition: Chapter 3 Lesson 5

STANDARDS	PAGE REFERENCES
<p style="text-align: center;">STANDARD 2.6 Fitness</p> <p style="text-align: center;"><i>ALL STUDENTS WILL APPLY HEALTH-RELATED AND SKILL-RELATED FITNESS CONCEPTS AND SKILLS TO DEVELOP AND MAINTAIN A HEALTHY, ACTIVE LIFESTYLE.</i></p>	
<p>Descriptive Statement: This standard enables students to understand the components of health-related fitness (cardiorespiratory endurance, body composition, flexibility, muscular strength and muscular endurance) and skillrelated fitness (speed, agility, reaction time, coordination, and power). Students learn how each component is developed and measured and how to design and implement a personal fitness plan that supports a healthy, active lifestyle.</p>	
<p style="text-align: center;">Strands and Cumulative Progress Indicators</p> <p style="text-align: center;"><i>Building upon knowledge and skills gained in preceding grades, by the end of Grade 8, students will</i></p>	
<p>2.6.8 A. Fitness and Physical Activity</p>	
<p>1. Summarize the potential short- and long-term physical, social, and emotional benefits of regular physical activity.</p>	<p>Student Edition: Chapter 3 Lessons 1, 3, 5 Chapter 3 <i>Time</i> Chapter 5 Lesson 3 Chapter 14 Lesson 2</p> <p>Teacher Wraparound Edition: Chapter 3 Lesson 1 Chapter 3 <i>Time</i></p>
<p>2. Differentiate how body systems adapt to acute exercise vs. regular exercise over a period of time.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 3 Lessons 1, 3, 4, 5 <i>Fitness Zone Handbook</i></p> <p>Teacher Wraparound Edition: Chapter 3 Lesson 5</p>
<p>3. Predict how factors such as health status, interests, environmental conditions, and available time impact personal fitness.</p>	<p>Student Edition: Chapter 1 Lesson 3 Chapter 3 Lessons 4, 5 Chapter 3 <i>Building Health Skills</i></p> <p>Teacher Wraparound Edition: Chapter 3 Lesson 4, 5</p>

STANDARDS	PAGE REFERENCES
<p>4. Analyze the positive and negative impacts of technological advances on exercise, health, and fitness.</p>	<p>Student Edition: Chapter 1 Lessons 3, 4 Chapter 11 <i>Building Health Skills</i> Chapter 13 Lesson 2 Teacher Wraparound Edition: Chapter 3 Lessons 3, 4 Chapter 5 Lesson 4 Chapter 12 Lessons 2, 4</p>
<p>5. Describe ways to achieve a healthy body composition through healthy eating and physical activity.</p>	<p>Student Edition: Chapter 3 Lessons 1, 5 Chapter 4 Lesson 1, 6 <i>Fitness Zone Handbook</i> Teacher Wraparound Edition: Chapter 4 Lesson 6</p>
<p>6. Distinguish between facts and fallacies regarding the marketing of fitness products, services, and information.</p>	<p>The following lessons can be used to meet this standard. Student Edition: Chapter 1 Lesson 3 Chapter 11 Lesson 3 Teacher Wraparound Edition: Chapter 1 Lesson 3 Chapter 3 Lesson 5 Chapter 11 Lesson 3</p>
<p>2.6.8 B. Training</p>	
<p>1. Recognize signs and symptoms that warrant exercise termination and possible follow-up with a healthcare professional.</p>	<p>Student Edition: Chapter 3 Lesson 6 Teacher Wraparound Edition: Chapter 3 Lesson 6</p>
<p>2. Apply training principles to establish a progression of activity that will improve each component of fitness.</p>	<p>Student Edition: Chapter 3 Lessons 1, 4, 5 <i>Fitness Zone Handbook</i> Teacher Wraparound Edition: Chapter 3 Lesson 4</p>

STANDARDS	PAGE REFERENCES
3. Describe and demonstrate various training methods, including isotonic, isometric, interval, and circuit methods.	The following lessons can be used to meet this standard. Student Edition: Chapter 3 Lessons 1, 4, 5 <i>Fitness Zone Handbook</i> Teacher Wraparound Edition: Chapter 3 Lesson 1, 5
4. Investigate the physical, behavioral, legal, and competitive consequences of the use of anabolic steroids and other performance enhancing substances.	Student Edition: Chapter 3 Lesson 5 Chapter 10 Lesson 2 Teacher Wraparound Edition: Chapter 3 Lesson 5 Chapter 10 Lesson 2
2.6.8 C. Achieving and Assessing Fitness	
1. Engage in a variety of sustained, vigorous physical activities that enhance each component of fitness.	Student Edition: Chapter 3 Lesson 1, 4, 5 Chapter 3 <i>Building Health Skills</i> <i>Fitness Zone Handbook</i> Teacher Wraparound Edition: Chapter 3 Lesson 4
2. Perform at the intensity level needed to enhance cardiovascular fitness, as determined by target heart rate, perceived exertion, and recovery heart rate.	Student Edition: Chapter 3 Lessons 1, 4 <i>Fitness Zone Handbook</i> Teacher Wraparound Edition: Chapter 3 Lesson 4
3. Monitor physiological responses before, during and after exercise and compare changes.	Student Edition: Chapter 3 Lessons 1, 4 <i>Fitness Zone Handbook</i> Teacher Wraparound Edition: Chapter 3 Lesson 4

STANDARDS	PAGE REFERENCES
<p>4. Use health data and information from internal and external sources to develop a personal fitness plan, and use technology to evaluate the implementation and outcomes of the plan.</p>	<p>Student Edition: Chapter 1 Lesson 2 Chapter 2 Lesson 2 Chapter 3 Lesson 4 Chapter 3 <i>Building Health Skills</i> <i>Fitness Zone Handbook</i></p> <p>Teacher Wraparound Edition: Chapter 2 Lesson 2 Chapter 3 Lesson 4 Chapter 3 Time</p>
<p>5. Demonstrate age- and gender-specific progress towards improving each component of fitness.</p>	<p>The following lessons can be used to meet this standard.</p> <p>Student Edition: Chapter 2 Lesson 2 Chapter 2 <i>Building Health Skills</i> Chapter 3 Lessons 1, 4, 5 Chapter 4 Lesson 2 <i>Fitness Zone Handbook</i></p> <p>Teacher Wraparound Edition: Chapter 3 Lesson 4 Chapter 4 Lesson 2</p>